

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 March

Time: 10:00am - 12:00pm

Chemo Brain Workshop with Professor Deirdre Connolly

Join us for an interactive workshop 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



March

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 Mar: 5pm–6:15pm

Prostate Support Group:

Fri 06 Mar: 10:30am–11:30am

Gynaecological Support Group:

Wed 11 Mar: 10:45am–12:15pm

Secondary Support Group:

Wed 11 Mar: 1:30pm–2:45pm

Myeloma Support Group:

Wed 18 Mar: 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 18 Mar: 5pm–6:15pm

Women Over-50 Support Group:

Tues 24 Mar: 5pm–6:30pm

Men's Support Group:

Thurs 26 Mar: 12:45–2pm

Upcoming Courses

Cancer Thrive & Survive

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

Location: 65 Eccles St. D7

****Date Change****

Start Date: Monday, 2nd March

Time: 2:30pm - 5:00pm

Rebuild, Renew & Reconnect *Pilates Workshop for Breast cancer survivors at any stage of recovery*

This workshop will address shoulder stiffness, reduced upper-body strength, or changes in posture. Workshop will focus on

- Restore Range of Movement
- Rebuild Core Strength
- Posture Realignment

Note: Participants should have medical clearance if they are less than 6–8 weeks post-surgery.

Location: 559 SCR, D8

Start Date: Friday, 6th March

Time: 10:30am - 12:00pm