

Upcoming Events

Next Sunset Social Hike

Join us and Cancer Take A Hike where every step is supported and every pace is welcome.

Open to all adults who want to try out or get back to hiking.

Location: Dalkey Dart Station

Day: Thursday, 13th Aug

Date and Time: 7:00pm (approx. 2 hours)

Returning! 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

Day: Friday

Date and Time: 28th Aug, 10:00-12:00

New!!!! Sound Bell Meditation

A monthly sound bell meditation, letting the sound of the bell quiet the mind and awaken the soul.

Location: 559 SCR

Day: Fridays

Date and Time: 4th Sept, 10:30-11:45



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



August

*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

Individual Support

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

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

Short Summer Break

We will pause our support groups for the month of August and they will return in September.

Survivorship Courses for Autumn

Back from September and running in both our Eccles Street and South Circular Road Centres.

Early booking is advised.

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.

Course 1

Location: 559 South Circular Road

Day: Wednesdays

Date and Time: 16th Sept, 10:30 - 12:30

Course 2

Location: 65 Eccles Street

Day: Wednesdays

Date and Time: 4th Nov, 10:30 - 12:30

Survivorship Courses for Autumn

Cancer Thrive and Survive

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

Course 1

Location: 65 Eccles Street

Day: Tuesdays

Date and Time: 29th Sept, 10:30 - 1:00

Course 2

Location: 559 South Circular Road

Day: Fridays

Date and Time: 16th Oct, 10:00 - 12:30

CLIMB®

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

Course 1

Location: 559 South Circular Road

Day: Tuesdays

Date and Time: 8th Sept, 4:00- 5:00

Course 2

Location: 65 Eccles Street

Day: Thursdays

Date and Time: 17th Sept, 5:30 -6:30