

Upcoming Events

Yoga Breathwork with Sinead

A guided 2 hour workshop designed to calm the mind, energize the body, and support emotional well-being.

Location: 65 Eccles St. D7

Start Date: Friday, 6th February

Time: 10:00am - 12:00pm

Chemo Brain Talk with Professor Deirdre Connolly

Join us for an interactive talk with Prof. Connolly of Trinity St. James Cancer Institute.

Cancer-related cognitive impairment, AKA Chemo Brain, can impact our concentration, memory, problem solving and organisation/planning skills.

Prof. Connolly will share practical, everyday tips to help manage and improve during and after cancer treatment.

Open to patients and family members

Location: 559 SCR, D8

Start Date: Monday, 16th March

Time: 11:00am - 12:30pm

To chat with us or to sign up to any of our supports please:



info@arccancersupport.ie



(01) 215 0250



www.arccancersupport.ie

ARC gratefully acknowledges the generous support of our partners and funders, ensuring our services remain free for all clients

Registered Charity Number:
20028428



February

Supports for You and Your Family

Care, Connection and Understanding

All supports are free of charge

Your Local Centres:

65 Eccles Street, Dublin 7

559 South Circular Road, Dublin 8

23 Herbert Ave, Dublin 4



Daily Supports

Listening Support (no appointment needed)

- E-mail
 - Phone
 - Drop In to ARC
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Individual Support

- Acupuncture
 - Adult Counselling
 - Art and Play Therapy for children (ES and SCR)
 - Manual Lymph Drainage Physiotherapy Clinic (SCR)
 - Reflexology
 - Teen Talk Counselling
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Online Weekly Wellness Classes

Mondays

Pilates -12:00pm – 1:00pm

Wednesdays

Yoga - 9:30am – 10:30am

Thursdays

Mindfulness - 2:30pm – 3:30pm

Online Support Groups

Breast Support Group:

Wed 04 Feb: 5pm–6:15pm

Prostate Support Group:

Fri 06 Feb: 10:30am–11:30am

Gynaecological Support Group:

Wed 11 Feb: 10:45am–12:15pm

Secondary Support Group:

Wed 11 Feb: 1:30pm–2:45pm

Myeloma Support Group:

Wed 18 Feb: 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 18 Feb: 5pm–6:15pm

Women Over-50 Support Group:

Tues 24 Feb: 5pm–6:30pm

Men's Support Group:

Thurs 26 Feb: 12:45–2pm

Upcoming Courses

EMPOWER: Cancer and Menopause

Eight-week program designed to help women thrive after experiencing menopause due to treatment.

Location: 559 SCR, D8

Start Date: Wednesday 4th February

Time: 10:30am - 12:00pm

Cancer Thrive & Survive

Six-week course to help people move forward with strength and confidence after cancer treatment or while on maintenance.

Location: 559 SCR, D8

Start Date: Friday 13th February

Time: 10:00am - 12:30pm

Location: 65 Eccles St. D7

Start Date: Tuesday, 3rd March

Time: 2:30pm - 5:00pm

Living with Cancer using Mindfulness

Eight- week course sharing tools and techniques of mindfulness to discover calm, reduce stress, and nurture hope.

Location: 559 SCR, D8

Start Date: Thursday, 19th February

Time: 10:30am - 12:00pm