

Monthly Support Groups

Prostate Cancer Support Group
Fri 6th August: 10:30am - 11:30am

Family & Carer's Support Group
Mon 9th August: 7:30pm - 9:00pm
(for families & carers supporting someone 18+ years of age living with a cancer diagnosis)

Secondary Cancer Support Group
Wed 11th August: 2:00pm - 3:30pm

Family Bereavement Support Group
Mon 16th August: 7:30pm - 9:00pm

Myeloma Cancer Support Group
Wed 18th August: 12:30pm - 1:30pm

Parenting Through Bereavement Support Group
Mon 23rd August: 7:30pm - 9:00pm

Men's Cancer Support Group
Thurs 26th August: 12:45pm - 1:30pm

Regular Weekly Classes

Mondays
Pilates for Men
12:00pm - 1:00pm

Tuesdays
Stress Management
10:30am - 12:30pm

Relaxation
2:30pm - 3:30pm

Wednesdays
Yoga
9:30am - 10:30am
Mindful Sound Meditation
3:45pm - 4:45pm

Thursdays
Mindfulness
2:30pm - 3:30pm
(19th & 26th only)

Fridays
Yogalates
12:00pm - 1:00pm

Specialist Talks/Workshops

Hand Reflexology
Fri 20th August
10:30am - 11:30am

Positive Appearance Workshop with Boots
Wed 25th August
1:30pm - 2:30pm

Lymphoedema Treatment and Self Care
Thurs 26th August
10:30am - 11:30pm

Upcoming Events Registration Open

3-Week Wellbeing Action Planning Course
Starts Fri 10th September
10:30am - 12:00pm

Talking to Children about Cancer Workshop
Mon September 27th
7:30pm - 9:00pm

****No Chair Yoga** this month. **Mindfulness** will take place only on August 19th & 26th

FUNDRAISING

Get involved!
Take the plunge by joining hundreds of hardy heroes for **ARC's Longest Stay Sea Swim Challenge** from Friday 27th August to Sunday 12th September 2021.

ARC Centres are Open

Book an appointment for Acupuncture, Counselling or our Drop-In service from **Tuesday – Thursday** in Eccles Street, Herbert Avenue and South Circular Road.



Support Line & Counselling Service

To enquire about our **Telephone & Online Counselling Service** and **Peer Cuppa Call Service**, phone us on 01 215 0250 or email info@arccancersupport.ie.