

January 2021 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



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

Monthly Peer Support Groups (Zoom)

Fri 8th Jan, 10:30am – 11.45am: **Prostate Cancer Support Group**
Weds 13th Jan, 2:00pm – 4:00pm: **Secondary Peer Support Group**
Wed 13th Jan, 5.00pm - 6.15pm: **Breast Cancer Peer Support Group**
Weds 20th Jan, 12.30pm-1.30pm **Myeloma Cancer Peer Support**
Thurs 28th Jan, 12:30pm: **Men's Cancer Peer Support Group**

Specialist Talks/Workshops (Zoom)

Thurs 14th Jan, 10:30am-11.45pm **Facial Reflexology**
Thurs 21st Jan, 10:30am - 12:00pm **New Year Wellbeing Action Planning Workshop**
Thurs 28th Jan, 10:30am – 11.45pm **Reflexology on Children**
Fri 29th Jan, 10:30am – 11:30pm **Nutrition and Cancer**

Course Starting in January

Mon Jan 18th 2:00pm-3:30pm: **Building Resilience in Uncertain Times 4 Week Course**

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 - 7:30: **Mindful Sound Meditation with Emer**
Thursdays 2.30pm - 3.30pm: **Mindfulness with Carmel**
Thursdays 6.30pm - 7.30pm: **Chair Yoga with Florence**
Fridays 12pm - 1pm: **Yogalates with Diana**

ARC Hero – Just for January Challenge

Starting Jan 1st, why not give up something for the month and donate what you save to ARC Cancer Support Centres. It takes a very special [ARC Hero](#) to kick a habit and raise funds for ARC. Whatever you decide to give up - junk food, smoking, alcohol, chocolate or crisps – find the Hero in You and please consider donating your savings to ARC and give that bad habit the boot! Click [here](#) for all the details or visit www.arccancersupport.ie/get-involved/events/just-for-january-2021/

Upcoming Courses – Registration Open

Thurs Feb 4th **Stress Management 9 Week Course 10:30am-12pm**
Mon Feb 15th **Living Life Programme 6 Week Course (for persons with a secondary cancer diagnosis) 2:30-4:00pm**
Mon Mar 8th **Self-Care for the Carer 4 Week Course 7:00-9:00pm**