

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

Date: Friday, 1st May

Time: 10:00am - 12:00pm

Talking to Children about Cancer

For parents of children under the age of 16, this talk offers safe space to discuss parenting while undergoing treatment, feeling fatigued or any other cancer related side effect that impacts or disrupts family life.

Location: Zoom

Date: Friday 22nd May

Time: 10:00am - 11:00pm

Shaping Future of Cancer Care Patient Participation in Research

Join us in meeting researchers from UCD on some exciting studies that need your input.

Location: Zoom

Date: Wednesday, 27th May

Time: 6:00pm - 7:30pm



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



May

*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

Prostate Support Group:

Fri 01 May: 10:30am–11:30am

Breast Support Group:

Wed 06 May: 5pm–6:15pm

Gynaecological Support Group:

Wed 13 May: 10:45am–12:15pm

Secondary Support Group:

Wed 13 May: 1:30pm–2:45pm

Myeloma Support Group:

Wed 20 May: 12:30pm–1:30pm

Women Under-50 Support Group:

Wed 20 May: 5pm–6:15pm

Women Over-50 Support Group:

Tues 26 May: 5pm–6:30pm

Men's Support Group:

Thurs 28 May: 12:45–2pm

Upcoming Courses

Cancer Thrive and Survive

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

Location: 559 South Circular Road

Start Date: Friday 1st May

Time: 10:00am - 12:30pm

Cancer Thrive and Survive Online

*Can't get to one of our centres. No problem. Join **Mayo Cancer Support Association** for their online Cancer Thrive and Survive Course online.*

Location: Online via **Mayo Cancer Support Association**

Start Date: May/June

Contact: (094) 9038 407 or
info@mayocancersupport.ie