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| Start Date | **Location Details** | **Morning/****Afternoon/ Evening** | **In person/****Online****Delivery** |
| January 2024*(COMPLETED)* | **Beaumont RCSI Cancer Centre, Dublin** 01 852 8478 | Morning | In person |
| January 2024*(COMPLETED)* | **Cork Arc Cancer Support House** 01 427 66 99  | Morning | **Online** |
| January 2024*(COMPLETED)* | **Éist Cancer Support Centre, Carlow** 085 866 1499 | Morning | In person |
| January 2024 *(COMPLETED)* | **Marie Keating Foundation**01 628 3726 | Evening | **Online** |
| January 2024*(COMPLETED)* | **Solas Cancer Support, Waterford** 051 304 604 | Evening | In person |
| February 2024*(COMPLETED)* | **Cancer Support Sanctuary LARCC, Westmeath** 044 9371971 | Morning | In person |
| February 2024*(COMPLETED)* | **Cuisle Cancer Support****Portlaoise** 057 8681492 | Morning | In person |
| February 2024*(COMPLETED)* | **Purple House Cancer Support, Bray** 01 286 6966 | Evening | In person |
| February 2024*(COMPLETED)* | **Recovery Haven Kerry Cancer Support** 066 719 2122 | Morning | In person |
| February 2024*(COMPLETED)* | **Sláinte an Chláir, Clare** 087 691 2396 | Morning | In person |
| March 2024*(COMPLETED)* | **ARC Cancer Support Dublin**01 2150250 | Morning | **Online** |
| March 2024*(COMPLETED)* | **Gary Kelly Cancer Support Drogheda**041 9805100 | Morning  | In person |
| March 2024*(COMPLETED)* | **Recovery Haven Kerry Support**066 7192122 |  | In person |
| March 2024*(COMPLETED)* | **Marie Keating Foundation, Dublin**(01) 628 3726 | Evening | **Online**  |
| March 2024*(COMPLETED)* | **St. Luke’s Rathgar**01-4065064 | Morning | In person |
| April 2024 | **ARC Cancer Support Dublin**01 2150250 |  | **Online** |
| April 2024  | **Cancer Care West, Galway**091 540 040 |  | In person |
| April 2024 | **Cuan Cancer Support Centre, Cavan**086 455 6632 | Morning | In person |
| May 2024 | **ARC Cancer Support Dublin**01 2150250 |  | **Online** |
| May 2024 | **Cuisle Cancer Support, Portlaoise**(057) 868 1492 |  | In person |
| May 2024 | **Recovery Haven Kerry Support**066 7192122 |  | In person  |
| May 2024 | **University Hospital Limerick,** 061 482542 | Morning | In person |
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**List of Centres Running Cancer Thriving and Surviving Programmes Nationally**

* ARC Cancer Support Dublin – 01 2150250
* Beaumont RCSI Cancer Centre, Dublin - 01 852 8478
* Cancer Care West, Galway – 091 540 040
* Cancer Support Sanctuary LARCC, Westmeath - 044 9371971
* Cork Arc Cancer Support House – 01 427 66 99
* Cuan Cancer Support Centre, Cavan - 086 455 6632
* Cuisle Cancer Support, Portlaoise – 057 868 1492
* Éist Cancer Support Centre, Carlow – 085 866 1499
* Gary Kelly Cancer Support Drogheda – 041 980 5100
* Hope Cancer Support Centre, Enniscorthy – 053 923 8555
* Marie Keating Foundation, Dublin – 01 628 3726
* Purple House Cancer Support, Bray - 01 286 6966
* Recovery Haven Kerry Cancer Support - 066 719 2122
* Sláinte an Chláir, Clare – 087 691 2396
* Solas Cancer Support, Waterford – 051 304 604
* St Vincent’s University Hospital Dublin – 01 221 5496
* St. Luke’s Rathgar – 01 406 5064
* University Hospital Limerick – 061 482 542