






July PROGRAM HIGHLIGHTS

CANCER SURVIVOR SERIES: *Your Skin Deserves Healing, too!*
Wednesday, July 9 / 4 p.m.  
Cancer Survivor Series is a monthly workshop for those who have finished cancer treatment. Your Skin Deserves Healing, too! A powerful, educational skincare workshop designed specifically for cancer survivors. Led by two skincare experts who specialize in compassionate, results-driven care: Heather Byrne Cuevas—Oncology-Certified Licensed Esthetician with a passion for healing touch, and Natalie Novak—Oncology-Certified Master Esthetician, Founder & CEO of KPS Kindness Powered Skincare. In this workshop, you'll learn: What ingredients are safe (and what to avoid) during and after oncological treatment and how to soothe, nourish and restore your skin back to homeostasis. You'll leave with practical tips, clarity, and a renewed sense of confidence in your skin. Join us as we journey beyond a cancer diagnosis and into life after treatment.

NAVIGATING CANCER & YOUR CAREER
Tuesday, July 15 / 6 p.m.  
Whether you're job searching, currently employed, or figuring out your next steps after a cancer diagnosis, this workshop is here to support you. Join Human Resources expert Allie Rivas, SHRM-SCP, for an empowering and informative session designed to help you navigate the complex intersection of work and wellness. We'll cover real-world questions like:

- » Should I tell my employer I have cancer—and if so, when and how?
- » What rights and protections do I have at work?
- » What kinds of accommodations or schedule adjustments can I ask for?
- » How do I handle job interviews or medical leave during treatment?

You'll walk away with practical tips, tools, and confidence to advocate for yourself, plus insights into the support systems available through your employer and the law. We'll wrap up with an optional Q&A session, so feel free to bring your personal questions for tailored advice in a safe, understanding space. This workshop will be meeting in-person at Gilda's Club Grand Rapids and is open to both members of Gilda's Club and the public. Registration is encouraged. *Please contact Gilda's Club at info@gildasclubgr.org or call 616.453.8300 to register or learn more.*

MULTIPLE MYELOMA FROM A DOCTORS PERSPECTIVE
Tuesday, July 22 / 6 p.m.   
Please join us for an insightful presentation with special guest Dr. Craig Cole, M.D., who will share expertise and current updates and treatments on Multiple Myeloma.

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.

Welcome
to **GILDA'S CLUB!**



An Affiliate of the
CANCER SUPPORT COMMUNITY

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

JULY 2025
Program Calendar

AT GILDA'S CLUB GRAND RAPIDS
NO ONE HAS TO NAVIGATE CANCER
OR GRIEF ON THEIR OWN.

Come
On In!



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, where our professional staff and the vibrant support community we bring together not only "gets" what you are going through, we'll also walk alongside you as you learn to navigate your new normal.

At Gilda's Club Grand Rapids, people impacted by cancer or grief due to any cause of death gather and connect to learn, share and laugh.

**If cancer or grief has entered your life,
Gilda's Club is here for you.**

I LOST THE MANUAL:
Parenting Children When You Have a Cancer Diagnosis

A parent's job is to care for and protect their children – but what happens when the parent suddenly needs care and support? A cancer diagnosis disrupts everyone's lives and can leave the parent struggling and confused on how to best provide for their children and loved ones when they need to nurture themselves. Cancer is an unsettling diagnosis; however, it is important to maintain consistency and routine in both your life and your child's life. Spending time with each other, even if it's doing the "normal" things like chores or watching TV, provides opportunities for relaxation as well as quiet times for you to discuss any concerns with your children, such as questions or updates about your health and treatment. Parenting during a tumultuous period is not easy, and it is important to acknowledge that fact and give yourself grace. As you can, try developing and maintaining a support network for both you and your children and give them and yourself a clear avenue to ask for and receive social and emotional assistance. At Gilda's Club Grand Rapids, we offer various youth-based support programs, with participants ranging from young preschoolers to teenagers, that discuss life's hard stuff, including how to cope with a parent's cancer diagnosis. No parent can do it all, and at Gilda's Club, you have a support system to walk alongside you and your family during your cancer or grief journey.

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. Support person(s) welcome.

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 cancer. Virtual and in-person options available.

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 in their life and are within the first two years of bereavement.

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 someone in their life due to any cause.

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.

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 years of bereavement.

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 their life).

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).

Self-Care for Grieving Spouses – Join facilitator Molly Keating to explore positive ways to care for yourself while grieving for your spouse. This discussion will include how to nourish ourselves with healthy food, movement, sleep, music and gratitude.

What's "Normal" for Grief? – This workshop gives members opportunities to discuss how grief is presented in their own lives and learn the reasonable expectations of themselves while grieving as well as present some practical ways to navigate the grief journey.

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.

Empowering Your Health: Balancing Blood Sugar for Optimal Health – Join 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 long-term health.

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 limited 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.

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. Join 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

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 ideas and stories.

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.

Flowers with Friends – Flowers can bring a little bit of much-needed joy and happiness to our lives and homes. This July, August, and September, join volunteer Shelly (co-owner of Blackbird Farms, which specializes in sustainably grown flowers and vegetables), who will be bringing all the supplies you need to create your own locally grown floral bouquets! No experience is necessary—just come with some enthusiasm and creativity, and we'll make some beautiful arrangements together. This workshop is limited to 15 participants (all ages welcome!), and registration is required.

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 this workshop.

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 "The Ministry for the Future" by Kim Stanley Robinson.

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.

Paws with a Cause – Since 1979, Paws With A Cause (PAWS) has enhanced lives nationwide through the transformative power of custom-trained Assistance and Facility Dogs. These uniquely trained dogs visit community groups, businesses, schools, and other organizations to deliver comfort, reduce stress, and promote social engagement in diverse environments. The calming presence of a friendly, empathetic dog can alleviate feelings of isolation and anxiety, providing a moment of reprieve and connection for those facing daily challenges.

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

JULY

GILDA'S CLUB PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR KEY 🏠 Program offered virtually 👤 Program offered in-person 🏠👤 Program offered both virtually & in-person 📍 Public Event, Community Welcome! 📝 Pre-registration Required Adult Support Group Educational Opportunity Family/Youth Program Healthy Lifestyle Activity New Member Meeting Social Event/Activity	1 10 a.m. Art & Conversation Workshop 🏠 10 a.m. Zumba 🏠 1 p.m. Virtual Cancer Support 🏠 4 p.m. Lung Cancer Support 🏠👤 5 p.m. 20-Minute Meditation 🏠👤 6 p.m. Breast Cancer Support 🏠👤 6 p.m. Virtual Grief Support 🏠	2 10 a.m. Sit & Be Fit 🏠 4 p.m. Grief Support 🏠 4:30 p.m. Youth Grief New Member Meeting 🏠 4:30 p.m. Paws with a Cause 🏠 4:30 p.m. Grief New Member Meeting 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Grief Support 🏠 6 p.m. Parent Grief Support 🏠 6 p.m. Spouse Grief w/ Children at Home Support 🏠 6 p.m. Young Adult Grief Support 🏠 6 p.m. Teen/Tween Grief Support 🏠 6 p.m. Kids Grief Support 🏠 6 p.m. Noogieland 🏠	3 4:30 p.m. Cancer New Member Meeting 🏠 4:30 p.m. Yoga for All Levels Workshop 🏠 4:30 p.m. Youth Cancer New Member Meeting 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Kids Cancer Support 🏠 6 p.m. Noogieland 🏠 6 p.m. Family & Friends Cancer Support 🏠👤 6 p.m. Cancer Support 🏠👤 6 p.m. Teen/Tween Cancer Support 🏠 6 p.m. Next Steps Cancer Support 🏠 6 p.m. Outdoor Gentle Yoga 🏠	4  CLOSED FOR 4TH OF JULY HOLIDAY 	5
7 9:30 a.m. Knit Wits 🏠 12 p.m. Quick Break to Meditate Workshop 🏠📝 4 p.m. Christian Cancer Support 🏠 4 p.m. Fun with Ukuleles 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Exploring the Art of Quilting Workshop 🏠 6 p.m. Empowering Your Health: Balancing Your Blood Sugar with Optimal Health 🏠 6 p.m. Prostate Cancer Support 🏠👤 6 p.m. Sister to Sister Cancer Support 🏠 6 p.m. Gynecological Cancer Support 🏠👤 6 p.m. Outdoor Gentle Yoga 🏠	8 10 a.m. Art & Conversation Workshop 🏠 10 a.m. Zumba 🏠 1 p.m. Virtual Cancer New Member Meeting 🏠 4:30 p.m. Grief New Member Meeting 🏠 5 p.m. Ask the Lawyer Workshop 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Multiple Myeloma Cancer Support 🏠👤 6 p.m. Virtual Next Steps Grief Support 🏠 6 p.m. Gilda's Game Night 🏠 6 p.m. Writing Together 🏠	9 10 a.m. Sit & Be Fit 🏠 4 p.m. Cancer Survivor Series: Your Skin Deserves Healing, Too! 🏠📍 4:30 p.m. Youth Grief New Member Meeting 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Grief Support 🏠 6 p.m. Parent Grief Support 🏠 6 p.m. Spouse Grief w/ Children at Home Support 🏠 6 p.m. Young Adult Grief Support 🏠 6 p.m. Teen/Tween Grief Support 🏠 6 p.m. Kids Grief Support 🏠 6 p.m. Noogieland 🏠	10 4:30 p.m. Yoga for All Levels Workshop 🏠 4:30 p.m. Youth Cancer New Member Meeting 🏠 4:30 p.m. Paws with a Cause 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Kids Cancer Support 🏠 6 p.m. Noogieland 🏠 6 p.m. Family & Friends Cancer Support 🏠👤 6 p.m. Cancer Support 🏠👤 6 p.m. Teen/Tween Cancer Support 🏠 6 p.m. Healing Touch 🏠📝 6 p.m. Flowers with Friends 🏠📝 6 p.m. Colorectal & Related Cancer Support 🏠👤 6 p.m. Outdoor Gentle Yoga 🏠	11	12 11 a.m. Applied Mindfulness 🏠
14 9:30 a.m. Knit Wits 🏠 12 p.m. Quick Break to Meditate Workshop 🏠📝 3 p.m. Leukemia & Lymphoma Cancer Support 🏠👤 4 p.m. Christian Cancer Support 🏠 4 p.m. Fun with Ukuleles 🏠 5:30 p.m. Supper Together 🏠 6 p.m. Exploring the Art of Quilting Workshop 🏠 6 p.m. Young Adult Cancer Support 🏠👤 6 p.m. Spouse Grief Support 🏠 6 p.m. Outdoor Gentle Yoga 🏠	15 10 a.m. Art & Conversation Workshop 🏠 10 a.m. Zumba 🏠 1 p.m. Virtual Cancer Support 🏠 3 p.m. Fun with Beads 🏠📍 5 p.m. 20-Minute Meditation 🏠👤 6 p.m. What's "Normal" for Grief? 🏠📍 6 p.m. Navigating Cancer & Your Career 🏠📍 6 p.m. Breast Cancer Support 🏠👤 6 p.m. Virtual Grief Support 🏠	16 10 a.m. Sit & Be Fit 🏠 4 p.m. Grief Support 🏠 4:30 p.m. Grief New Member Meeting 🏠 4:30 p.m. Youth 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. Parent Grief Support 🏠 6 p.m. Spouse Grief w/ Children at Home Support 🏠 6 p.m. Young Adult Grief Support 🏠 6 p.m. Teen/Tween Grief Support 🏠 6 p.m. Kids Grief Support 🏠 6 p.m. Noogieland 🏠	17 1 p.m. Book Ends with "The Ministry for the Future" by Kim Stanley Robinson 🏠 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. Kids Cancer Support 🏠 6 p.m. Noogieland 🏠 6 p.m. Family & Friends Cancer Support 🏠👤 6 p.m. Cancer Support 🏠👤 6 p.m. Teen/Tween Cancer Support 🏠 6 p.m. Next Steps Cancer Support 🏠 6 p.m. Outdoor Gentle Yoga 🏠	18	19
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LOWELL CLUBHOUSE PROGRAM

TUESDAY, JULY 1

6 p.m. Cancer Support 🏠

TUESDAY, JULY 15

6 p.m. Cancer Support 🏠

TUESDAY, JULY 8

4 p.m. Breast Cancer Support 🏠

6 p.m. Grief Support 🏠

TUESDAY, JULY 22

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.



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, 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, July 3 / 4:30 p.m. 🏠

Tuesday, July 8 / 1 p.m. 🏠

Thursday, July 17 / 4:30 p.m. 🏠

Wednesday, July 23 / 4 p.m. 🏠

Monday, July 28 / 6 p.m. 🏠

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, July 3, 10, 17, 24, 31 / 4:30 p.m. 🏠

GRIEF NEW MEMBER MEETINGS

Wednesday, July 2 / 4:30 p.m. 🏠

Tuesday, July 8 / 4:30 p.m. 🏠

Wednesday, July 16 / 4:30 p.m. 🏠

Tuesday, July 22 / 1 p.m. 🏠

Tuesday, July 22 / 6 p.m. 🏠

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, July 2, 9, 16, 23, 30 / 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.



**GILDA'S CLUB
GRAND RAPIDS**

An Affiliate of the
CANCER SUPPORT COMMUNITY

**IN THIS TOGETHER...
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