

# Empower - Menopause and Cancer Survivorship Pathway

## What to Expect & Symptom Management

### Resources

**ARC Cancer Support Centre** provides a variety of complimentary therapies to support you.

- We offer counselling (in-person or remote)
- virtual weekly wellbeing classes that include Relaxation and Mindfulness
- in-person touch therapies in our centres (Reflexology or Acupuncture)
- virtual specialist talks on a regular basis that our clients find very beneficial
  - o recordings of some are found on the Resources section of our website ([Video | ARC Cancer Support Centres](#)).
- Updates on our monthly schedule for all supports can be found on our website, our Facebook page or Instagram.

To learn more about our weekly wellbeing classes, resources, support groups, and all other supports at ARC please visit <https://www.arccancersupport.ie/whats-on-this-month/>

### Recommended Websites

[www.primarycarewomenshealthforum.org](http://www.primarycarewomenshealthforum.org)

[www.thebms.uk](http://www.thebms.uk)

[www.womens-health-concern.org](http://www.womens-health-concern.org)

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

[www.patientinfolibrary.royalmarsden.nhs.uk/brca1brac2](http://www.patientinfolibrary.royalmarsden.nhs.uk/brca1brac2)

[www.thisisgo.ie](http://www.thisisgo.ie)