

South Circular Road

January 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 **Returning 14th January**

Chair Yoga

Thursdays 11.00am – 12.15pm **Returning 17th January**

Monthly Peer Support Groups

Knitting Group

Tuesdays January 10.30am-11.45am

ARC Men's Cancer Peer Support Group

Tuesday 14th January 11am

Breast Support Group

Wednesday 15th January 5.30pm

Stoma Care Peer Support Group **TBC**

One-to-one appointments

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

Upcoming programmes start date

Relaxation & Visualisation Tuesday 14th

January 2.30pm

Citizens Info **TBC**

Nutrition and Cancer Talk **TBC**

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 19th March 2020

Contact: 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

Castleknock Outreach

Castleknock Community Outreach Laurel Lodge

Tuesday 12th February 11am – 12.30 pm

Please enquire for more details

Tel: [01-215 0250](tel:01-215 0250)

Email: info@arccancersupport.ie

Visit: www.arccancersupport.ie

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Monday, Wednesday & Thursday 10am - 4pm

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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 29th January

Open Men's Cancer Peer Support Group

Last Thursday 30th January 11am

Women's Cancer Peer Support Group

Tuesday 14th January (This month) 6 pm - 7.30pm

Secondary Cancer Peer Support Group

Wednesday 15th January 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 14th January 6.30pm - 7.45pm

Stress Management 9 week Programme

Tuesday 14th January 10.30am - 12.30pm

Chair Yoga

Friday 17th January 12pm - 1pm

Citizens Info

Thursday 23rd January 11am

Fatigue Talk with Dr Deirdre Connolly

Thursday 26th 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

Tel: [01-215 0250](tel:01-215 0250)

Email: info@arccancersupport.ie

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**

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Lowell House, 23 Herbert Avenue

January 2020



Drop-in Centre

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Tuesday, Wednesday, Thursday
10 am – 4 pm

One-to-one appointments available

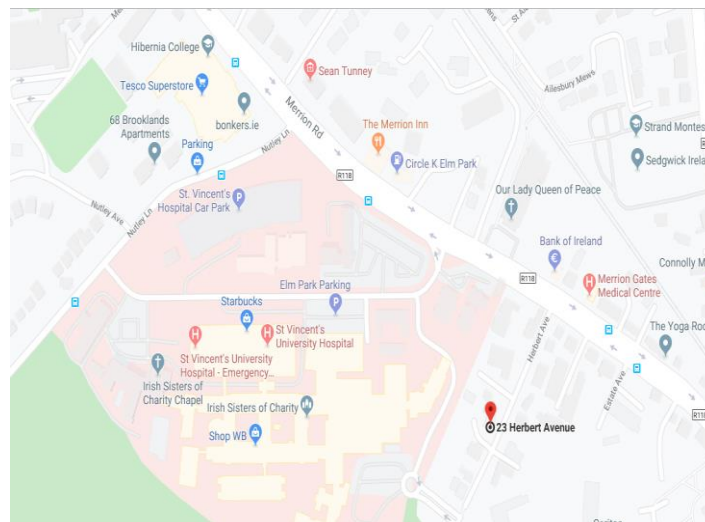
Tuesday – Thursday:

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 14th January 6.30pm – 7.45pm

Citizens Info

Thursday 23rd January 11am

Fatigue Talk with Dr Deirdre Connolly

Thursday 26th 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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