

A Master Class in Sleep

Location: Online by Zoom

Day and Time: 30th Sept,
18:00 -19:30

Understanding & Managing fear of Cancer recurrence

Talk by Dr Sonya Collier from St James'

Location: 559 South Circular Road

Day and Time: 22nd Sept, 10:30-11.45

Sound Bell Meditation

Location: 559 South Circular Road

Date and Time: 4th Sept, 10:30 - 11.45

Pilates for Men with Prostate Cancer

Location: 559 South Circular Road

Date and Time: 11th Sept, 12.45- 13.30

Living with Cancer Using Mindfulness

Location: 65 Eccles Street

Date and Time: 15th Sept, 14:00-15:30

Mindful Movement

Location: 559 South Circular Road

Date and Time: 17th Sept, 10:30 - 12:00

Yoga Nidra

Location: 559 South Circular Road

Date and Time: 25th Sept, 10:30 - 11.45

Sunset Social Hikes

Join us for a beautiful evening hike to
Poolbeg Lighthouse

Date and Time: 17th Sept, 19:00-21:00

**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**



September

*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

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 2nd Sept: 5pm–6:15pm

Prostate Support Group:
Fri 4th Sept: 10:30am–11:30am

Secondary Support Group:
Wed 9 Sept: 1:30pm–2:45pm

Myeloma Support Group:
Wed 16 Sept: 12:30pm–1:30pm

Women Under-50 Support Group:
Wed 16 Sept: 5pm–6:15pm

Women Over-50 Support Group:
Tues 22 Sept: 5pm–6:30pm

Men's Support Group:
Thurs 23 Sept: 12:45–2:00pm

Survivorship Courses

Empower: Cancer and Menopause

A supportive 8-week course for women who entered into early menopause due to cancer. Course provides professional information and supportive discussions.

Location: 65 Eccles Street

Day: Wednesdays

Date and Time: 4th Nov, 10.30-12.30

CLIMB®

A 7- week course creative therapy course for children whose parent or caregiver is living with cancer.

Course 1: 559 South Circular Road
8th Sept, 16:00 - 17:00

Course 2: 65 Eccles Street, 17th
Sept, 17:30 -18:30

Cancer Thrive and Survive

A 7- week course to help people move forward with strength and confidence after cancer treatment or while on maintenance.

Location: 65 Eccles Street

Day: Tuesdays

Date and Time: 29th Sept, 10:30-13:00