

## 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** Supervised play in Noogieland for children up to age ten whose adults are attending evening programming. Led by Noogieland volunteers. Please note, registration is required at least 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](http://lamdigitallyempowered.org) to learn more about becoming more digitally empowered.

## HEALTHY LIFESTYLE ACTIVITIES

**Conscious Breathing to Create Balance & Calm Workshop** 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.

**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 include 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** This is a peer led time to explore a relaxed time of tapping into the creative writing with prompts in regard to your cancer or grief journey. Monthly prompts are provided and there will be time to share with the group of the writing experience. This workshop is suitable for adults.

**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 beaders 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 Secret History" by Donna Tartt. 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 required, though artists are welcome.

## MAY PROGRAM HIGHLIGHTS CONTINUED

**Let's Talk About Cancer: How People See Me Following a Cancer Diagnosis Workshop** 📍📅 **Monday, May 13, 6 p.m.**

*Join us for a time of discussion around how peoples' perceptions of a person with cancer may be influenced by the diagnosis and cancer journey. Facilitated by Gilda's staff member, Beth Shepherd, LMSW.*

**Frankly Speaking About Cancer: Why Can't I Stay Positive** 📍📅

**Tuesday, May 14, 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 the second of two sessions, all may join for any or both sessions.*

**Reducing Stress through Compassionate Processing Workshop** 📍📅

**Thursday, May 16, 6 p.m.**

*Join Kelly Powers, LMSW with Kelly Powers Therapy for a time of education and practice in self care through compassionate processing of emotions. This session will include education on how to regulate our emotions through reflection, meditation, breathing, guided imagery and simple emotional exercises with the goal of reducing distress and increasing our sense of comfort, connection and nourishment. Kelly will lead through time of education, enrichment and practice. This workshop is suitable for adults impacted by cancer or grief.*

**Self Care with the Healing Nest of Western Michigan Workshop** 📍📅

**Friday, May 17, 9 a.m. - 1 p.m.**

*Please join Laurel and the Healing Nest of Western Michigan for a focused time of self care for all impacted by cancer or grief. This time will include a variety of free opportunities such as massage, healing touch, Reiki, yoga, and meditation and you may join for one or all of these options. To learn more or to register for this workshop, please contact Laurel with the Healing Nest at 248.762.2883 or laurel@healingnestwest.com for further information.*

**Art Therapy & Grief Workshop** 📍📅 **Monday, May 20, 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 create art to remember and celebrate the love of those we have lost. This group is for all adults, not just the artists among us!*

**Lowell Clubhouse Ice Cream Social & Open House** 📍📅

**Tuesday, May 21, 6-7:30 p.m.**

*Come on over to the Lowell Clubhouse for a collaborative open house with the community partners who reside at the shared location! This is a great time to enjoy social time together, music, games and ice cream! Bring your family and friends, all are welcome!*

## 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](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.***



**GILDA'S CLUB GRAND RAPIDS**

An Affiliate of the **CANCER SUPPORT COMMUNITY**

**MAY**  
**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 renewal.

*“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.” — Rachel Carson*

*Welcome Spring! A time of refreshment and renewal in nature and here at Gilda's Club Grand Rapids. Join us for renewal whether through movement with Restorative Body and Gentle Yoga, Supportive groups facilitated by licensed masters level social workers, educational workshops like Self-Care for the Caregivers or Reducing Stress Through Compassionate Processing, or gathering for social times such as Game Night, Ukulele and Lowell Clubhouse Ice Cream Social & Open House.*

## MAY PROGRAM HIGHLIGHTS

**Managing Anxiety Workshop** 📍📅 **Monday, May 6, 6 p.m.**

*This workshop will help us to understand and cope with anxiety in our lives, sharing suggestions and helpful skills. Facilitated by Gilda's Club staff member, Beth Shepherd, LMSW.*

**Mindfulness Based Stress Reduction Series** 📍📅 **Tuesdays, May 7, 14, 21 & 28, 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. This month a silent retreat will also be held for workshop participants on Saturday, May 11 from 10 a.m. - 3 p.m.*

**Self Care for Caregivers Workshop** 📍📅 **Thursday, May 9, 4:30 p.m.**

*Please join Blair Burnette, PhD and psychology doctoral students with Michigan State University for a time of education regarding caregiving stress, different categories of self-care/coping, and how to identify what you need at any moment and match the coping skill with the need.*

**There's a lot happening at Gilda's Club in May!**

You can see our full calendar on the reverse side, at [gildasclubgr.org/calendar](http://gildasclubgr.org/calendar) or by scanning this QR code.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>MAY</h1>  <h2>GILDA'S CLUB PROGRAM CALENDAR</h2>				
<p>9:30 a.m. Knit Wits 📍 6</p> <p>12 p.m. Quick Break to Meditate Workshop 📍</p> <p>4 p.m. Christian Cancer Support 📍</p> <p>4 p.m. Ukulele Workshop 📍</p> <p>5 p.m. Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Explore the Art of Quilting Workshop 📍</p> <p>6 p.m. Gynecological Cancer Support 📍</p> <p>6 p.m. Managing Anxiety Workshop 📍</p> <p>6 p.m. Prostate Cancer Support 📍</p> <p>6 p.m. Sister-to-Sister Cancer Support 📍</p>	<p>10 a.m. Art &amp; Conversation Workshop 📍 7</p> <p>10 a.m. Virtual Cancer Support 📍</p> <p>1 p.m. Mindfulness Based Stress Reduction Series 📍 Limit 15</p> <p>1 p.m. Virtual Grief Support 📍</p> <p>3 p.m. Tech 101 Workshop 📍</p> <p>4:30 p.m. Meditation 📍</p> <p>6 p.m. Colorectal &amp; Related Cancer Support 📍</p> <p>6 p.m. Multiple Myeloma Cancer Support 📍</p> <p>6 p.m. Next Steps Cancer Support 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Virtual Grief Support 📍</p>	<p>4 p.m. Grief Support 📍 1</p> <p>4:30 p.m. Grief New Member Meeting 📍</p> <p>4:30 p.m. Youth Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Kids Grief Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Parent Grief Support 📍</p> <p>6 p.m. Spouse Grief with Children at Home Support 📍</p> <p>6 p.m. Teen &amp; Tween Grief Support 📍</p> <p>6 p.m. Young Adult Grief Support 📍</p>	<p>4:30 p.m. Yoga for All Levels Workshop 📍 2</p> <p>4:30 p.m. Cancer New Member Meeting 📍</p> <p>4:30 p.m. Youth Cancer New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Cancer Support 📍</p> <p>6 p.m. Family &amp; Friends Cancer Support 📍</p> <p>6 p.m. Healing Touch Workshop 📍 Limit 5</p> <p>6 p.m. Kids Cancer Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Teen &amp; Tween Cancer Support 📍</p>	<p>3</p>
<p>9:30 a.m. Knit Wits 📍 6</p> <p>12 p.m. Quick Break to Meditate Workshop 📍</p> <p>4 p.m. Christian Cancer Support 📍</p> <p>4 p.m. Ukulele Workshop 📍</p> <p>5 p.m. Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Explore the Art of Quilting Workshop 📍</p> <p>6 p.m. Gynecological Cancer Support 📍</p> <p>6 p.m. Managing Anxiety Workshop 📍</p> <p>6 p.m. Prostate Cancer Support 📍</p> <p>6 p.m. Sister-to-Sister Cancer Support 📍</p>	<p>10 a.m. Art &amp; Conversation Workshop 📍 7</p> <p>10 a.m. Virtual Cancer Support 📍</p> <p>1 p.m. Mindfulness Based Stress Reduction Series 📍 Limit 15</p> <p>1 p.m. Virtual Grief Support 📍</p> <p>3 p.m. Tech 101 Workshop 📍</p> <p>4:30 p.m. Meditation 📍</p> <p>6 p.m. Colorectal &amp; Related Cancer Support 📍</p> <p>6 p.m. Multiple Myeloma Cancer Support 📍</p> <p>6 p.m. Next Steps Cancer Support 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Virtual Grief Support 📍</p>	<p>4 p.m. Late Stage Cancer Support 📍 8</p> <p>4 p.m. Spouse Grief Support 📍</p> <p>4:30 p.m. Youth Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Kids Grief Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Parent Grief Support 📍</p> <p>6 p.m. Spouse Grief with Children at Home Support 📍</p> <p>6 p.m. Teen &amp; Tween Grief Support 📍</p> <p>6 p.m. Young Adult Grief Support 📍</p>	<p>2 p.m. Yoga with Embody Workshop 📍 9</p> <p>4:30 p.m. Yoga for All Levels Workshop 📍</p> <p>4:30 p.m. Youth Cancer New Member Meeting 📍</p> <p>4:30 p.m. Self-Care for Caregivers Workshop 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Cancer Support 📍</p> <p>6 p.m. Conscious Breathing to Create Balance &amp; Calm Workshop 📍</p> <p>6 p.m. Family &amp; Friends Cancer Support 📍</p> <p>6 p.m. Kids Cancer Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Teen &amp; Tween Cancer Support 📍</p>	<p>10 a.m. Sit &amp; Be Fit Workshop 📍 10</p>
<p>9:30 a.m. Knit Wits 📍 13</p> <p>12 p.m. Quick Break to Meditate Workshop 📍</p> <p>3 p.m. Leukemia &amp; Lymphoma Cancer Support 📍</p> <p>4 p.m. Christian Cancer Support 📍</p> <p>4 p.m. Ukulele Workshop 📍</p> <p>4:30 p.m. Restorative Body Workshop 📍</p> <p>5 p.m. Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Explore the Art of Quilting Workshop 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Let's Talk About Cancer: How People See Me Following a Cancer Diagnosis 📍</p> <p>6 p.m. Men's Grief Support 📍</p> <p>6 p.m. Young Adult Cancer Support 📍</p> <p>6:30 p.m. Social Dance Workshop 📍</p>	<p>10 a.m. Art &amp; Conversation Workshop 📍 14</p> <p>10 a.m. Virtual Cancer New Member Meeting 📍</p> <p>1 p.m. Mindfulness Based Stress Reduction Series 📍 Limit 15</p> <p>1 p.m. Virtual Grief New Member Meeting 📍</p> <p>4:30 p.m. Zentangle Workshop 📍</p> <p>5 p.m. Ask the Lawyer Workshop 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Breast Cancer Support 📍</p> <p>6 p.m. Gilda's Game Night 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Virtual Next Steps Grief Support 📍</p> <p>6 p.m. Writing Workshop 📍</p>	<p>4 p.m. Grief Support 📍 15</p> <p>4:30 p.m. Youth Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Kids Grief Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Parent Grief Support 📍</p> <p>6 p.m. Spouse Grief with Children at Home Support 📍</p> <p>6 p.m. Teen &amp; Tween Grief Support 📍</p> <p>6 p.m. Young Adult Grief Support 📍</p>	<p>1 p.m. Gilda's Book Ends 📍 Reading "The Secret History" by Donna Tartt 16</p> <p>4:30 p.m. Cancer New Member Meeting 📍</p> <p>4:30 p.m. Yoga for All Levels Workshop 📍</p> <p>4:30 p.m. Youth Cancer New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Cancer Support 📍</p> <p>6 p.m. Family &amp; Friends Cancer Support 📍</p> <p>6 p.m. Kids Cancer Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Reducing Stress Through Compassionate Processing Workshop 📍</p> <p>6 p.m. Teen &amp; Tween Cancer Support 📍</p>	<p>9 a.m. - 1 p.m. Self-Care with Healing Nest 📍 17</p> <p>10 a.m. Sit &amp; Be Fit Workshop 📍</p>
<p>9:30 a.m. Knit Wits 📍 20</p> <p>12 p.m. Quick Break to Meditate Workshop 📍</p> <p>1 p.m. Virtual Cancer Support 📍 In-Person Available at Corewell Health Reed City Cancer Center</p> <p>4 p.m. Christian Cancer Support 📍</p> <p>4 p.m. Ukulele Workshop 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Art Therapy &amp; Grief Workshop 📍</p> <p>6 p.m. Brain Cancer Support 📍</p> <p>6 p.m. Cancer New Member Meeting 📍</p> <p>6 p.m. Explore the Art of Quilting Workshop 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Perinatal Grief Support 📍</p> <p>6 p.m. Sister-to-Sister Cancer Support 📍</p>	<p>10 a.m. Art &amp; Conversation Workshop 📍 21</p> <p>10 a.m. Virtual Cancer Support 📍</p> <p>1 p.m. Mindfulness Based Stress Reduction Series 📍 Limit 15</p> <p>1 p.m. Virtual Grief Support 📍</p> <p>4:30 p.m. Meditation 📍</p> <p>6 p.m. Multiple Myeloma Cancer Support 📍</p> <p>6 p.m. Next Steps Cancer Support 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Virtual Grief Support 📍</p>	<p>4 p.m. Virtual Cancer New Member Meeting 📍 22</p> <p>4 p.m. Spouse Grief Support 📍</p> <p>4:30 p.m. Youth Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Kids Grief Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Parent Grief Support 📍</p> <p>6 p.m. Spouse Grief with Children at Home Support 📍</p> <p>6 p.m. Teen &amp; Tween Grief Support 📍</p> <p>6 p.m. Young Adult Grief Support 📍</p>	<p>2 p.m. Yoga with Embody Workshop 📍 23</p> <p>4:30 p.m. Yoga for All Levels Workshop 📍</p> <p>4:30 p.m. Youth Cancer New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Cancer Support 📍</p> <p>6 p.m. Family &amp; Friends Cancer Support 📍</p> <p>6 p.m. Kids Cancer Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Reiki 📍</p> <p>6 p.m. Teen &amp; Tween Cancer Support 📍</p>	<p>24</p>
<p>27</p> <p style="text-align: center;"><b>CLUBHOUSE CLOSED FOR HOLIDAY</b></p>	<p>10 a.m. Art &amp; Conversation Workshop 📍 28</p> <p>1 p.m. Mindfulness Based Stress Reduction Series 📍 Limit 15</p> <p>6 p.m. Art Journals Workshop 📍</p> <p>6 p.m. Breast Cancer Support 📍</p> <p>6 p.m. Noogie Nights 📍</p> <p>6 p.m. Next Steps Grief Support 📍</p>	<p>4:30 p.m. Grief New Member Meeting 📍 29</p> <p>4:30 p.m. Youth Grief New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Grief Support 📍</p> <p>6 p.m. Kids Grief Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Parent Grief Support 📍</p> <p>6 p.m. Spouse Grief with Children at Home Support 📍</p> <p>6 p.m. Teen &amp; Tween Grief Support 📍</p> <p>6 p.m. Young Adult Grief Support 📍</p>	<p>4:30 p.m. Yoga for All Levels Workshop 📍 30</p> <p>4:30 p.m. Youth Cancer New Member Meeting 📍</p> <p>5:30 p.m. Supper Together 📍</p> <p>6 p.m. Cancer Support 📍</p> <p>6 p.m. Family &amp; Friends Cancer Support 📍</p> <p>6 p.m. Kids Cancer Support 📍</p> <p>6 p.m. Noogieland 📍</p> <p>6 p.m. Teen &amp; Tween Cancer Support 📍</p>	<p>31</p>



**CLUBHOUSE CLOSED FOR HOLIDAY**



Scan this QR code to view online!

**More Info & Descriptions on Reverse Side!**

### LOWELL CLUBHOUSE PROGRAM

**TUESDAY, MAY 7**  
4:30 p.m. Live Stream: Meditation Workshop 📍

6 p.m. Cancer Support 📍

**TUESDAY, MAY 14**  
4 p.m. Breast Cancer Support 📍

5:30 p.m. Supper Together 📍

6 p.m. Grief Support 📍

6 p.m. Frankly Speaking About Cancer: Why Can't I Stay Positive 📍

6 p.m. Youth Grief Support 📍

**TUESDAY, MAY 21**  
4:30 p.m. Live Stream: Meditation Workshop 📍

6 p.m. Lowell Ice Cream Social & Open House 📍

**TUESDAY, MAY 28**  
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](mailto:info@gildasclubgr.org), call us at 616.453.8300 or fill our new member interest form online at [gildasclubgr.org/get-started](http://gildasclubgr.org/get-started).

<p><b>Cancer New Member Meetings</b></p> <p>4:30 p.m. Thursday, May 2</p> <p>10 a.m. Tuesday, May 14 (Virtual)</p> <p>4:30 p.m. Thursday, May 16</p> <p>6 p.m. Monday, May 20</p> <p>4 p.m. Wednesday, May 22 (Virtual)</p> <p><b>Youth Cancer New Member Meetings</b></p> <p>4:30 p.m. Thursdays, May 2, 9, 16, 23 &amp; 30</p>	<p><b>Grief New Member Meetings</b></p> <p>4:30 p.m. Wednesday, May 1</p> <p>5 p.m. Monday, May 6</p> <p>5 p.m. Monday, May 13</p> <p>1 p.m. Tuesday, May 14 (Virtual)</p> <p>4:30 p.m. Wednesday, May 29</p> <p><b>Youth Grief New Member Meetings</b></p> <p>4:30 p.m. Wednesdays, May 1, 8, 15 &amp; 22</p>
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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

SAVE THE DATES!

**CAMP SPARKLE**

GRIEF CAMP - JUNE 24, 26 & 28  
CANCER CAMP - JULY 8, 10 & 12

Visit [gildasclubgr.org/campsparkle](http://gildasclubgr.org/campsparkle) to learn more or register!