

March PROGRAM HIGHLIGHTS

GOSPEL FEST 🌿📺📻
Thursday, March 6 / 6-8 p.m.

This year, Sister to Sister's Gospel Fest and LaughFest will be partnering to bring Gilda's Club's slogan of "Learn, Share, Laugh" to the main stage! We will learn of those and from those who are on a cancer or grief journey, share in song through several local gospel groups, and join Clean Comedian Lena Green for some good laughs! *This event will take place from 6-8 p.m. at Resurrection Fellowship Church, 321 Valley Ave NW, Grand Rapids, MI 49504. There is ample parking available at the church.*

LAUGHTER RX 🌿📺📻📻
Friday, March 7 / 8:15 a.m.-12 p.m.

A spoonful of laughter helps the medicine go down! Presenters Dr. Jayson Dibble and Keith McGill will entertain us while informing us about two powerful topics. Dr. Dibble will present "Breaking Bad news Without Breaking Bad Yourself," with valuable data and insight about how to deliver difficult news. Educator and comedian, Keith McGill, will present "It's Not What You Think: Trading Preconception for New Perception" to teach us about implicit bias and how it affects our communication with others. You must register for this event; Continuing Education credits are available to nurses and social workers. The symposium is free for Gilda's Club members. *Learn more and register for this event at laughfestgr.org/event/laughter-rx-symposium/. Registration required.*

CANCER SURVIVOR WORKSHOP SERIES:
WHO IS A SURVIVOR? 🌿📺📻
Wednesday, March 12 / 4 p.m.

This workshop is for those who have finished cancer treatment. This quarter we explore "What does being a Cancer Survivor mean?" Join us as we journey beyond a cancer diagnosis and into life after treatment.

MEDICAL NUTRITION ON THE CANCER JOURNEY 🌿📺📻📻
Thursday, March 13 / 6 p.m.

Join Sue Gunnik, MS, RDN, and CSO, who will be presenting on medical nutrition while on the cancer journey, and how food can support you during and after treatment as part of Colorectal Cancer Awareness Month. Opportunities for questions & answers at the end!

ADULT SUPPORT

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

Brain Cancer Support – A monthly support group for adults impacted by brain cancer. Support person(s) welcome.

Breast Cancer Support – A bimonthly support group for adults diagnosed with breast cancer.

Cancer Support – A weekly or biweekly support group for adults diagnosed with any type of cancer. Virtual and in-person options available.

Christian Cancer Support – A weekly support group for all "seekers" diagnosed with any type of cancer. Join us for this Christian-faith based group where members share in their cancer journeys together.

Colorectal & Related Cancer Support – A monthly support group for adults diagnosed with colorectal cancer and related hereditary risk syndromes. Those affected by syndromes such as Lynch and FAP are welcome to attend this support group.

Family & Friends Cancer Support – A weekly support group for individuals supporting a family member or friend on their cancer journey.

Grief Support – A weekly support group for adults who have experienced a death of someone in their life and are within the first two years of bereavement.

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

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

Lung Cancer Support – A monthly support group for adults diagnosed with lung cancer.

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

Multiple Myeloma Cancer Support – A bimonthly support group for adults impacted by multiple myeloma. Support person(s) welcome.

Next Steps Cancer Support – A bimonthly support group for cancer survivors whose focus has shifted toward living life post treatment.

Next Steps Grief Support – A bimonthly support group for adults who are two years or more beyond the death of someone in their life and whose focus is on learning long term skills to live with grief.

Parent Grief Support – A weekly support group for parents who have experienced the death of a child and are within the first two years of bereavement.

Perinatal Grief Support – A monthly support group for adults who have experienced miscarriage, stillbirth or early infant death within the first trimester prenatal to one month postpartum.

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

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

SPECIAL THANKS FOR THEIR SUPPORT
OF OUR PROGRAM TO



An Affiliate of the
CANCER SUPPORT COMMUNITY

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

gildasclubgr.org • info@gildasclubgr.org • 616.453.8300

1806 Bridge St. NW, Grand Rapids, MI 49504

865 Lincoln Lake Ave. SE, Lowell, MI 49331

Gilda's Club Grand Rapids is a vibrant FREE emotional health support community of children, adults, families and friends on any kind of cancer journey or those grieving a death due to any cause.

While our program is free of charge to our members, it is not free to provide. As an independent and locally-funded non-profit, Gilda's Club runs entirely on donations from individuals and organizations in our community. If you are interested in making a tax-deductible donation today to help sustain the free cancer and grief programs offered through Gilda's Club Grand Rapids, please visit gildasclubgr.org/donate or call 616.453.8300.



There's a lot happening at Gilda's Club this month!

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

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.

Substance-Related Death Grief Support – This group offers a supportive space for sharing experiences and exploring the unique challenges of grieving the death of someone due to substance use.

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

Young Adult Grief Support – A weekly support group for those who are post high school to age 35 and have experienced a death of someone in their life and are within the first two years of bereavement.

YOUTH PROGRAMS

Craft Time for Kids & Families – Kids, come on over with your adult for a fun craft time together! Volunteer Melanie will be leading everyone through a time of a themed craft each month suitable for ages five on up! All supplies will be provided and please RSVP in advance.

Kids Cancer Support – A weekly support group for elementary age youth impacted by cancer (whether their own diagnosis or that of someone in their life).

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

Noogieland – Noogieland offers fun activities including arts and crafts, drama, games and more for youth in kindergarten and younger. Supervised by a professional staff with the help of many dedicated volunteers, Noogieland provides a safe environment for kids to share their feelings and build support on Wednesday and Thursday nights, concurrent with other youth and adult support groups, so that support is available for the whole family.

Noogie Nights – Noogieland supervised play time will be available for children up to age 10 whose adults are attending Gilda's in-person programming. *Please RSVP at least one business day in advance if you plan to bring your child for Noogie Nights.*

Teen & Tween Cancer Support – A weekly support group for teens in high school and tweens in middle school impacted by cancer (whether their own diagnosis or that of someone in their life).

Teen & Tween Grief Support – A weekly support group for teens in high school and tweens in middle school who have experienced the death of someone in their life due to any cause.

EDUCATIONAL OPPORTUNITIES

Ask the Lawyer Workshop – A licensed attorney will be able to meet with Gilda's Club members via Zoom who have legal questions. If the attorney recommends further legal advice outside of this workshop, there may be a fee for this additional service (this fee is not associated with or benefiting Gilda's Club Grand Rapids).

Welcome
to GILDA'S CLUB!



An Affiliate of the
CANCER SUPPORT COMMUNITY

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

MARCH '25
PROGRAM CALENDAR

Living with Grief Series – This three week series focuses on information about and understanding grief and its effects on you following the death of a person in your life due to any cause. It is especially helpful for those who recently began their grief journey. Each week covers unique information focused on understanding grief and its effects. Attendees may join us for any or all three weeks.

Planning for Future Care Needs – Cindy McGarry of Oasis Senior Advisors will be sharing her expertise in helping individuals plan for their own or their family members' care needs. There will be discussion of potential needs and ways to find resources and options for future planning before a crisis occurs.

HEALTHY LIFESTYLE ACTIVITIES

Art Therapy & Grief Workshop – 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!

Conscious Breathing with Kundalini Yoga – Join Susanne Werblow, founder of Kundalini Yoga GR, for an hour of conscious breathing, relaxation techniques, and deep rest. This 75-minute Werblow will take you on a breathing journey by introducing you to a different breathing technique.

The Healing Pause: Breath & Rest Practices to Restore Calm & Balance – Explore the transformative power of conscious breathing, relaxation techniques, and deep rest. This 75-minute workshop is designed to guide you through a practical, accessible approach to cultivating restful ease, giving you tools to support your journey toward sustained well-being. Instructor Tina Derusha, founder of Luna Zen, blends mindfulness, neuroscience, spirituality, and creative flow.

Healing Touch – Learn about a method of working with the body's energy to help deal with pain and stress. This workshop is facilitated by Suzan Corbett, certified Healing Touch nurse. Space is limited for up to 5 attendees. RSVPs are required for this workshop, please register in advance.

Meditation Workshop – Join us for a bi-weekly guided meditation from the comfort of your home and share in the practice of mindful meditation together!

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 Workshop – 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 – 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.

Simplify Your Meals: (Primary Food: Nourishment of the Mind, Body & Soul) – Join us for an empowering workshop led by a Health Coach where we'll explore the concept of "primary food"—the non-food aspects of life that nourish and sustain us, including relationships, career, spirituality, and physical activity. Walk away with practical tools and resources to find balances between the twelve areas to enhance your overall health and well-being.

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.

I SEE PEOPLE EVERYWHERE: MANAGING SOCIAL ANXIETY

Almost all of us have had similar experiences at a gathering: the sweaty palms, blushing faces, and racing thoughts that occur while scanning the room of unfamiliar faces. Are these people judging me? Do they want to talk to me? Do I want to talk to them? We can label these thoughts as social anxiety which can affect anyone regardless of age or life experience. With certain dramatic life changes, such as a death, our social anxiety can spike; however, there are many steps that can be taken to help social anxiety. When the racing thoughts flood your mind, ask yourself where these feelings of anxiety are coming from, and why you may be feeling that way. By identifying and accepting your emotions in the moment, you can be mindful and aware of your current state of being. Other times, social anxiety is handled best through "opposite action" – begin by participating in activities you enjoy and gauge your initial comfort levels. With time, try to push yourself out of your comfort zone. Say hello to one random stranger on the street or strike up a conversation with the barista. If the thoughts get overwhelming, shift your focus to anything else: the environment, your breathing, the crack on the sidewalk. Social anxiety is a relatable issue that is seen rather than heard. It is important you focus on what is best for you and who you are, at the end of the day, you are the one you want to impress!

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

Understanding Mindfulness – A monthly workshop that provides discussion and activities to help you understand how mindfulness practices can fit into your life and help support your cancer or grief journey.

Writing Workshop – Journaling is often recommended as a helpful way to reflect on and cope with life's challenges. It also can be a creative expression of your experiences and thoughts. Join us for a relaxed time of tapping into the journaling process with prompts in regard to your cancer or grief journey. Monthly prompts are provided and there will be time to share with others about your writing experience.

Yoga for All Levels Workshop – Join Gwyn, certified yoga instructor for a gentle 45 minute yoga session welcoming all levels, including beginners! Come grow together in a yoga practice, offered weekly on Thursday's at 4:30 p.m., and stay for Supper Together if you wish! You are welcome to bring your own mat otherwise one will be provided. *Please RSVP at 616-453-8300.*

SOCIAL PROGRAMS

Art & Conversation Workshop – A weekly time of companionship while working on your own art or craft project. This is a self-led experience and time together with other artists sharing ideas and stories.

Explore the Art of Quilting Workshop – A weekly workshop for new and veteran quilters and stitchers to bring their own project or utilize the supplies provided at Gilda's Club.

Gilda's Book Ends – Come on in and join for a lively book discussion! Monthly books may be obtained at the local area libraries and if you need assistance, please feel free to connect with Gilda's Club. This month's book is "Behind the Beautiful Forever's" by Katherine Boo.

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.

Scrapbooking Together – Join volunteer Ginger in creating your very own paper album scrapbook! If you have a scrapbook you are welcome to bring this in to work on. Ginger will share tips and tricks in creating a special keepsake. You can utilize the paper album for your memories, a memory book, life story book, or any other ideas you may have! All supplies are provided, and you are welcome to bring in your own pictures as well. Please RSVP and we hope to see you there!

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 with Emy – Please join volunteer Marjorie for 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 artist is not required & artists are welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH					11 a.m. - 2 p.m. Mindfulness Based Stress Reduction Series 🇺🇸🇷
9:30 a.m. Knit Wits 🇺🇸 12 p.m. Quick Break to Meditate Workshop 🇺🇸 4 p.m. Christian Cancer Support 🇺🇸 4 p.m. Lung Cancer Support 🇺🇸🇺🇸 4 p.m. Ukulele Workshop 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Simplify Your Meals 🇺🇸 6 p.m. Exploring the Art of Quilting Workshop 🇺🇸 6 p.m. Gynecological Cancer Support 🇺🇸🇺🇸 6 p.m. Prostate Cancer Support 🇺🇸🇺🇸 6 p.m. Sister to Sister Cancer Support 🇺🇸 6 p.m. Living with Grief Series 🇺🇸	3 10 a.m. Art & Conversation Workshop 🇺🇸 10 a.m. Virtual Cancer Support 🇺🇸 1 p.m. Virtual Grief Support 🇺🇸 4:30 p.m. Meditation Workshop 🇺🇸🇺🇸 6 p.m. Breast Cancer Support 🇺🇸🇺🇸 6 p.m. Virtual Grief Support 🇺🇸	4 10 a.m. Sit & Be Fit 🇺🇸 4 p.m. Adult Grief Support 🇺🇸 4:30 p.m. Youth Grief New Member Meeting 🇺🇸 4:30 p.m. Grief New Member Meeting 🇺🇸 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 🇺🇸	5 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. Youth Cancer New Member Meeting 🇺🇸 4:30 p.m. Cancer New Member Meeting 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Gospel Fest Located Offsite at Resurrection Fellowship Church, see highlights for full address. 🇺🇸 6 p.m. Healing Touch 🇺🇸 6 p.m. Cancer Support 🇺🇸🇺🇸 6 p.m. Family & Friends Cancer Support 🇺🇸🇺🇸 6 p.m. Kids Cancer Support 🇺🇸 6 p.m. Next Steps Cancer Support 🇺🇸🇺🇸 6 p.m. Noogieland 🇺🇸 6 p.m. Teen & Tween Cancer Support 🇺🇸	6 8:15 a.m. LaughterRX Symposium 🇺🇸🇷🇺🇺	7 LaughFest Family Fun Day! 🇺🇸 9 a.m. Drums for All with Josh Dunigan 🇺🇸🇷🇺🇺 10 a.m. Kids Joke Time 🇺🇸🇷🇺🇺 11 a.m. Family Improv 🇺🇸🇷🇺🇺
GILDA'S LAUGHFEST 2025 IS HAPPENING MARCH 5-9! VISIT LAUGHFESTGR.ORG FOR THE FULL LINEUP OF EVENTS & TO GET TICKETS!					
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. Grief New Member Meeting 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Exploring the Art of Quilting Workshop 🇺🇸 6 p.m. Spouse Grief Support 🇺🇸 6 p.m. Young Adult Cancer Support 🇺🇸🇺🇸 6 p.m. Living with Grief Series 🇺🇸	10 10 a.m. Art & Conversation Workshop 🇺🇸 10 a.m. Virtual Cancer New Member Meeting 🇺🇸 12 p.m. The Healing Pause: Breath & Rest Practices to Restore Calm & Balance 🇺🇸🇺🇸 1 p.m. Virtual Grief New Member Meeting 🇺🇸 4:30 p.m. Zentangle 🇺🇸 5 p.m. Ask the Lawyer 🇺🇸 5:30 p.m. Supper Together 🇺🇸 5:45 p.m. Scrapbooking Together 🇺🇸 6 p.m. Gilda's Game Night 🇺🇸 6 p.m. Multiple Myeloma Cancer Support 🇺🇸🇺🇸 6 p.m. Noogie Nights 🇺🇸🇷 6 p.m. Virtual Next Steps Grief Support 🇺🇸 6 p.m. Writing Workshop 🇺🇸	11 10 a.m. Sit & Be Fit 🇺🇸 4 p.m. Cancer Survivor Series: Who is a Survivor? 🇺🇸🇷 4:30 p.m. Youth Grief New Member Meeting 🇺🇸 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 🇺🇸	12 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. Youth Cancer New Member Meeting 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Cancer Support 🇺🇸🇺🇸 6 p.m. Colorectal & Related Cancers Support: Medical Nutrition on the Cancer Journey 🇺🇸🇺🇸🇷 6 p.m. Family & Friends Cancer Support 🇺🇸🇺🇸 6 p.m. Kids Cancer Support 🇺🇸 6 p.m. Noogieland 🇺🇸 6 p.m. Teen & Tween Cancer Support 🇺🇸	13	14 15
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More Info & Descriptions on Reverse Side!					Scan to view online! 
CALENDAR KEY 🇺🇸 Program offered virtually 🇺🇸 Program offered in-person 🇺🇸🇺🇸 Program offered both virtually & in-person 🇷 Public Event, Community Welcome! 🇷 Pre-registration Required 🇺🇸 LaughFest Event Adult Support Group Educational Opportunity Family/Youth Program Healthy Lifestyle Activity New Member Meeting Social Event/Activity					


LOWELL CLUBHOUSE PROGRAM

TUESDAY, MARCH 4
6 p.m. Cancer Support 🇺🇸

TUESDAY, MARCH 11
4 p.m. Breast Cancer Support 🇺🇸
6 p.m. Grief Support 🇺🇸

TUESDAY, MARCH 18
6 p.m. Cancer Support 🇺🇸

TUESDAY, MARCH 25
6 p.m. Grief Support 🇺🇸
6 p.m. Gilda's Game Night 🇺🇸



We are no longer offering youth group services in Lowell, but please call the Clubhouse with any questions providing youth 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 or teen 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 out our new member form online at gildasclubgr.org /get-started.

CANCER NEW MEMBER MEETINGS

Thursday, March 6 / 4:30 p.m. 🇺🇸
Tuesday, March 11 / 10 a.m. 🇺🇸
Thursday, March 20 / 4:30 p.m. 🇺🇸
Monday, March 24 / 6 p.m. 🇺🇸
Wednesday, March 26 / 4 p.m. 🇺🇸

YOUTH CANCER NEW MEMBER MEETINGS


Thursdays, March 6, 13, 20, 27 / 4:30 p.m. 🇺🇸

GRIEF NEW MEMBER MEETINGS

Wednesday, March 5 / 4:30 p.m. 🇺🇸
Monday, March 10 / 4:30 p.m. 🇺🇸
Tuesday, March 11 / 1 p.m. 🇺🇸
Wednesday, March 19 / 4:30 p.m. 🇺🇸
Monday, March 24 / 6 p.m. 🇺🇸

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, March 5, 12, 19, 26 / 4:30 p.m. 🇺🇸



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

IN THIS TOGETHER... LEARN. SHARE. LAUGH.

To register for a program or learn more about getting support started, contact info@gildasclubgr.org or 616.453.8300 or visit gildasclubgr.org