

ADULT SUPPORT GROUPS

Support groups are an opportunity for members to come together as a community with others facing similar experiences. These groups are facilitated by masters level mental health professionals and provide a space where you can be real and honor the full range of emotions you are experiencing on a cancer or grief journey while learning and sharing together.

CANCER GROUPS

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 support group for adults diagnosed with any type of cancer.

Christian Cancer Support A weekly support group for all “seekers” impacted by 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.

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

Late Stage Cancer Support A monthly support group for adults diagnosed with late-stage cancer.

Leukemia & Lymphoma Cancer Support A monthly support group for adults impacted by leukemia and lymphoma. Support person(s) welcome.

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.

Prostate Cancer Support A monthly support group for men diagnosed with prostate cancer.

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

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

GRIEF GROUPS

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

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.

Men's Grief Support A monthly support group for men who have experienced a death of someone in their life.

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. This group is a time of connecting with others who share similar experiences and normalizing the experience of grief.

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.

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 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.

FAMILY & YOUTH PROGRAM

Our youth program incorporates age specific curriculum-based activities and discussion.

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

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).

Noogie Nights Noogie Nights: Noogie Nights included supervised play in Noogieland for children up to age ten whose adults are attending evening programming. Led by Noogieland volunteers. Registration required one business day in advance.

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.

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.

Youth Cancer Support A bi-monthly support group in Lowell for youth elementary to high school who are impacted by cancer (whether their own diagnosis or that of someone in their life).

Youth Grief Support A bi-monthly support group in Lowell for youth elementary to high 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 four week series focuses on the grief experienced following the death of a person. It is especially helpful for those who recently began their grief journey. Each week covers different information about understanding grief and its effects in your life. Attendees may join us for any or all four weeks.

Tech 101 Workshop Please join for a session of tech support tailored to your technology questions. This program is offered through Digital Sherpa and you may join this session at Gilda's Club, or visit lamdigitallyempowered.org to learn more about becoming more digitally empowered.

HEALTHY LIFESTYLE ACTIVITIES

Healing Touch Workshop Learn about a method of working with the body's energy to help deal with pain and stress. Facilitated by a certified Healing Touch nurse, no experience is necessary to participate.

Meditation Workshop A biweekly guided, mindful meditation session together at Gilda's Club Grand Rapids. You may join in person or via Zoom.

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 Reiki is 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.

Restorative Body Workshop A wellness workshop open to people impacted by cancer or grief. The workshop consists of body movement and an optional spiritual Christian meditation and connection for the last few minutes of the session. This gentle movement is designed to accommodate those at all levels of fitness or recovery.

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

Writing Workshop Please join Kayla Crum, writer behind online project My Sister's Cancer, to explore a relaxed time of tapping into the creative writing with prompts in regard to your cancer or grief journey. Kayla will provide monthly prompts and support in the writing process. There will be time to share with the group of the writing experience.

Yoga for All Levels Workshop Come grow together in a gentle 45 minute yoga session welcoming all levels, including beginners! You are welcome to bring your own mat otherwise one will be provided.

Yoga with Embody Workshop Embody offers free weekly yoga and mindfulness practices for Gilda's Club members. Embody's teachings include gentle movement and mindfulness practices that are grounded deeply in positive intention and compassionate connection.

SOCIAL ACTIVITIES

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.

Art Journals Workshop A time of open ended expression through the exploration and combination of art and text. All materials provided, no experience necessary!

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.

Fun with Beads! Workshop A monthly time of beading together to create necklaces, earrings and bracelets. Supplies are provided. Beginner beadrs and those with bead experience are welcome!

Gilda's Book Ends A monthly book club to discuss our book of the month together! This month's book is "Housekeeping" by Marilynne Robinson. Books may be borrowed from Gilda's Club as needed.

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.

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

Ukulele Workshop 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.

Zentangle Workshop A time of gentle, meditative approach to drawing using simple provided tools and offered suggestions. You are welcome to join for this time to expand your creativity and relaxation with Zentangle as you create unique, beautiful images from repetitive patterns. Being an artists is not require, though artists are welcome.

FEBRUARY PROGRAM HIGHLIGHTS CONTINUED

Cooking for One Workshop 🍴📅 **Wednesday, February 7, 4:30 p.m.**

Please join for this interactive workshop to build strategies to help with adjustments for cooking for fewer or one. This will include handouts for reference at home and opportunities to ask questions specific to how you are struggling with managing your grocery list, portioning, storing, and recipe ideas. Led by Maureen McKenzie with 12+ years of professional culinary background and social worker staff member.

Self-Care with Healing Nest 🌿📅📍 **Friday, February 9, 9 a.m. - 1 p.m.**

Please join Laurel and the Healing Nest of Western Michigan for a focused time for self care for all women living with cancer. This time will include free opportunities of Reiki and Yoga and you may join for one or both of these options. To learn more or to RSVP, please contact Laurel with the Healing Nest at 248.762.2883 or laurel@healingnestwest.com.

Breathwork Workshop 🌿📅📍 **February 15, 12 p.m.**

Join Tina Derusha, Breathwork facilitator and Meditative Storyteller, for an experiential workshop, 'The Power of Breathwork.' This is part two of a two-part workshop, but you can still attend without having attended part one. Together, you'll learn how to bring your body into a calmer and more balanced state through dynamic breathing techniques. This session will be a deeper breath journey inward focused on one rhythmic pattern and enhanced with a music playlist. You'll leave feeling less vulnerable to stress, anxiety, and have an overall sense of well-being.

Art Therapy & Grief Workshop 🌿📅 **Monday, February 19, 6 p.m.**

Join Mary Free Bed's art therapist – Libby Smith, ATR – to engage and learn more about how art therapy can support your healing journey. In this workshop we will engage in creating art to remember and celebrate the love of those we have lost. This group is for all adults, not just the artists among us!

Financial Wellness Workshop 🌿📅 **Thursday, February 22, 12 p.m.**

Please join Roger David with Rinvelt & David LLC for a time to learn about managing your financial wellness. When living with cancer, or after the death of someone in your life, there are many financial steps to consider. This workshop will explore compiling documentation, estate planning and organizing your overall finances.

Unpacking Emotions Workshop: Part 2 🌿📅📍 **Monday, February 26, 6 p.m.**

Join Olivia Gatz, Psychologist, for three-part educational series on understanding emotions and relevant coping strategies for adults impacted by cancer or grief. Each session will include time for education, along with time to journal and discuss. This second session will focus on life factors that influence our emotions, and the third session will focus on coping skills. You may join one or all of the three part series. Part three will be held March 25.

There's a lot happening at Gilda's Club in February!

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



SPECIAL THANKS TO



FOR THEIR SUPPORT OF OUR PROGRAM!



**GILDA'S
CLUB
GRAND
RAPIDS**

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.

WELCOME TO GILDA'S CLUB!



In This Together. Learn. Share. Laugh.



**GILDA'S
CLUB
GRAND
RAPIDS**

An Affiliate of the
CANCER SUPPORT COMMUNITY

FEBRUARY

2024 PROGRAM CALENDAR

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



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.**

Each month our programming is focused on a different theme. This month our focus is love.

This month Gilda's Club Grand Rapids is celebrating love – the love that we find in supportive communities like Gilda's Club, as well as the love you show yourself when engaging in self-care. Consider our “Cooking class for one,” or caring for yourself through learning more about financial decision-making. The Healing Nest of Western Michigan will be here to shower you with some love and care and we'll be hosting a psychologist-led workshop helping to unpack and embrace the emotions that are a part of life. February is also Black History month – please stay tuned for exciting programming to celebrate!

More info coming soon about our Black Love Event happening this month. *Join us for a time of community and gathering together to celebrate the intimacies and many layers of relationships within the African American Community, including family, friends and all manner of love! Date and time will be available on our web calendar soon!*

FEBRUARY PROGRAM HIGHLIGHTS

Nutrition & Cancer Workshop 🌿📅📍 **Tuesday, February 6, 12 p.m.**

Looking for some ways to enhance your nutrition before, during or after treatment? Learn how to make good choices with your diet, which will improve your energy and help your body heal faster. Discover strategies and tips to manage nutrition related side effects from treatment. Please join Sue Gunnink, MS, RDN, CSO with Corewell Health for an educational time focusing on nutrition and cancer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>FEBRUARY</div> <div>GILDA'S CLUB PROGRAM CALENDAR</div> </div>			<div> <div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Healing Touch Workshop</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen & Tween Cancer Support</div> </div> <div>1</div> </div>	<div> <div> <div>4:30 p.m. Live Stream: Meditation Workshop</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Youth Cancer Support</div> </div> <div>2</div> </div> <div>  <div>Scan this QR code to view online!</div> </div>
<div> <div> <div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>3 p.m. Fun with Beads! Workshop</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Ukulele Workshop</div> <div>5 p.m. Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Explore the Art of Quilting Workshop</div> <div>6 p.m. Gynecological Cancer Support</div> <div>6 p.m. Living with Grief Series</div> <div>6 p.m. Prostate Cancer Support</div> <div>6 p.m. Sister-to-Sister Cancer Support</div> </div> <div>5</div> </div>	<div> <div> <div>10 a.m. Art & Conversation Workshop</div> <div>10 a.m. Virtual Cancer Support</div> <div>12 p.m. Nutrition & Cancer Workshop</div> <div>1 p.m. Virtual Grief Support</div> <div>3 p.m. Tech 101 Workshop</div> <div>4:30 p.m. Meditation</div> <div>6 p.m. Colorectal & Related Cancer Support</div> <div>6 p.m. Multiple Myeloma Cancer Support</div> <div>6 p.m. Next Steps Cancer Support</div> <div>6 p.m. Noogie Nights</div> <div>6 p.m. Virtual Grief Support</div> </div> <div>6</div> </div>	<div> <div> <div>4 p.m. Grief Support</div> <div>4:30 p.m. Cooking for One Workshop</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen & Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div> </div> <div>7</div> </div>	<div> <div> <div>2 p.m. Yoga with Embody Workshop</div> <div>4:30 p.m. Cancer New Member Meeting</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen & Tween Cancer Support</div> </div> <div>8</div> </div>	<div> <div> <div>9 a.m. Self-Care with Healing Nest</div> <div>10 a.m. Sit & Be Fit Workshop</div> </div> <div>9</div> </div>
<div>More Info & Descriptions on Reverse Side!</div>				
<div> <div> <div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>3 p.m. Leukemia & Lymphoma Cancer Support</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Ukulele Workshop</div> <div>4:30 p.m. Restorative Body Workshop</div> <div>5 p.m. Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Explore the Art of Quilting Workshop</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Living with Grief Series</div> <div>6 p.m. Young Adult Cancer Support</div> </div> <div>12</div> </div>	<div> <div> <div>10 a.m. Art & Conversation Workshop</div> <div>10 a.m. Virtual Cancer New Member Meeting</div> <div>1 p.m. Virtual Grief New Member Meeting</div> <div>4:30 p.m. Zentangle Workshop</div> <div>5 p.m. Ask the Lawyer Workshop</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Breast Cancer Support</div> <div>6 p.m. Gilda's Game Night</div> <div>6 p.m. Noogie Nights</div> <div>6 p.m. Virtual Next Steps Grief Support</div> <div>6 p.m. Writing Workshop</div> </div> <div>13</div> </div>	<div> <div> <div>10 a.m. Art Journals Workshop</div> <div>4 p.m. Late Stage Cancer Support</div> <div>4 p.m. Spouse Grief Support</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen & Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div> </div> <div>14</div> </div>	<div> <div> <div>12 p.m. Breathwork Workshop</div> <div>1 p.m. Gilda's Book Ends</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen & Tween Cancer Support</div> </div> <div>15</div> </div>	<div> <div> <div>10 a.m. Sit & Be Fit Workshop</div> </div> <div>16</div> </div> <div>  </div>
<div> <div> <div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>1 p.m. Reed City Cancer Support</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Ukulele Workshop</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Art Therapy & Grief Workshop</div> <div>6 p.m. Brain Cancer Support</div> <div>6 p.m. Explore the Art of Quilting Workshop</div> <div>6 p.m. Living with Grief Series</div> <div>6 p.m. Men's Grief Support</div> <div>6 p.m. Noogie Nights</div> <div>6 p.m. Perinatal Grief Support</div> <div>6 p.m. Sister-to-Sister Cancer Support</div> </div> <div>19</div> </div>	<div> <div> <div>10 a.m. Art & Conversation Workshop</div> <div>10 a.m. Virtual Cancer Support</div> <div>1 p.m. Virtual Grief Support</div> <div>4:30 p.m. Meditation</div> <div>6 p.m. Multiple Myeloma Cancer Support</div> <div>6 p.m. Next Steps Cancer Support</div> <div>6 p.m. Noogie Nights</div> <div>6 p.m. Virtual Grief Support</div> </div> <div>20</div> </div> <div>  </div>	<div> <div> <div>4 p.m. Grief Support</div> <div>4:30 p.m. Grief New Member Meeting</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen & Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div> </div> <div>21</div> </div>	<div> <div> <div>12 p.m. Financial Wellness Workshop</div> <div>2 p.m. Yoga with Embody Workshop</div> <div>4:30 p.m. Cancer New Member Meeting</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Reiki</div> <div>6 p.m. Teen & Tween Cancer Support</div> </div> <div>22</div> </div>	<div> <div> <div>10 a.m. Sit & Be Fit Workshop</div> </div> <div>23</div> </div>
<div> <div> <div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Ukulele Workshop</div> <div>4:30 p.m. Restorative Body Workshop</div> <div>6 p.m. African Americans Living with Grief Support</div> <div>6 p.m. Cancer New Member Meeting</div> <div>6 p.m. Explore the Art of Quilting Workshop</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Living with Grief Series</div> <div>6 p.m. Unpacking Emotions Workshop Part 2</div> </div> <div>26</div> </div>	<div> <div> <div>10 a.m. Art & Conversation Workshop</div> <div>6 p.m. Breast Cancer Support</div> <div>6 p.m. Noogie Nights</div> <div>6 p.m. Next Steps Grief Support</div> </div> <div>27</div> </div>	<div> <div> <div>4 p.m. Spouse Grief Support</div> <div>4:30 p.m. Grief New Member Meeting</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen & Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div> </div> <div>28</div> </div>	<div> <div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen & Tween Cancer Support</div> </div> <div>29</div> </div>	<div>  </div>

LOWELL CLUBHOUSE PROGRAM

TUESDAY, FEBRUARY 6

4:30 p.m. Live Stream: Meditation Workshop

6 p.m. Cancer Support

6 p.m. Youth Cancer Support

TUESDAY, FEBRUARY 13

4 p.m. Breast Cancer Support

5:30 p.m. Supper Together

6 p.m. Grief Support

6 p.m. Youth Grief Support

TUESDAY, FEBRUARY 20

4:30 p.m. Live Stream: Meditation Workshop

5:30 p.m. Supper Together

6 p.m. Cancer Support

6 p.m. Youth Cancer Support

TUESDAY, FEBRUARY 27

6 p.m. Grief Support

6 p.m. Youth Grief Support

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 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 our new member interest form online at gildasclubgr.org/get-started.

Cancer New Member Meetings

4:30 p.m. Thursday, February 8

10 a.m. Tuesday, February 13 (Virtual)

4:30 p.m. Thursday, February 22

6 p.m. Monday, February 26

Youth Cancer New Member Meetings

4:30 p.m. Thursdays, February 1, 8, 15, 22 & 29

Grief New Member Meetings

5 p.m. Monday, February 5

5 p.m. Monday, February 12

1 p.m. Tuesday, February 13 (Virtual)

4:30 p.m. Wednesday, February 21

4:30 p.m. Wednesday, February 28

Youth Grief New Member Meetings

4:30 p.m. Wednesdays, February 7, 14, 21 & 28

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.

CALENDAR KEY

Program offered at a location out in the community

Program offered virtually

Program offered both virtually & in-person

Public Event, Community Welcome!

Preregistration Required

Adult Support Group

Educational Opportunity

Family/Youth Program

Healthy Lifestyle Activity

New Member Meeting

Social Event/Activity

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

Our Grand Rapids Clubhouse is located at 1806 Bridge St. NW, Grand Rapids, MI 49504

Our Lowell Clubhouse is located at 865 Lincoln Lake Ave. SE, Lowell, MI 49331



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY