



August 2020

Although our centres are closed we are still here for you, Monday to Friday 10am - 4pm. Our telephone support service 01 - 215 0250 offers support and also information on our remote/online services - counselling, classes, talks & programmes

ART FOR ARC – ONLINE AUCTION

An eclectic mix of beautiful artwork has been kindly donated by artists across Ireland.

The auction will take place from 9am on the 6th of August and will conclude at 6pm on the 7th of August.

Preview from the 30th of July galabid.com/arc

Please email mairead@arccancersupport.ie for further information.

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:-

Reflexology through the hands

Monday 10th August **2pm – 3pm**

Boots, Feel more like you again

Wednesday 26th August **2pm**

Returning to Work after a Cancer diagnosis

Thursday 27th August **6pm**

Prostate event with Urologist Dr Richard Power and special guest speakers

Monday 7th September **7pm**

Via zoom, for the following zoom programmes:-

4 Week Developing resilience in uncertain times

Thursday 6th August **2pm – 3.30pm**

6 Week Mindfulness course

Monday 31st August **11am – 1pm**

9 Week Stress Management

Tuesday 8th September **10.30am – 12.30pm**

6 Week Prostate Course

Wednesday 16th September **11am – 1pm**

Live classes via Zoom, to register email info@arccancersupport.ie:-

Yoga with Liagh

Tuesdays **10.30am – 11.30am**

Relaxation With Emer

Tuesdays **2.30pm – 3.30pm**

Chair Yoga with Florence

Thursdays **10.30am – 11.30am**

(off 6th & 13th)

Yogalates with Diana

Fridays **12pm – 1pm**

Monthly Peer Support Groups on Zoom, to register email info@arccancersupport.ie :-

Open Men's Cancer Support Group

Thursday 27th August **12pm**

Secondary Cancer Support Group

Wednesday 12th August **2pm**

Multiple Myeloma Support Group

Wednesday 19th August **1.30pm**

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

Email: info@arccancersupport.ie

Call: 01 - 215 0250

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