

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, 9th January

Time: 10:00am - 12:00pm

Yoga for Emotional Release

Find your balance, let go of stress, and reconnect with yourself through gentle, empowering yoga practices in our *8 week course*.

Location: *559 SCR, D8*

Start Date: Thursday, 8th January

Time: 12:30 - 1:30pm

Yoga with Gwendolyn

Six week course uniting body, breath, and mind through physical poses, breathing exercises, and meditation to improve flexibility, strength, and mental well-being. post Christmas.

Location: *65 Eccles St. D7*

Start Date: Monday, 12th January

Time: 11:00am - 12:00pm

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



info@arccancersupport.ie



(01) 215 0250



www.arccancersupport.ie



January

*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

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

Registered Charity Number:
20028428



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

Prostate Support Group:

Fri 02 Jan: 10:30am–11:30am

Breast Support Group:

Wed 07 Jan: 5pm–6:15pm

Gynaecological Support Group:

Wed 14 Jan: 10:45am–12:15pm

Secondary Support Group:

Wed 14 Jan: 1:30pm–2:45pm

Myeloma Support Group:

Wed 21 Jan: 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 21 Jan: 5pm–6:15pm

Women Over-50 Support Group:

Tues 27 Jan: 5pm–6:30pm

Men's Support Group:

Thurs 29 Jan: 12:45–2pm

Upcoming Courses

CLIMB®

Seven-week course creative therapy course for children whose parent or caregiver is living with cancer.

Location: 559 SCR, D8

Start Date: Tuesday, 20th January

Time: 4:00 - 5:15pm

or

Location: 65 Eccles Street, D7

Start Date: Wednesday, 28th January

Time: 3:45pm–5:00pm

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 11th 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