

February 2021 Supports For You



For your safety and convenience, all our services are currently offered remotely

All our programmes are now available online
To register email: info@arccancersupport.ie



Support Line & Counselling Service

Our **Support Line** is available Monday to Friday. Call us on **01 215 0250**: Mon & Tues 10am - 8pm, Weds to Fri 10am - 4pm.

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

Monthly Peer Support Groups (Zoom)

Weds Feb 3rd 5.00pm - 6.15pm: **Breast Cancer Support Group**

Fri Feb 5th 10:30am - 11.45am: **Prostate Cancer Support Group**

Weds 10th Feb, 2:00pm - 4:00pm: **Secondary Cancer Support Group**

Weds 24th Feb 6:00pm - 7:00pm: **Stoma Cancer Support Group**

Thurs 25th Feb 12:30pm - 1:30pm: **Men's Cancer Support Group**

Specialist Talks/Workshops (Zoom)

Thurs Feb 4th **Wellbeing Action Planning** 10:30am -12:00pm

Weds Feb 10th **Returning to Work After Cancer** 6:00pm - 8:00pm

Fri Feb 19th **Cancer & Fatigue** 10:30am -11.45am

Weds Feb 24th **Feel Better Workshop by Boots** 2.00pm - 3.00pm

Regular Weekly Classes (Zoom)

Tuesdays 10:30am – 12:30pm **Stress Management**

Tuesdays 2.30pm - 3.30pm: **Relaxation With Emer**

Wednesdays 9.30am - 10.30am: **Yoga with Liagh**

Wednesdays 6.30pm - 7:30:pm **Mindful Sound Meditation with Emer**

Thursdays 2.30pm - 3.30pm: **Mindfulness with Carmel**

Thursdays 6.30pm - 7.30pm: **Chair Yoga with Florence**

Fridays 12:00pm – 1:00pm: **Yogalates with Diana**

Course Starting in February

Thurs Feb 4th **Stress Management 9 Week Course** 10:30am - 12pm

Mon Feb 15th **Living Life Programme 6 Week Course (for persons with a secondary cancer diagnosis)** 2:30pm - 4:00pm

Upcoming Events – Registration Open

Mon Mar 1st **Parenting Through Cancer Talk** 7.30pm – 9:00pm

Mon Mar 8th **Self-Care for the Carer, 4 Week Course** 7:00pm-9:00pm

Mon Mar 8th **NEW Family Support Group** 7.30pm - 9:00pm

Mon Mar 15th **NEW Bereavement Support Group** 7.30pm – 9:00pm

Mon Mar 22nd **NEW Parenting Through Cancer Support Group**
7:30pm – 9:00pm

Back by Popular Demand ARC launches 2021 Art For ARC Auction Artists invited to donate works

ARC is delighted to announce its upcoming **Art for ARC Auction** which will take place **online May 2021!** We are now inviting contributions from artists including photographs, paintings, sculptures and art pieces. Please email mairead@arccancersupport.ie for further details.