

# December 2020 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](mailto: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](mailto:info@arccancersupport.ie)

## Monthly Peer Support Groups (Zoom)

Weds 2<sup>nd</sup> Dec, 5.00pm - 6.15pm: **Breast Cancer Support Group**

Fri 4<sup>th</sup> Dec, 10:30am - 11.45am: **Prostate Cancer Support Group**

Weds 9<sup>th</sup> Dec, 2:00pm - 4:00pm: **Secondary Cancer Support Group**

## Specialist Talks & Class (Zoom)

Tues 1st Dec, 7pm: **Living with Stoma**

Tues 8<sup>th</sup> Dec, 7pm: **Exercise & Cancer with Dr. Noel McCaffrey**

Weds 9<sup>th</sup>, Dec 7pm: **Lung Cancer: Research, Rehab & Survivorship**

Tues 15th Dec, 6.30pm: **Yoga to Rest & Unwind**

## 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 – 1:00pm: **Yogalates with Diana**

## Special Christmas Week Classes (Zoom)

Tues 29<sup>th</sup> Dec 2:00pm: **Relaxation Class**

Weds 30<sup>th</sup> Dec 11:00am – 1:00pm: **Mindful Relaxation**

## ARC Christmas Sparkle Raffle

The ARC Christmas Sparkle Campaign launches on Sunday Dec 29<sup>th</sup> and closes Sunday Dec 13<sup>th</sup>. Every €20 donation gives you the chance to come away with a spectacular pair of diamond stud earrings worth €5,500!! To find out more - see [www.arccancersupport.ie](http://www.arccancersupport.ie)



## Coming Soon (Zoom)

Jan 2021: **Resilience in Uncertain Times 4 Week Course**

Weds 20<sup>th</sup> Jan, 12pm: **Myeloma Peer Support Group**

Thurs 28<sup>th</sup> Jan, 12:30: **Men's Peer Support Group**

Thurs Feb 4<sup>th</sup>, 10:30: **Stress Management 9 Week Course begins**