lune **PROGRAM HIGHLIGHTS**

CAMP SPARKLE Calling All Campers!



Grief Camp: June 16, 18, & 20 / 9:15 a.m. - 3 p.m. Cancer Camp: June 23, 25, & 27 / 9:15 a.m. - 3 p.m.

Join us at our 2025 Camp Sparkle! A FREE annual day camp for children ages 5-11 impacted by cancer or grief. Camp Sparkle brings together children journeying life's tough stuff to explore ways of coping with cancer or grief that support overall emotional health. Camp is jam packed with activities focusing on emotional health and well-being and features a number of community partners. Camp Sparkle is facilitated by Gilda's Club professional program staff and supported by trained volunteers. Campers are welcome to attend any or all dates that fit in with their schedule. Campers do not have to be Gilda's Club members to participate and are welcome to join in as many days of camp they can make! Pre-Registration is required.

OUTDOOR GENTLE YOGA (1)

Every Monday & Thursday / 6 p.m.

Come and grow together in a 45-minute outdoor gentle yoga session welcoming all levels, including beginners! You are welcome to bring your own mat, otherwise one will be provided. This workshop is weather dependent and is held outdoors only. Please feel free to contact Gwyn the volunteer instructor directly at reny5525@yahoo.com or Gilda's Club to inquire about any questions or to find out if the session is being held on a particular evening due to weather conditions.

PROSTATE CANCER SUPPORT: How Radiopharmaceuticals are Changing Prostate Cancer Care 🌘 🖸

Monday, June 2 / 6 p.m.

A monthly support group for men diagnosed with prostate cancer. During this month's workshop, experts from BAMF Health and a panel of oncologists will share the life-saying impact radiopharmaceutical therapy is having on prostate cancer patients and explain what the new pre-chemo indication means.

ZUMBA (1)

Every Tuesday in June / 10 a.m.

Join us for Zumba! Zumba is a dance fitness program which combines Latin and international music with dance designed to make exercise fun. Come prepared to sweat and move your feet; this class is open to participants 13 and older, at all levels of ability.

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO















An Affiliate of the **CANCER SUPPORT COMMUNITY**

In This Together... Learn. Share. Laugh.

gildasclubgr.org • info@gildasclubgr.org • 616.453.8300 1806 Bridge St. NW, Grand Rapids, MI 49504 865 Lincoln Lake Ave. SE, Lowell, MI 49331

Gilda's Club Grand Rapids is a vibrant FREE emotional health support community of children, adults, families and friends on any kind of cancer journey or those grieving a death due to any cause.

While our program is free of charge to our members, it is not free to provide. As an independent and locally-funded non-profit, Gilda's Club runs entirely on donations from individuals and organizations in our community. **If you are interested in making a tax-deductible donation** today to help sustain the free cancer and grief programs offered through Gilda's Club Grand Rapids, please visit gildasclubgr.org/donate or call 616.453.8300.



There's a lot happening at Gilda's Club this month!

You can see our full calendar on the reverse side, at gildasclubgr.org/calendar or by scanning this QR code.



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In This Together... Learn. Share. Laugh.

JUNE 2025
Program Calendar



ADULT SUPPORT

African American/Black Community Living with Grief Support - A monthly support group for African Americans who have experienced a death of someone in their life.

Brain Cancer Support - A monthly support group for adults impacted by brain cancer.

Breast Cancer Support - A bimonthly support group for adults diagnosed with breast cancer. Cancer Support - A weekly or biweekly support group for adults diagnosed with any type of

Christian Cancer Support - A weekly support group for all "seekers" diagnosed with any type of cancer. Join us for this Christian-faith based group where members share in their cancer journeys together

Colorectal & Related Cancer Support - A monthly support group for adults diagnosed with colorectal cancer and related hereditary risk syndromes. Those affected by syndromes such as Lynch and FAP are welcome to attend this support group.

Family & Friends Cancer Support - A weekly support group for individuals supporting a family member or friend on their cancer journey.

Grief Support - A weekly support group for adults who have experienced a death of someone n their life and are within the first two years of bereavemen

Gynecological Cancer Support - A monthly support group for adults diagnosed with gynecological cancer.

Leukemia & Lymphoma Cancer Support - A monthly support group for adults impacted by leukemia and lymphoma, Support person(s) welcome Lung Cancer Support - A monthly support group for adults diagnosed with lung cancer.

Men's Grief Support - A monthly support group for men who have experienced a death of

Multiple Myeloma Cancer Support - A bimonthly support group for adults impacted by multiple myeloma. Support person(s) welcome.

Next Steps Cancer Support - A bimonthly support group for cancer survivors whose focus has shifted toward living life post treatment.

Next Steps Grief Support – A bimonthly support group for adults who are two years or more beyond the death of someone in their life and whose focus is on learning long term skills to live with grief.

Parent Grief Support - A weekly support group for parents who have experienced the death of a child and are within the first two years of bereavement.

Perinatal Grief Support - A monthly support group for adults who have experienced miscarriage, stillbirth or early infant death within the first trimester prenatal to one month postpartum

Prostate Cancer Support - A monthly support group for men diagnosed with prostate cancer. During this month's workshop, experts from BAMF Health and a panel of oncologists. will share the life-saving impact radiopharmaceutical therapy is having on prostate cancer patients and explain what the new pre-chemo indication means.

Sister to Sister Cancer Support - A monthly support group for women of color impacted by any type of cancer. Support person(s) welcome.

Spouse Grief Support - A bimonthly support group for adults who have experienced the death of a spouse and are within the first two years of bereavement

Spouse Grief with Children at Home Support - A weekly support group for adults who have experienced the death of a spouse, have school-aged children living at home and are within the first two years of bereavement.

Young Adult Cancer Support - A monthly support group for those who are post high school to age 35 diagnosed with any type of cancer.

Young Adult Grief Support - A weekly support group for those who are post high school to age 35 and have experienced a death of someone in their life and are within the first two

YOUTH PROGRAMS

Kids Cancer Support - A weekly support group for elementary age youth impacted by cancer (whether their own diagnosis or that of someone in their life).

Kids Grief Support - A weekly support group for elementary age youth who have experienced the death of someone in their life

Noogieland - Noogieland offers fun activities including arts and crafts, drama, games and more for youth in kindergarten and younger. Supervised by a professional staff with the help of many dedicated volunteers, Noogieland provides a safe environment for kids to share their feelings and build support on Wednesday and Thursday nights, concurrent with other youth and adult support groups, so that support is available for the whole family.

Noogie Nights - Noogieland supervised play time will be available for children up to age 10 whose adults are attending Gilda's in-person programming. Please RSVP at least one business day in advance if you plan to bring your child for Noogie Nights.

Teen & Tween Cancer Support - A weekly support group for teens in high school and tweens in middle school impacted by cancer (whether their own diagnosis or that of someone in

Teen & Tween Grief Support - A weekly support group for teens in high school and tweens in middle school who have experienced the death of someone in their life due to any cause.

EDUCATIONAL OPPORTUNITIES

Ask the Lawyer Workshop - A licensed attorney will be able to meet with Gilda's Club members via Zoom who have legal questions. If the attorney recommends further legal advice outside of this workshop, there may be a fee for this additional service (this fee is not associated with or benefiting Gilda's Club Grand Rapids).

Living with Grief Series - This three week series focuses on information about and understanding grief and its effects on you following the death of a person in your life due to any cause. It is especially helpful for those who recently began their grief journey. Each week covers unique information focused on understanding grief and its effects. Attendees may join

HEALTHY LIFESTYLE ACTIVITIES

20-Minute Meditation - Join us for a guided meditation whether from home or with us in the clubhouse. Bi-weekly workshop with 20 minutes of active meditation lead by a facilitator.

Art Therapy & Grief Workshop - A monthly support group facilitated by the Mary Free Bed art therapist, Libby Smith, ATR-BC. This group provides adults impacted by grief a safe space to process and work through their healing journey via creative methods. No artistic skills required.

EmpoweringYourHealth-StrongerwithEveryBite:Protein&WellnesswithYourHealthCoachloin us for a practical workshop led by Lindsay Smith, a Certified Health Coach to learn how to stabilize your blood sugar and improve your overall well-being. Discover simple, effective strategies for balancing blood sugar through nutrition, lifestyle changes, and stress management. Leave with actionable tips to boost your energy, curb cravings, and support

Healing Touch – Learn about a method of working with the body's energy to help deal with pain and stress. This workshop is facilitated by Suzan Corbett, certified Healing Touch nurse. Space is mited for up to 5 attendees. RSVPs are required for this workshop, please register in advance.

Outdoor Gentle Yoga - Come and grow together in a 45-minute outdoor gentle yoga session welcoming all levels, including beginners! You are welcome to bring your own mat, otherwise one will be provided. This workshop is weather dependent and is held outdoors only. Please feel free to contact Gwyn the volunteer instructor directly at reny5525@yahoo.com or Gilda's Club to inquire about any questions or to find out if the session is being held on a particular evening due to weather conditions.

Quick Break to Meditate Workshop - Join us for a Monday weekday refresh with a short and sweet lunchtime virtual meditation session. Group will included a 15-20 minute guided meditation to have you in and out in 30 minutes or less to help you jump into your week.

Reiki Session - A healing technique based on the principle of channeling energy by means of touch, and it can benefit you by activating the natural healing processes of the body to reduce stress and restore physical and emotional well-being.

Self-Care with The Healing Nest of Western Michigan - Please join Laurel and The Healing Nest of Western Michigan for a focused time of self-care for anyone impacted by cancer and/or grief. This time will include a variety of free self-care opportunities such as massage, healing touch, reiki, yoga, and meditation. You are welcome to join for one or all these offers. Registration is required to attend this event. To learn more or to RSVP, please contact Laurel with The Healing Nest at 248.762.2883 or email laurel@healingnestwest.com for further information.

Sit & Be Fit - A gentle and energizing exercise class for all fitness levels

Understanding Mindfulness – A monthly workshop that provides discussion and activities to help you understand how mindfulness practices can fit into your life and help support your cancer or grief journey.

Writing Together - Facilitator Pat is here to help you discover how writing during your cancer or grief journey can translate into a creative expression of your experiences and thoughts. oin us monthly as we provide new and thought-provoking prompts to work through life's challenges and learn more about ourselves.

Yoga for All Levels Workshop - Join Gwyn, certified yoga instructor for a gentle 45 minute

yoga session welcoming all levels, including beginners! Come grow together in a yoga practice, offered weekly on Thursday's at 4:30 p.m., and stay for Supper Together if you wish! You are

welcome to bring your own mat otherwise one will be provided. Please RSVP at 616-453-8300. Zumba - Join us for Zumba! Zumba is a dance fitness program which combines Latin and international music with dance designed to make exercise fun. Come prepared to sweat and move your feet; this class is open to participants 13 and older, at all levels of ability.

SOCIAL PROGRAMS

AT GILDA'S CLUB GRAND RAPIDS

OR GRIEF ON THEIR OWN.

NO ONE HAS TO NAVIGATE CANCER

When you walk through the red doors of our clubhouse or

enter a virtual program's video call, you'll find a welcoming and

uplifting environment. Gilda's Club is a place of understanding,

walk alongside you as you learn to navigate your new normal.

cause of death gather and connect to learn, share and laugh.

BEING IN THE MOMENT: How to be Mindful.

where our professional staff and the vibrant support community we

bring together not only "gets" what you are going through, we'll also

At Gilda's Club Grand Rapids, people impacted by cancer or grief due to any

If cancer or grief has entered your life,

Gilda's Club is here for you.

Before reading this passage - take a moment to notice where you are currently.

Are you at home? At the Clubhouse? How are you feeling? What are you feeling?

Acknowledging where you are now without judgment is a powerful practice

known as mindfulness. Being mindful is something we all naturally possess

mindfulness workshops, reiki, yoga, breathing practices and meditation, as

well as the occasional courses such as Mindfulness Based Stress Reduction

mindfulness and including holistic self-care in your routine are opportunities

coping skills that support managing stress, anxiety, and overall wellbeing. The

Club Grand Rapids, we make mindfulness as simple as it sounds with our many

opportunities to think, move and feel mindfully. Check our program calendar

concept of practicing mindfulness may sound intimidating. Here at Gilda's

and workshops from our community partners and volunteers. Practicing

to be aware of the current moment without action, and to help develop

and weekly updates to view and register for our available offerings.

and is accessible to us at any time. Mindfulness is also helpful for supporting

yourself during times of grief, or when your life is impacted by cancer. Join us at

Gilda's Club Grand Rapids for mindful, holistic self-care with regularly available

Art & Conversation Workshop - A weekly time of companionship while working on your own art or craft project. This is a self-led experience and time together with other artists sharing

Explore the Art of Quilting Workshop - A weekly workshop for new and veteran quilters and stitchers to bring their own project or utilize the supplies provided at Gilda's Club.

Fun with Beads - Please join volunteer Sharon Alderink for a fun time beading together! All supplies are provided. This is a time to create necklaces, earrings, and bracelets that you are able to take home and enjoy! Beginner beaders and those who bead experience are welcome. and Sharon will be there to support you along the way as you bead! Registration is required, and space is limited to five participants.

Fun with Ukuleles - Learn to play the ukulele with friends! This workshop is aimed at teens and adults. Gilda's Club has a limited number of ukuleles that can be used during

Gilda's Book Ends - Come on in and join for a lively book discussion! Monthly books may be obtained at the local area libraries and if you need assistance, please feel free to connect with

Gilda's Club. This month's book is "Chemistry" by Bonnie Grams. Gilda's Game Night - Join in a fun social time for games together. There will be a variety of games to choose from, and snacks included as well! The social time is suitable for adults

(Noogie Nights is available for children under ten while their parents participate).

Knit Wits - This weekly workshop is for new and veteran knitting enthusiasts to come together for a social time while working on their own project.

Pour Paint Workshop - Come enjoy a social time while exploring the art of pour painting! All supplies will be provided, and no experience is necessary to join in the collective time learning the technique and art of pour painting. This workshop meets in person and is space limited to 8 participants. Please contact Gilda's Club at info@gildasclubgr.org or call 616-453-8300 for more information or to register.

Supper Together - During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin.

E GILDA'S CLUB PROGRAM CALENDAR

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 a.m. Knit Wits 12 p.m. Quick Break to Meditate Workshop 23 p.m. Fun with Beads 12 4 p.m. Christian Cancer Support 4 p.m. Lung Cancer Support 4 p.m. Lung Cancer Support 5:30 p.m. Supper Together 16 6 p.m. Exploring the Art of Quilting Workshop 6 p.m. Stronger with Every Bite: Protein & Wellness with Your Health Coach 6 p.m. Gynecological Cancer Support 6 p.m. Prostate Cancer Support: How Radiopharmaceuticals are Changing Prostate Cancer Care with BAMF 10 p.m. Sister to Sister Cancer Support 16 p.m. Living with Grief 16 p.m. Outdoor Gentle Yoga 17 p.m. Cancer Support 17 p.m. Cancer Support 17 p.m. Cancer Support 18 p.m. Cancer Support 1	2	10 a.m. Zumba 10 a.m. Art & Conversation Workshop 10 a.m. Virtual Cancer Support 5 p.m. 20-Minute Meditation 10 a.m. Breast Cancer Support 10 a.m. Virtual Grief Support 10 a.m. Virtual G	10 a.m. Sit & Be Fit 4 4 p.m. Grief Support 4 4:30 p.m. Youth Grief New Member Meeting 4 4:30 p.m. Grief New Member Meeting 4 4:30 p.m. Paws With A Cause 5 5:30 p.m. Supper Together 6 6 p.m. Grief Support 6 6 p.m. Kids Grief Support 6 6 p.m. Noogieland 6 6 p.m. Parent Grief Support 6 6 p.m. Spouse Grief with Children at Home Support 6 6 p.m. Teen & Tween Grief Support 6 6 p.m. Teen & Tween Grief Support 6 6 p.m. Young Adult Grief Support 7	4:30 p.m. Yoga for All Levels Workshop 4:30 p.m. Youth Cancer New Member Meeting 4:30 p.m. Cancer New Member Meeting 5:30 p.m. Supper Together 6 p.m. Healing Touch 6 p.m. Cancer Support 6 p.m. Family & Friends Cancer Support 6 p.m. Kids Cancer Support 6 p.m. Next Steps Cancer Support 6 p.m. Noogieland 6 p.m. Teen & Tween Cancer Support 6 p.m. Outdoor Gentle Yoga	6	7
9:30 a.m. Knit Wits 12 p.m. Quick Break to Meditate Workshop 12 p.m. Quick Break to Meditate Workshop 13 p.m. Leukemia & Lymphoma Cancer Support 14 p.m. Christian Cancer Support 14 p.m. Fun with Ukuleles 15 4 p.m. Grief New Member Meeting 15 15 p.m. Grief New Member Meeting 15 15 p.m. Supper Together 16 p.m. Exploring the Art of Quilting Workshop 16 p.m. Living with Grief 16 p.m. Spouse Grief Support 16 p.m. Young Adult Cancer Support 16 p.m. Outdoor Gentle Yoga 16 p.m. Out	9	10 a.m. Zumba 10 10 a.m. Art & Conversation Workshop 15 p.m. Ask the Lawyer Workshop 15:30 p.m. Supper Together 16 p.m. Gilda's Game Night 16 p.m. Multiple Myeloma Cancer Support 16 p.m. Virtual Next Steps Grief Support 16 p.m. Writing Together 17	10 a.m. Sit & Be Fit 4:30 p.m. Youth Grief New Member Meeting 5:30 p.m. Supper Together 6 p.m. Grief Support 6 p.m. Kids Grief Support 6 p.m. Noogieland 6 p.m. Parent Grief Support 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Teen & Tween Grief Support 6 p.m. Young Adult Grief Support 6 p.m. Young Adult Grief Support	4:30 p.m. Yoga for All Levels Workshop 12 4:30 p.m. Youth Cancer New Member Meeting 14:30 p.m. Paws With A Cause 15:30 p.m. Supper Together 16 6 p.m. Cancer Support 16 6 p.m. Colorectal & Related Cancers Support 16 6 p.m. Family & Friends Cancer Support 16 6 p.m. Kids Cancer Support 16 6 p.m. Noogieland 16 6 p.m. Teen & Tween Cancer Support 16 6 p.m. Outdoor Gentle Yoga 16	9 a.m. 13 Self-Care with The Healing Nest	14
	A	CAMP SPARKLE: GRIEF JUNE	16, 18 & 20 9:15 A.M 3 P.M.			21
9:30 a.m. Knit Wits 1 12 p.m. Quick Break to Meditate Workshop 1 4 p.m. Christian Cancer Support 1 4 p.m. Fun with Ukuleles 1 5:30 p.m. Supper Together 1 6 p.m. Art Therapy & Grief Workshop 1 6 p.m. Living with Grief 1 6 p.m. Men's Grief Support 1 6 p.m. Exploring the Art of Quilting Workshop 1 6 p.m. Brain Cancer Support 1 6 p.m. Noogie Nights 1 6 p.m. Perinatal Grief Support 1 6 p.m. Outdoor Gentle Yoga 1	16	10 a.m. Zumba 11 10 a.m. Art & Conversation Workshop 11 10 a.m. Virtual Cancer Support 5 p.m. 20-Minute Meditation 16 6 p.m. Breast Cancer Support 16 6 p.m. Virtual Grief Support 16 5 p.m. Virtual Grief Support 16 5 p.m. Virtual Grief Support 16 5 p.m. Virtual Grief Support 16 p.m. Virtual Grief Support 1	10 a.m. Sit & Be Fit 4 p.m. Grief Support 4:30 p.m. Youth Grief New Member Meeting 4:30 p.m. Grief New Member Meeting 4:30 p.m. Paws With A Cause 5:30 p.m. Supper Together 6 p.m. Grief Support 6 p.m. Kids Grief Support 6 p.m. Noogieland 6 p.m. Parent Grief Support 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Teen & Tween Grief Support 6 p.m. Teen & Tween Grief Support 6 p.m. Young Adult Grief Support 6 p.m. Young Adult Grief Support	by Bonnie Grams 🌓	20	
	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	CAMP SPARKLE: CANCER JUNE	E 23, 25 & 27 9:15 A.M 3 P.M.			28
9:30 a.m. Knit Wits 12 p.m. Quick Break to Meditate Workshop 24 p.m. Christian Cancer Support 4 p.m. Fun with Ukuleles 16 p.m. Cancer New Member Meeting 16 p.m. Grief New Member Meeting 16 p.m. Grief New Member Meeting 16 p.m. African American/Black Community Living with Grief Support 26 p.m. Exploring the Art of Quilting Workshop 16 p.m. Spouse Grief Support 16 p.m. Outdoor Gentle Yoga 16 p.m. Outdoor Gentle Yoga 16 p.m.	23	10 a.m. Zumba 10 a.m. Art & Conversation Workshop 10 a.m. Cancer New Member Meeting 11 p.m. Grief New Member Meeting 15 p.m. Multiple Myeloma Cancer Support 16 p.m. Next Steps Grief Support 16 p.m. Next Steps Grief Support 16 p.m. Next Steps Grief Support 17 p.m. Next Steps Grief Support 17 p.m. Next Steps Grief Support 17 p.m. Next Steps Grief Support 18 p.m.	10 a.m. Sit & Be Fit 4:30 p.m. Youth Grief New Member Meeting 5:30 p.m. Supper Together 6 p.m. Grief Support 6 p.m. Kids Grief Support 6 p.m. Noogieland 6 p.m. Parent Grief Support 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Teen & Tween Grief Support 6 p.m. Reiki Session		27	Gilda Radner's 79th Birthday!
9:30 a.m. Knit Wits (1) 12 p.m. Quick Break to Meditate Workshop (2) 4 p.m. Fun with Ukuleles (1) 4 p.m. Christian Cancer Support (2)	30	CALENDAR KEY Program offered virtually Program offer Program offered both virtually & in-person	700070.79	Scan to view		

online!

Public Event, Community Welcome! | R Pre-registration Required

Adult Support Group | Educational Opportunity | Family/Youth Program

Healthy Lifestyle Activity | New Member Meeting | Social Event/Activity

4 p.m. Christian Cancer Support 🗐

6 p.m. Outdoor Gentle Yoga

6 p.m. Exploring the Art of Quilting Workshop **(**

LOWELL CLUBHOUSE PROGRAM

TUESDAY, JUNE 3 6 p.m. Cancer Support ①

TUESDAY, JUNE 10

6 p.m. Grief Support 👚

4 p.m. Breast Cancer Support 🕦

6 p.m. Cancer Support 🕦 **TUESDAY, JUNE 24**

TUESDAY, JUNE 17

6 p.m. Grief Support 🕦 6 p.m. Gilda's Game Night 👚

If you are interested in learning about youth support available with Gilda's Club Lowell, please call Gilda's Club for more information, 616-897-8600.



Add some sparkle to vour summer!

REGISTER YOUR CAMPER TODAY!

Grief Camp: June 16, 18, & 20 Cancer Camp: June 23, 25 & 27

Join us at our 2025 Camp Sparkle! A FREE annual day camp for children ages 5-11 impacted by cancer or grief, Camp Sparkle brings together children journeying life's tough stuff to explore ways of coping with cancer or grief that supports overall emotional health.

Visit gildasclubgr.org/camp-sparkle to learn more or to register



WONDERING WHAT TO DO FIRST OR HOW TO BECOME A MEMBER?

GET SUPPORT STARTED BY ATTENDING A NEW MEMBER MEETING

Join us to learn more about the FREE cancer and grief emotional health support program offered through Gilda's Club. A New Member Meeting is an informational orientation that will help you learn more about Gilda's Club program offerings and different types of support. It is also a prerequisite before attending member-specific programs. If you are interested in registering a child, tween or teen for a new member meeting, please register for one of the Youth New Member Meetings below.

To register for this program, please contact info@gildasclubgr.org, call us at 616.453.8300 or fill out our new member form online at gildasclubgr.org/get-started.

CANCER NEW MEMBER MEETINGS

Thursday, June 5 / 4:30 p.m. () Thursday, June 19 / 4:30 p.m. 🌖 Monday, June 23 / 6 p.m. 🚺 Tuesday, June 24 / 10 a.m. 🗐

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, June 5, 12, 19, 26 / 4:30 p.m. 🌖

GRIEF NEW MEMBER MEETINGS

Wednesday, June 4 / 4:30 p.m. 🚺 Monday, June 9 / 4:30 p.m. () Wednesday, June 18 / 4:30 p.m. Monday, June 23 / 6 p.m. 🌖 Tuesday, June 24 / 1 p.m. 🕞

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, June 4, 11, 18, 25 / 4:30 p.m. ()

If none of the above work in your schedule or you are interested in setting up one at our Lowell location. please contact us about scheduling an individual new member meeting.



IN THIS TOGETHER... CANCER SUPPORT COMMUNITY LEARN. SHARE. LAUGH.

To register for a program or learn more about getting support started, contact info@gildasclubgr.org or 616.453.8300 or visit gildasclubgr.org



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