

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 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.

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 three 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 ""The Commandant's Girl" by Pam Jenoff. 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.

Social Dance 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!

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.

APRIL PROGRAM HIGHLIGHTS CONTINUED

cancer and treatment side effects. Dr. McCurren will discuss the legality of medical marijuana, how to obtain it, and its medical use – including benefits, drug interactions and side effects.

Conscious Breathing to Create Balance & Calm Workshop    **Thursday, April 11, 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.

Mary Free Bed & Gilda's Club Grand Rapids Present: Wellness on the Cancer Journey    **Tuesday, April 16, 6 p.m.**

Join us for a time of interactive discussion, education and focus on wellness on the cancer journey. In this quarterly CREW workshop, Mary Free Bed Rehabilitation Hospital Doctors and Gilda's Club Grand Rapids Social Workers will share cancer rehab information on alternative modalities along with time to practice components of holistic health such as meditation and yoga. This is an interactive workshop and all impacted by cancer are welcome to join and learn together.

A Doula's Purpose on a Cancer Journey Workshop    **Thursday, April 18, 4:30 p.m.**

Kristin Morgan, a certified end-of-life doula, shares all the ways a doula can support someone with cancer, along with their family, as they are moving through end of life. The history of end-of-life care in America will be discussed, as well as how the end-of-life doula profession came to be, how to find an end-of-life doula, and what you can expect from the experience.

Frankly Speaking About Cancer: A Patient & Caregivers Guide to Understanding Mental Health & Cancer    **Thursday, April 25, 6 p.m..**

Please join local psychologist Ellen Manegold PhD, along with Lindsay Jousma, LMSW, for this time of learning and education together. This program is developed for all cancer patients and cancer caregivers to learn the overall importance of mental health after a cancer diagnosis. This workshop educates participants on conversations with their care team about mental health, how mental health may change after a cancer diagnosis, and how to connect to mental health resources and support for you and your caregiver. This is a presentation of Cancer Support Community's Frankly Speaking About Cancer: Mental Health & Cancer educational program.

Interfaith Grief Panel Discussion   **Monday, April 29, 6 p.m.**

Gilda's Club is welcoming a panel of religious and spiritual leaders from the West Michigan community to share what their faiths teach and practice about the end of life, grief customs and rituals, and how we can all appreciate and learn from each other's traditions.

Laryngectomy Support Workshop    **Monday, April 29, 6 p.m.**

Join together with others impacted by a laryngectomy due to a cancer diagnosis for a time of support and education. This session will be facilitated by Alice Norris, MS CCC-SLP Speech Language Pathologist along with Gilda's Club Social Worker.

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

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!



An Affiliate of the
CANCER SUPPORT COMMUNITY

In This Together. Learn. Share. Laugh.

gildasclubgr.org • info@gildasclubgr.org • 616.453.8300
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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.



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CANCER SUPPORT COMMUNITY

APRIL

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 developing a growth and learning mindset.

As we embrace the emotional and social aspects of living with cancer and grief, one of the many coping skills we focus on developing is leaning into a growth mindset. According to Stanford psychologist Carol Dweck and colleagues, a growth mindset is the belief that a person's, is the belief that a person's capacities and talents can be improved over time. A growth or learning mindset can help build resiliency, increase adaptability and reduce stress and anxiety. This month we are offering a variety of opportunities for learning and growth - whether it's learning more about others' viewpoints in our Interfaith Grief Panel, discovering the role a doula can play in the cancer journey, or exploring more about cannabis use in cancer treatment together. There are a variety of educational and integrative workshops to learn from:

APRIL PROGRAM HIGHLIGHTS

Mindfulness Based Stress Reduction Series  **Tuesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21, 1 p.m.**

Join Maureen McKenzie, 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.

Frankly Speaking About Cancer: Why Can't I Stay Positive   **Tuesday, April 9, 6 p.m. at the Lowell Clubhouse**

Gilda's Club Lowell invites people impacted by cancer to a free workshop that discusses depression and cancer, grief and cancer and resilience and cancer. This is one of two sessions, the second session will be held on Tuesday, May 14 at 6 p.m. All may join for any or both sessions.

Cannabis & Cancer: Medical Applications & Research Workshop    **Thursday, April 11, 4:30 p.m.**

Dr. Robert McCurren, MD provides an evidenced-based workshop on the use of cannabis to relieve symptoms of



