

August 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

Childhood Cancer Parents Support Group
Weds 3rd Aug: 10:00am – 11:30am

Breast Cancer Support Group
Wed 3rd Aug: 5:00pm – 6:15pm

Prostate Cancer Support Group
Fri 5th Aug: 10:30am - 11:30am

Secondary Cancer Support Group
Wed 10th Aug: 2:00pm - 3:30pm

Family & Carer's Support Group
Thurs 11th Aug: 12:30pm - 2:00pm
(for families & carers supporting someone 18+ years of age living with a cancer diagnosis)

Myeloma Cancer Support Group
Wed 17th Aug: 12:30pm - 1:30pm

Under 50s Women's Cancer Support Group
Wed 17th Aug: 5:00pm – 6:00pm

Family Bereavement Support Group
Thurs 18th Aug: 12:30pm – 1:30pm

Men's Cancer Support Group
Thurs 25th Aug: 12:45pm - 2:15pm

Stoma Cancer Support Group
Weds 31st Aug: 6:00pm – 7:00pm

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 Zoom Workshop

Feel More Like Yourself with Boots

Weds 24th August
2:00pm – 3:00pm



Upcoming Courses Starting September on Zoom (unless otherwise stated)

Pre-Register Now

Stanford
Thrive & Survive
For men & women
adapting to life after
cancer treatment ends.

Start date TBC
Living Life with Secondary Cancer
For men & women.
Starts 22nd Sept

CLIMB®
(in person at SCR)
For Children ages 5-11
impacted by a parent's
cancer diagnosis.
Start date TBC
Young Family Bereavement
For families when a significant
adult has died from cancer, for
parents & children u.16 years.
Starts 28th Sept

One-to-One Appointments

Individual appointments are also available for

- ❖ **Adult Counselling (remote or In-person)**
- ❖ **Acupuncture**
- ❖ **Manual Lymph Drainage**
- ❖ **Child/Teen Therapy**

at our centres at Eccles Street, Herbert Avenue and South Circular Road.

Note: Children's and Teen Counselling is available at South Circular Road and Eccles Street!

Fundraising

Fancy a cuppa this summer? Then why not sign up to hosting a **coffee morning!** Just chose a date from now to the end of September & invite your crew around for a cuppa, cake, and chat! It's a great way to raise money for people affected by cancer.

To sign up email Tracy 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 or email info@arccancersupport.ie.

ARC Cancer Support Centres is a registered charity in Ireland.

Registered Charity Number: 20028428 .

www.arccancersupport.ie

e: info@arccancersupport.ie t: 01-215 0250