

Regular Weekly Classes

Tuesdays
Stress Management
10:30am - 12:30pm

Relaxation
2:30pm - 3:30pm

Wednesdays
Yoga
9:30am - 10:30am

**Mindful Sound
Meditation**
6:30pm - 7:30pm

Thursdays
Mindfulness
2:30pm - 3:30pm

Chair Yoga
6:30pm - 7:30pm

Fridays
Yogalates
12:00pm - 1.00pm

Specialist Talks/Workshops

**Helping Children
Cope with Loss
Workshop**
Wed Apr 7th
7:30pm - 9:00pm

**Cancer. Intimacy &
Sexuality Talk**
Fri Apr 16th
10:30am - 12:00pm

**Well-Being Action
Planning Workshop**
Fri Apr 23rd
10:30am - 12:00pm
*(for men and women
with a cancer
diagnosis)*

The **ARC 5K/10K Run** is 'ready, set, go' for Phoenix Park from the **1st-7th May 2021**. Although a solo run, you can choose to run in the Phoenix Park OR you can run within your own community. For further details and to register visit www.arccancersupport.ie or email tracy@arccancersupport.ie

Courses Starting in April

**Cancer Rehabilitation
for Men
4-Week Exercise
Programme**
Tues Apr 6th
1:00pm - 1:30pm

**Living Well with
Prostate Cancer
6-Week Programme**
Wed Apr 7th
11:00am - 1:00pm

Cancer Thrive & Survive
Mon Apr 12th
6-Week Course
2:00pm - 4:30pm

Monthly Support Groups

Prostate Cancer Support Group
Fri 9th Apr: 10:30am - 11:30am

NEW - Family & Carer's Support Group
Mon 12th Apr: 7:30pm - 9:00pm

Secondary Cancer Support Group
Wed 14th Apr: 2:00pm - 4:00pm

NEW - Family Bereavement Support Group
Mon 19th Apr: 7:30pm - 9:00pm

**NEW - Living with Cancer during Covid-19 Support
Group**
Mon 26th Apr: 10:30am - 12:00pm

NEW – Parent's Support Group
Mon 26th Apr: 7:30pm – 9:00pm

Myeloma Cancer Support Group
Wed 28th Apr: 1:00pm – 2:00pm

Stoma Cancer Support Group
Wed 28th Apr: 6:00pm - 7:30pm

Men's Cancer Support Group
Thurs 29th Apr: 12:30pm – 1:30pm

Upcoming Events Registration Open

**Pilates for Men
New Weekly Class**
Mon May 10th
12:00pm - 1:00pm

**Nutrition for Stoma
Patients Workshop**
Wed May 26th
7pm

**Well-Being Action
Planning Workshop**
Fri May 28th
10:30am - 12:00pm
*(for family & carers of a
family member with a
cancer diagnosis)*

**Self-Care for the
Carer, 4-Wk Course**
Date TBC
7:00pm – 9:00pm



Support Line & Counselling Service

To enquire about our **Telephone & Online Counselling Service** and **Peer Cuppa Call Service**, phone us on 01 215 0250 or email info@arccancersupport.ie.