

March 2021 Supports For You



All our programmes are FREE & 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

Specialist Talks/Workshops (Zoom)

- Mon Mar 1st Parenting Through Cancer Talk: 7.30pm – 9pm**
For parents with cancer, and carers of someone with cancer (e.g. a partner), who have children u.18
- Thurs Mar 11th The Science Behind Cancer Treatments Talk:**
6.00pm – 8.00pm
- Fri Mar 12th Facial Reflexology Workshop: 10.30am – 11.30am**
- Fri Mar 26th Reflexology Through the Hands Workshop:**
10.30am – 11.30am
- Mon Mar 29th Parenting When a Child has Cancer Talk : 7.30pm – 9pm**
(For parents/carers of young and school aged children, where a child in the family has cancer)
- Tues Mar 30th Prostate Cancer Event: 7.00pm – 9.00pm**
- Weds Mar 31st Feel Better with Boots Workshop: 1.30pm – 2.30pm**

Upcoming Events – Registration Open

- Weds Apr 7th Living with Prostate Cancer 6-Week Course**
11.00am – 1.00pm
- Thurs Apr 15th Self-Care for the Carer, 4 Wk Course 7.00pm – 9.00pm**
- Tues Apr 16th Cancer Intimacy & Sexuality Talk 10.30am – 12.00pm**

2021 Art For ARC Auction: Artists invited to donate works

ARC is delighted to announce its upcoming **Art for ARC Auction** which will take place **online May 2021**! We are now inviting contributions from artists including photographs, paintings, sculptures and art pieces. Please email mairead@arccancersupport.ie for further details.

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**

Monthly Peer Support Groups (Zoom)

- Weds 3rd Mar 5.00pm – 6.15pm: Breast Cancer Support Group**

- Fri 5th Mar 10.30am – 11.30am: Prostate Cancer Support Group**

- Mon 8th Mar 7.30pm – 9.00pm: NEW Family Support Group**
(For families & carers who are supporting a family member over 18 years of age living with a cancer diagnosis)

- Weds 10th Mar 2.00pm – 4.00pm: Secondary Cancer Support Group**

- Mon 15th Mar 7.30pm – 9.00pm: NEW Bereavement Support Group**
(For the whole family after the loss of a loved one)

- Mon 22nd Mar 7.30pm – 9.00pm: NEW Parenting Through Cancer Support Group**
For parents with cancer, and carers of someone with cancer (e.g. a partner), who have children u.18

- Weds 24th Mar 12.30pm – 1.30pm: Myeloma Cancer Support Group**

- Thurs 25th Mar 12.30pm – 1.30pm: Men's Cancer Support Group**