

April Free Supports for You – Available Online & In Our Centres

To register: email info@arccancersupport.ie or call us on (01) 215-0250.

Monthly Zoom Support Groups

Breast Cancer Support Group
Weds 5th Apr 5:00pm – 6:15pm

Gynaecological Cancers Support Group
Weds 12th Apr 10:45am – 12:15pm

Secondary Cancer Support Group
Weds 12th Apr 2:00pm - 3:30pm

Prostate Cancer Support Group
Fri 14th April 10:30am – 11:30am

Myeloma Cancer Support Group
Weds 19th Apr 12:30pm - 1:30pm

Under 50s Women's Cancer Support Group
Weds 19th Apr 5:00pm – 6:15pm

Over 50s Women's Cancer Support Group
Wed 26th Apr 5:00pm – 6:30pm

Men's Cancer Support Group
Thurs 27th Apr 12:45pm - 2:15pm

Weekly Zoom Classes

Mondays
Pilates
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
3:30pm – 4:45pm

Thursdays
Mindfulness
2:30pm - 3:30pm

Fridays
Yogalates
12:00pm - 1.00pm

Specialist Talks / Workshop in April on Zoom

Coping with Fatigue
Thurs 20th April
10:30am - 11:30am
Our talk addresses cancer-related fatigue and offers techniques & advice to more effectively self-manage fatigue after treatment.

Nutrition & Menopause
Fri 21st April
10:30am - 11:30am
Join us at this talk when a Nutritionist will provide evidence based dietary information on nutrition and menopause.

Look Good/Feel Better Workshop for Women
Fri 28th April
10:30am-11:30am
Join a Boots No7! beauty health expert who will share tips & advice to help you feel good, look better and more like yourself again!

Course Starting in April on Zoom

Empower: Menopause and Cancer
8-Wk Survivorship Pathway
Starts Mon 24th Apr 10:30am – 12:00pm

For women who have experienced cancer and early menopause, or a resurgence of menopausal symptoms. Register your interest by email to info@arccancersupport.ie

One-to-One Appointments

Individual appointments are available for:

- ❖ **Adult Counselling (remote or In-person)**
- ❖ **Child/Teen/Young Adolescent Therapy**
- ❖ **Acupuncture**
- ❖ **Reflexology**
- ❖ **Manual Lymph Drainage (SCR)** at our centres at Eccles Street, South Circular Road & Herbert Avenue.

Note: Child/Teen/Young Adolescent Therapy is available at SCR and Eccles Street!

Fundraising News

Make Your Miles Count
Grab your trainers and run for charity!

Ladies, we would love you to join the ARC team and sign up to the **Women's Mini Marathon** this June bank holiday! For further info please contact Tracy at tracy@arccancersupport.ie



Get in Touch to Access Support or to Find Out More

To register for any of our services, to book an appointment or for a confidential chat phone us on 01 215 0250 (Mon-Thurs 10am-4pm, Fri 10am-2pm) or email info@arccancersupport.ie.