

# South Circular Road

## February 2020



### Drop-in Centre

Walk in service, no appointment necessary. Have a cup of tea, a discreet chat and find out more about the services that are available to you and your family.

**Monday, Tuesday & Thursday 10am - 4pm**

**Wednesday 10am – 8pm**

**Friday 10am to 2pm**

### Classes

Please call in advance to enquire as numbers are limited:

#### Mindfulness

Thursdays 2.30pm – 3.45pm

#### Yoga

Tuesdays 10.30am – 11.45am

#### Chair Yoga

Thursdays 11.00am – 12.15pm

### Monthly Peer Support Groups

#### Knitting Group

Tuesdays 10.30am-11.45am

#### ARC Men's Cancer Peer Support Group

Tuesday 4<sup>th</sup> February 11am

#### Breast Support Group

Wednesday 5<sup>th</sup> February 5.30pm

#### Stoma Care Peer Support Group **TBC**

### Castleknock Outreach

Castleknock Community Outreach Laurel Lodge

Tuesday 12th February 11am – 12.30 pm

### One-to-one appointments

- **Counselling** (short term)
- **Acupuncture**
- **Reflexology**
- **Bio Energy**
- **Manual Lymphatic Drainage**
- **Metamorphosis**

### Upcoming programmes start date

#### Citizens Info

Friday 7th February 11am

**Climb** Wednesday 12th February 4pm

**Boots Positive Appearance** Tuesday 25th February 10.15am

**Thrive and Survive** Wednesday 26<sup>th</sup> February 5.15pm

#### Relaxation & Visualisation

Tuesday 3<sup>rd</sup> March 2.30pm

### Regularly run programmes:

- 9 Week Stress Management Programme
- 4 Week Guided Relaxation Course
- 4 Week Carers Course
- 6 week Cancer Thrive & Survive Self Management Course
- 6 week Prostate Cancer Programme
- 6 week Living Life Secondary Cancer
- 6 week CLIMB® Programme for children

### Services elsewhere

Call or visit our website services calendar for more details

➡ **ARC 65 Eccles Street** (beside Mater Misericordiae University Hospital )  
Offers a drop-in centre, group programmes & classes, talks and one-to-one appointments

➡ **ARC 23 Herbert Avenue** (beside St. Vincent's University Hospital)  
Offers a drop-in centre and one-to-one appointments

➡ **ARC Castleknock Community Centre**  
Offers a monthly support group and talks

➡ **ARC Angels Choir**  
Join a monthly choir in Dublin 2

Coming your way, save the date:

**The ARC Fashion Show Extravaganza**  
**Thursday 19<sup>th</sup> March 2020**

Contact: [fundraising@arccancersupport.ie](mailto:fundraising@arccancersupport.ie)

*All services are free of charge. However we rely on the generosity of the public, corporations, grant givers and fundraising events to fund these vital services*

**Please enquire for more details**

Tel: **01-215 0250**

Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)

Visit: [www.arccancersupport.ie](http://www.arccancersupport.ie)

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**Monday, Wednesday & Thursday 10am - 4pm**

**Tuesday 10am - 8pm**

**Friday 10am to 2pm**

## Classes

Please call in advance to enquire as numbers are limited:

### Relaxation & Visualisation

Thursdays 2.30pm - 4pm

### Yoga

Mondays 10.30am - 11.45am

### Yogalates

Fridays 11am - 12pm

## Monthly Peer Support Groups

### Knitting Group

Last Wednesday 26<sup>th</sup> February 11am

### Open Men's Cancer Peer Support Group

Last Thursday 27<sup>th</sup> February 11am

### Women's Cancer Peer Support Group

Second Tuesday 11<sup>th</sup> February 6 pm - 7.30pm

### Secondary Cancer Peer Support Group

First Wednesday 5<sup>th</sup> February 11am - 1pm

### Stoma Care Peer Support Group TBC

## Castleknock Outreach

Castleknock Community Outreach Laurel Lodge  
Tuesday 12th February 11am - 12.30 pm

## One-to-one appointments

- **Counselling** (short term)
- **Acupuncture**
- **Reflexology**
- **Bio Energy**
- **Roches Wig Fitting & Breast Care Services**

## Upcoming programmes start date

### Relaxation & Visualisation

Tuesday 4<sup>th</sup> February 6.30pm - 7.45pm

### Chair Yoga

Friday 7<sup>th</sup> February 12pm - 1pm

### Bereavement Talk

Thursday 13<sup>th</sup> February 2.30pm - 4pm

### Carers Course

Monday 2<sup>nd</sup> March 2pm - 4pm

### Stress Management 9 week Programme

Tuesday 24<sup>th</sup> March 10.30am - 12.30pm

### Fatigue Talk with Dr Deirdre Connolly

Thursday 26<sup>th</sup> March 10.30am

## Regularly run programmes:

- 9 Week Stress Management Programme
- 4 Week Guided Relaxation Course
- 4 Week Carers Course
- 6 week Cancer Thrive & Survive Self Management Course
- 6 week Prostate Cancer Programme
- 6 week Living Life Secondary Cancer
- 6 week CLIMB® Programme for children

## Please enquire for more details

## Services elsewhere

Call or visit our website services calendar for more details

- ➡ **ARC 559 South Circular Road** (beside St James's Hospital)  
Offers a drop-in centre, group programmes & classes, talks and one-to-one appointments
- ➡ **ARC 23 Herbert Avenue** (beside St. Vincent's University Hospital)  
Offers a drop-in centre and one-to-one appointments
- ➡ **ARC Castleknock Community Centre**  
Offers a monthly peer support group and talks
- ➡ **ARC Angels Choir**  
Join a monthly choir in Dublin 2

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# Lowell House, 23 Herbert Avenue

February 2020



## Drop-in Centre

Walk in service, no appointment necessary. Have a cup of tea/coffee, a discreet chat and find out more about the services that are available to you and your family

**Tuesday, Wednesday, Thursday**  
10 am – 4 pm

## One-to-one appointments available

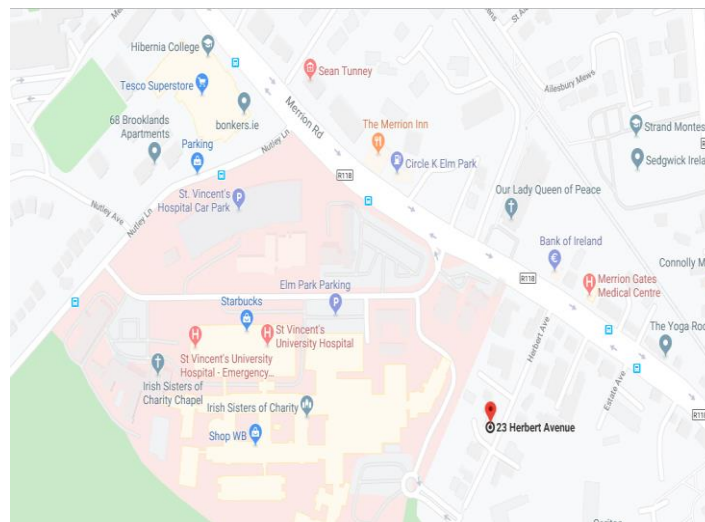
**Tuesday – Thursday:**

**Counselling** (short term)

**Acupuncture**

**Reflexology**

Please call 01-215 0250 to make an appointment for any of the above



*All services are free of charge. However we rely on the generosity of the public, corporations, grant givers and fundraising events to fund these vital services*

## Upcoming programmes in ARC's other centres

### Relaxation & Visualisation

Tuesday 4<sup>th</sup> February 6.30pm – 7.45pm

### Bereavement Talk

Thursday 13<sup>th</sup> February 2.30pm – 4pm

### Carers Course

Monday 2<sup>nd</sup> March 2pm – 4pm

### Fatigue Talk with Dr Deirdre Connolly

Thursday 26<sup>th</sup> March 10.30am

## Services in *other* ARC locations

Call or visit our website 'Services for you/Services Calendar' for more details on services and upcoming programmes in our other locations

- ➡ **ARC 559 South Circular Road**  
Offers a drop-in centre, group programmes & classes, talks and one-to-one appointments
- ➡ **ARC 65 Eccles Street, Dublin 7**  
Offers a drop in centre, programmes, classes and talks and one to one appointments
- ➡ **ARC Castleknock Community Centre**  
Offers a monthly support group and talks
- ➡ **ARC Angels Choir**  
Join a monthly choir in Dublin 2

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