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| Start Date | **Location Details** | **Morning/****Afternoon/ Evening** | **In person/****Online****Delivery** |
| 5th September 2023 | **The Marie Keating Foundation**01 6283726 | Evening  | Online |
| 6th September 2023 | **Solas Cancer Support****Waterford**051 304 604 | Evening  | In person |
| 13th September 2023 | **ARC Cancer Support** **Cork**021 4276688 | Morning | Online |
| 18th September 2023 | **Cuisle Cancer Support****Portlaoise**057 8681492 | Morning | In person |
| 20th September 2023 | **Cancer Care West****Galway**091 540040 | Morning | In person  |
| 21st September 2023  | **Gary Kelly Cancer Support Drogheda**041 9805100 |  Morning | In person  |
| 26th September 2023 | **Purple House Cancer Support** 01 2866966 | Afternoon | Online |
| September 2023 | **Recovery Haven Kerry Cancer Support**066 719 2122 | Time TBC | In person |
| September 2023 | **Mid-West Cancer Support Limerick UHL**061 485 163 | Afternoon | In person |
| 6th October 2023 | **Beaumont RCSI Cancer Centre, Beaumont Hospital**01 852 8478 | Morning  | In person |
| 12th October 2023 | **Mercy University Hospital** **Cork**021 4274076 | Morning  | Online |
| 12th October  | **ARC Cancer Support** **Dublin** 01 215 0250 | Morning | Online |
| 16th October  | St Vincent’s University Hospital01-2215496 | Morning  | Online  |