



## October 2020

### Support

We continue to be here for you Monday to Friday 10am - 4pm via our **telephone support service**. Please call 01 - 215 0250.

We can also talk with you about our **remote and online services** such as counselling, classes, talks and programmes. We aim to restore a limited number of services within our centres when it is advisable to do so. Your safety is our concern.

Please join ARC for the very special 2020 **Torch of Hope virtual campaign!!** Go to [arccancersupport.ie/get-involved/events/](http://arccancersupport.ie/get-involved/events/) and sign up for this year's Torch of Hope!

Via Facebook for the following:

**Recordings - Calmness to the Mind with Pat Hickey**

Uploaded Monday to Thursday 3pm – 3.15pm

Updated information on upcoming services- new classes and talks for the month

Via Zoom for the following talks/workshops:

**Breast Reconstruction Talk**

Thursday 22<sup>nd</sup> October Time TBC

**Nutrition Talk with Aveen Bannon**

Friday 23<sup>rd</sup> October 10.00am - 11.00am

**Fatigue Talk with Deirdre Connelly**

Friday 13<sup>th</sup> November 10.30am - 11.30am

**Talking to Children about Cancer**

Monday 30<sup>th</sup> November 11.00am – 12.00 pm

Via Zoom for the following programmes:

**Stress Management 9 Week Open Group**

Tuesdays at 10.30am – 12.30pm

**Chair Yoga (New Time)**

Thursday 1<sup>st</sup> October 6.30pm – 7.30pm

**Stress Management 9 Week Closed Group**

Thursday 15<sup>th</sup> October 10.30am - 12.30pm

To enquire about joining our online Zoom classes, groups and online services:

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

Call: 01 - 215 0250

Live classes via Zoom. To register email [info@arccancersupport.ie](mailto:info@arccancersupport.ie)

**Relaxation With Emer**

Tuesdays 2.30pm – 3.30pm

**Yoga with Liagh**

Wednesdays 9.30am – 10.30am

**Chair Yoga with Florence**

Thursdays 6.30pm – 7.30pm

**Mindfulness with Carmel**

Thursdays 2.30pm – 3.30pm

**Yogalates with Diana**

Fridays 12pm – 1pm

Monthly Peer Support Groups on Zoom.

To register email

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

**Breast Cancer Support Group**

Wednesday 4<sup>th</sup> November 5.30 - 6.45pm

**Secondary Cancer Support Group**

Wednesday 14<sup>th</sup> October 2 - 3.30pm

**Open Men's Cancer Support Group**

Thursday 29<sup>th</sup> October 12.30 – 1.30pm

**Myeloma Support Group**

Wednesday 21<sup>st</sup> October 1.30 – 2.30pm

*ARC relies on the continued generosity of the public, corporate benefactors and grant aid to enable us to provide our services free of charge*