

March 2021 Supports For You



All our programmes are FREE & 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

Specialist Talks/Workshops (Zoom)

Mon Mar 1st Parenting Through Cancer Talk: 7.30pm – 9pm
For parents with cancer, and carers of someone with cancer (e.g. a partner), who have children u.18

Thurs Mar 11th The Science Behind Cancer Treatments Talk:
6.00pm - 8.00pm

Fri Mar 12th Facial Reflexology Workshop: 10.30am - 11.30am

Fri Mar 26th Reflexology Through the Hands Workshop:
10.30am – 11.30am

Mon Mar 29th Parenting When a Child has Cancer Talk : 7.30pm – 9pm (For parents/carers of young and school aged children, where a child in the family has cancer)

Tues Mar 30th Prostate Cancer Event: 7.00pm - 9.00pm

Weds Mar 31st Feel Better with Boots Workshop: 1.30pm - 2.30pm

Upcoming Events – Registration Open

Weds Apr 7th Living with Prostate Cancer 6-Week Course
11.00am - 1.00pm

Thurs Apr 15th Self-Care for the Carer, 4 Wk Course 7.00pm - 9.00pm

Fri Apr 16th Cancer Intimacy & Sexuality Talk 10.30am - 12.00pm

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.

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 - 7.30pm: 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 - 1.00p: Yogalates with Diana

Monthly Peer Support Groups (Zoom)

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

Fri 5th Mar 10.30am - 11.30am: Prostate Cancer Support Group

Mon 8th Mar 7.30pm - 9.00pm: NEW Family Support Group
(For families & carers who are supporting a family member over 18 years of age living with a cancer diagnosis)

Weds 10th Mar 2:00pm - 4.00pm: Secondary Cancer Support Group

Mon 15th Mar 7.30pm - 9.00pm: NEW Bereavement Support Group
(For the whole family after the loss of a loved one)

Mon 22nd Mar 7.30pm - 9.00pm: NEW Parenting Through Cancer Support Group
For parents with cancer, and carers of someone with cancer (e.g. a partner), who have children u.18

Weds 24th Mar 12.30pm - 1.30pm: Myeloma Cancer Support Group

Thurs 25th Mar 12.30pm - 1.30pm: Men's Cancer Support Group