

## 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 [iamdigitallyempowered.org](http://iamdigitallyempowered.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 "I Feel Bad About My Neck" by Nora Ephron. 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.

**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 Painting** Please join volunteer Lauren for a social time exploring the art of Pour Painting! All supplies provided and no experience necessary to join in the collective time learning the technique and art of Pour Painting.

**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.

## MARCH PROGRAM HIGHLIGHTS CONTINUED

**Family Play Together Workshop** 🌱📅 **March 6, 7, 13, 14, 20 & 21, 4:45 p.m.**

Join occupational therapy doctoral student Payton, for fun, play-based workshop for the WHOLE family! Each week will have different play activities and learning opportunities. Ideal for children in preschool through fourth grade along with their adults. Play is important for a child's development, well-being communication, emotional expression, coping and resilience. Learn fun facts about play, strategies to enhance communication with your child, structured and free playtime, and activities to take home.

**Laughter Rx Symposium** 🌱📅📍📍📍📍 **Friday, March 8, 8:30 a.m.**  
Join us for a symposium that will bring together health care professionals, caregivers and anyone affected by chronic diseases like cancer in a morning of learning and conversation. Together, we'll explore the beneficial impact laughter can have on physical, emotional and mental health and its integration in care. Presenters include Dr. Simin Beg, M.D. talking about managing pain through lifestyle interventions and Comedian and RN, Nancy Norton talking about the power of humor for healthcare workers and trauma survivors. This symposium is free for Gilda's Club members, but does require pre-registration. For \$35 this is a 3 CE opportunity for social workers, EMS providers and Nurses (pending approval).

**Social Dance Workshop** 🌱📅 **2nd & 4th Monday of the month, 6:30 p.m.**  
Come one, come all and join for a fun time learning how to line dance! This workshop is for all adults impacted by cancer or grief and is for all levels, beginners are welcome!

**Conscious Breathing to Create Balance & Calm** 🌱📅📍📍 **Thursday, March 14, 6 p.m.**

In this transformative 75-minute workshop, you'll explore the profound practice of conscious breathing, designed to foster balance, calm, and resilience in daily life. By mastering five fundamental breathwork techniques, you'll learn to harness the power of your breath, unlocking a natural state of tranquility and strength. This workshop offers a practical approach to integrating breathwork into your daily routine, ensuring a sustainable path towards emotional and physical wellbeing. The instructor, Tina Derusha lives at the intersection of mindfulness, neuroscience, spirituality, and creative flow. As the founder of Luna Zen, she teaches mindfulness-based breathwork and somatic practices, focusing on healing through the mind-body-breath connection.

**Mindfulness Based Stress Reduction Series Orientation** 🌱 **Tuesdays, March 19 & 26, 1 p.m.**

Join Molly Keating, a trained MBSR facilitator, in this eight-week series held on Tuesdays from 1-3 p.m. in April and May, that will help us to choose to respond to the realities of our lives instead of reacting to them. Members must attend one of the orientation sessions for the MBSR series held March 19 or 26.

**Unpacking Emotions Workshop: Part 3** 🌱📅 **Monday, March 25, 6 p.m.**  
Join Olivia Grotz, Psychologist, for an educational series on understanding emotions and relevant coping strategies in relation to cancer and/or grief. Each session will include time for education, along with time to journal and discuss. The third session will focus on coping skills. This workshop is intended for adults impacted by cancer or grief, you may join one or all of the three part series.

**There's a lot happening at Gilda's Club in March!**  
You can see our full calendar on the reverse side, at [gildasclubgr.org/calendar](http://gildasclubgr.org/calendar) or by scanning this QR code.



## SPECIAL THANKS TO



## FOR THEIR SUPPORT OF OUR PROGRAM!



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

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

[gildasclubgr.org](http://gildasclubgr.org) • [info@gildasclubgr.org](mailto: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](http://gildasclubgr.org/donate) or call 616.453.8300.

**WELCOME TO GILDA'S CLUB!**



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



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

# MARCH

## 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 laughter.

*In the spirit of our namesake and late comedian Gilda Radner, this month we are embracing the health benefits of laughter! Many studies have demonstrated the benefits we receive from laughing - physically, mentally and emotionally. Did you know that when we laugh we boost our feel-good chemicals in our body of serotonin and dopamine? Join us for therapeutic laughter throughout Gilda's LaughFest happening March 6 - 10, and bring a friend or two to share in the laughter and community!*

## MARCH PROGRAM HIGHLIGHTS

**Planning for Future Care Needs Workshop** 🌱📅📍📍📍 **Monday, March 4, 4:30 p.m.**  
Cindy McGarry of Oasis Senior Advisors shares her expertise in helping individuals plan for their own or their family members' care needs. The workshop will consist of discussion of potential needs and ways to identify resources and options for future planning before a crisis occurs.

**Learn About Play Educational Workshop for Adults** 🌱📅📍📍 **Monday, March 4, 6 p.m.**

Join occupational therapy doctoral student, Payton, for a fun educational workshop about play! Play is important for a child's development, well-being, communication, emotional expression, coping and resilience. Together we will learn fun facts about play, strategies to enhance communication with your child and activities to try at home.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>MARCH</div> <div>GILDA'S CLUB PROGRAM CALENDAR</div> <div>   </div> </div>				
9:30 a.m. Knit Wits 🍵 12 p.m. Quick Break to Meditate Workshop 🍵 3 p.m. Fun with Beads! Workshop 🍵🍵🍵 Limit 5 4 p.m. Christian Cancer Support 🍵 4 p.m. Ukulele Workshop 🍵 4:30 p.m. Planning for Future Care Needs 🍵🍵🍵🍵 5:30 p.m. Supper Together 🍵 6 p.m. Explore the Art of Quilting Workshop 🍵 6 p.m. Gynecological Cancer Support 🍵🍵 6 p.m. Living with Grief Series 🍵 6 p.m. Prostate Cancer Support 🍵🍵 6 p.m. Sister-to-Sister Cancer Support 🍵 6 p.m. Learning All About Play Educational Workshop for Adults 🍵🍵🍵	10 a.m. Art & Conversation Workshop 🍵 10 a.m. Virtual Cancer Support 🍵 1 p.m. Virtual Grief Support 🍵 3 p.m. Tech 101 Workshop 🍵 4:30 p.m. Meditation 🍵🍵 6 p.m. Colorectal & Related Cancer Support 🍵🍵🍵 6 p.m. Multiple Myeloma Cancer Support 🍵🍵 6 p.m. Next Steps Cancer Support 🍵🍵 6 p.m. Noogie Nights 🍵 6 p.m. Virtual Grief Support 🍵	4 p.m. Grief Support 🍵 4:30 p.m. Grief New Member Meeting 🍵 4:30 p.m. Youth Grief New Member Meeting 🍵 4:45 p.m. Family Play Together Workshop 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Grief Support 🍵 6 p.m. Multiple 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 🍵 7 p.m. Cancer Survivors Showcase 🍵🍵🍵	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 🍵 4:45 p.m. Family Play Together Workshop 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Cancer Support 🍵🍵 6 p.m. Family & Friends Cancer Support 🍵🍵 6 p.m. Healing Touch Workshop 🍵🍵🍵 Limit 5 6 p.m. Kids Cancer Support 🍵 6 p.m. Noogieland 🍵 6 p.m. Teen & Tween Cancer Support 🍵	10 a.m. Sit & Be Fit Workshop 🍵 1 9 a.m. Laughter Rx Symposium 🍵🍵🍵🍵🍵🍵 8 10 a.m. Sit & Be Fit Workshop 🍵 <div> <div>JOIN US SATURDAY, MARCH 9 FOR A LAUGHFEST FAMILY FUN DAY!</div> <div>           9 a.m. Kids Joke Time 🍵🍵🍵            10 a.m. Drums for All with Josh Dunigan 🍵🍵🍵            11 a.m. Family improv 🍵🍵🍵         </div> </div>
<div>            2024 GILDA'S LAUGHFEST IS HAPPENING MARCH 6-10! VISIT LAUGHFESTGR.ORG FOR THE FULL LINEUP OF EVENTS &amp; TO GET TICKETS.         </div>				
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. Ukulele Workshop 🍵 4:30 p.m. Restorative Body Workshop 🍵🍵🍵 4:30 p.m. Zentangle Workshop 🍵 5 p.m. Grief New Member Meeting 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Explore the Art of Quilting Workshop 🍵 6 p.m. Grief Support 🍵 6 p.m. Living with Grief Series 🍵 6 p.m. Young Adult Cancer Support 🍵🍵 6:30 p.m. Social Dance Workshop 🍵🍵	10 a.m. Art & Conversation Workshop 🍵 10 a.m. Virtual Cancer New Member Meeting 🍵 1 p.m. Virtual Grief New Member Meeting 🍵 5 p.m. Ask the Lawyer Workshop 🍵🍵 5:30 p.m. Supper Together 🍵 6 p.m. Breast Cancer Support 🍵🍵 6 p.m. Gilda's Game Night 🍵 6 p.m. Noogie Nights 🍵🍵 6 p.m. Virtual Next Steps Grief Support 🍵 6 p.m. Writing Workshop 🍵	10 a.m. Art Journals Workshop 🍵 4 p.m. Late Stage Cancer Support 🍵🍵 4 p.m. Spouse Grief Support 🍵 4:30 p.m. Youth Grief New Member Meeting 🍵 4:45 p.m. Family Play Together Workshop 🍵 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 🍵	2 p.m. Yoga with Embody Workshop 🍵 4:30 p.m. Yoga for All Levels Workshop 🍵 4:30 p.m. Youth Cancer New Member Meeting 🍵 4:45 p.m. Family Play Together Workshop 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Conscious Breathing to Create Balance & Calm Workshop 🍵🍵 6 p.m. Cancer Support 🍵🍵 6 p.m. Family & Friends Cancer Support 🍵 6 p.m. Kids Cancer Support 🍵 6 p.m. Noogieland 🍵 6 p.m. Teen & Tween Cancer Support 🍵	10 a.m. Sit & Be Fit Workshop 🍵 15 <div>  </div> 10 a.m. Sit & Be Fit Workshop 🍵 22
9:30 a.m. Knit Wits 🍵 12 p.m. Quick Break to Meditate Workshop 🍵 1 p.m. Reed City Cancer Support 🍵🍵 4 p.m. Christian Cancer Support 🍵 4 p.m. Ukulele Workshop 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Art Therapy & Grief Workshop 🍵🍵 6 p.m. Brain Cancer Support 🍵🍵 6 p.m. Explore the Art of Quilting Workshop 🍵 6 p.m. Living with Grief Series 🍵 6 p.m. Men's Grief Support 🍵 6 p.m. Noogie Nights 🍵🍵 6 p.m. Perinatal Grief Support 🍵 6 p.m. Sister-to-Sister Cancer Support 🍵	10 a.m. Art & Conversation Workshop 🍵 10 a.m. Virtual Cancer Support 🍵 1 p.m. Mindfulness Based Stress Reduction Series Orientation 🍵 Limit 15 1 p.m. Virtual Grief Support 🍵 4:30 p.m. Meditation 🍵🍵 6 p.m. Multiple Myeloma Cancer Support 🍵🍵 6 p.m. Next Steps Cancer Support 🍵🍵 6 p.m. Noogie Nights 🍵 6 p.m. Virtual Grief Support 🍵	4 p.m. Grief Support 🍵 4:30 p.m. Grief New Member Meeting 🍵 4:30 p.m. Youth Grief New Member Meeting 🍵 4:45 p.m. Family Play Together Workshop 🍵 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 🍵	1 p.m. Gilda's Book Ends 🍵 Reading "I Feel Bad About My Neck" by Nora Ephron 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 🍵 4:45 p.m. Family Play Together Workshop 🍵 5:30 p.m. Supper Together 🍵 6 p.m. Cancer Support 🍵🍵 6 p.m. Family & Friends Cancer Support 🍵🍵 6 p.m. Kids Cancer Support 🍵 6 p.m. Noogieland 🍵 6 p.m. Teen & Tween Cancer Support 🍵	10 a.m. Sit & Be Fit Workshop 🍵 22
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<div> <div>More Info &amp; Descriptions on Reverse Side!</div> </div>				

LOWELL CLUBHOUSE PROGRAM

TUESDAY, MARCH 5

4:30 p.m. Live Stream: Meditation Workshop 🍵🍵  
 6 p.m. Cancer Support 🍵  
 6 p.m. Youth Cancer Support 🍵

TUESDAY, MARCH 12

4 p.m. Breast Cancer Support 🍵  
 5:30 p.m. Supper Together 🍵  
 6 p.m. Grief Support 🍵

TUESDAY, MARCH 19

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, MARCH 26

6 p.m. Gilda's Game Night 🍵  
 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, March 7  
 10 a.m. Tuesday, March 12 (Virtual)  
 4:30 Thursday, March 21  
 6 p.m. Monday, March 25  
 4 p.m. Wednesday, March 27 (Virtual)

Grief New Member Meetings

4:30 p.m. Monday, March 6  
 5 p.m. Monday, March 11  
 1 p.m. Tuesday, March 12 (Virtual)  
 4:30 p.m. Wednesday, March 20  
 5 p.m. Monday, March 25  
 Youth Grief New Member Meetings  
 4:30 p.m. Wednesdays, March 6, 13, 20 & 27

Youth Cancer New Member Meetings

4:30 p.m. Thursdays, March 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

🍵🍵🍵🍵 LaughFest Event

🍵🍵🍵🍵🍵 Public Event, Community Welcome!

🍵🍵🍵🍵🍵🍵 Preregistration Required

Adult Support Group


Educational Opportunity


Family/Youth Program

Healthy Lifestyle Activity

New Member Meeting


Social Event/Activity





TICKETS ON SALE NOW!

PRESENTED BY



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

