

# APRIL

## GILDA'S CLUB PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10 a.m. Art & Conversation Workshop 🇺🇸 10 a.m. Virtual Cancer Support 🇺🇸 1 p.m. Virtual Grief Support 🇺🇸 5 p.m. 20-Minute Meditation 🇺🇸🇺🇸 6 p.m. Breast Cancer Support 🇺🇸🇺🇸 6 p.m. Virtual Grief Support 🇺🇸	<b>2</b> 10 a.m. Sit & Be Fit 🇺🇸 4 p.m. Adult Grief Support 🇺🇸 4:30 p.m. <b>Grief New Member Meeting</b> 🇺🇸 4:30 p.m. <b>Youth Grief New Member Meeting</b> 🇺🇸 4:30 p.m. Paws With A Cause 🇺🇸 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 Cancer Support 🇺🇸 6 p.m. Young Adult Grief Support 🇺🇸	<b>3</b> 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 4:30 p.m. <b>Cancer New Member Meeting</b> 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. <b>Youth Cancer New Member Meeting</b> 🇺🇸 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. Next Steps Cancer 🇺🇸🇺🇸 6 p.m. Healing Touch Workshop 🇺🇸 6 p.m. Noogieland 🇺🇸 6 p.m. Teen & Tween Cancer Support 🇺🇸	<b>4</b>	<b>5</b> 11 a.m. Applied Mindfulness 🇺🇸
<b>7</b> 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. <b>Living with Grief Series</b> 🇺🇸 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 🇺🇸	<b>8</b> 10 a.m. Art & Conversation Workshop 🇺🇸 10 a.m. <b>Cancer New Member Meeting</b> 🇺🇸 12 p.m. The Healing Pause: Breath & Rest Practices to Restore Calm & Balance 🇺🇸🇺🇸 1 p.m. <b>Grief New Member Meeting</b> 🇺🇸 5 p.m. <b>Ask the Lawyer</b> 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Multiple Myeloma Cancer Support 🇺🇸🇺🇸 6 p.m. Virtual Next Steps Grief Support 🇺🇸 6 p.m. Nap Party 🇺🇸 6 p.m. Gilda's Game Night 🇺🇸 6 p.m. Writing Together 🇺🇸 6 p.m. Noogie Nights 🇺🇸🇺🇸	<b>9</b> 10 a.m. Sit & Be Fit 🇺🇸 4:30 p.m. <b>Youth Grief New Member Meeting</b> 🇺🇸 4:30 p.m. Paws With A Cause 🇺🇸 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 Cancer Support 🇺🇸 6 p.m. Young Adult Grief Support 🇺🇸	<b>10</b> 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. <b>Youth Cancer New Member Meeting</b> 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Cancer Support 🇺🇸🇺🇸 6 p.m. Colorectal & Related 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 🇺🇸	<b>11</b>	<b>12</b>
<b>14</b> 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 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Exploring Secondary Foods: Nourishing Your Plate for Optimal Health 🇺🇸 6 p.m. <b>Living with Grief Series</b> 🇺🇸 6 p.m. Exploring the Art of Quilting Workshop 🇺🇸 6 p.m. Spouse Grief Support 🇺🇸 6 p.m. Men's Grief Support 🇺🇸 6 p.m. Young Adult Cancer Support 🇺🇸🇺🇸	<b>15</b> 10 a.m. Art & Conversation Workshop 🇺🇸 10 a.m. Virtual Cancer Support 🇺🇸 1 p.m. Virtual Grief Support 🇺🇸 4:30 p.m. Zentangle 🇺🇸 5 p.m. 20-Minute Meditation 🇺🇸🇺🇸 6 p.m. Breast Cancer Support 🇺🇸🇺🇸 6 p.m. Virtual Grief Support 🇺🇸	<b>16</b> 10 a.m. Sit & Be Fit 🇺🇸 4 p.m. Adult Grief Support 🇺🇸 4:30 p.m. <b>Youth Grief New Member Meeting</b> 🇺🇸 4:30 p.m. <b>Grief New Member Meeting</b> 🇺🇸 4:30 p.m. Paws With A Cause 🇺🇸 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 Cancer Support 🇺🇸 6 p.m. Young Adult Grief Support 🇺🇸	<b>17</b> 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 1 p.m. Book Ends with "Remember" by Lisa Genovese 🇺🇸 4:30 p.m. <b>Cancer New Member Meeting</b> 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. <b>Youth Cancer New Member Meeting</b> 🇺🇸 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. Next Steps Cancer 🇺🇸🇺🇸 6 p.m. Noogieland 🇺🇸 6 p.m. Teen & Tween Cancer Support 🇺🇸	<b>18</b>	<b>19</b>
<b>21</b> 9:30 a.m. Knit Wits 🇺🇸 12 p.m. Quick Break to Meditate Workshop 🇺🇸 4 p.m. Christian Cancer Support 🇺🇸 4 p.m. Ukulele Workshop 🇺🇸 4:30 p.m. <b>Grief New Member Meeting</b> 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. <b>Living with Grief Series</b> 🇺🇸 6 p.m. Art Therapy & Grief Workshop 🇺🇸🇺🇸 6 p.m. Exploring the Art of Quilting Workshop 🇺🇸 6 p.m. Brain Cancer Support 🇺🇸🇺🇸 6 p.m. Noogie Nights 🇺🇸🇺🇸 6 p.m. Perinatal Grief Support 🇺🇸	<b>22</b> 10 a.m. Art & Conversation Workshop 🇺🇸 6 p.m. Multiple Myeloma Cancer Support 🇺🇸🇺🇸 6 p.m. Next Steps Grief Support 🇺🇸	<b>23</b> 10 a.m. Sit & Be Fit 🇺🇸 4 p.m. <b>Cancer New Member Meeting</b> 🇺🇸 4:30 p.m. <b>Youth Grief New Member Meeting</b> 🇺🇸 4:30 p.m. Paws With A Cause 🇺🇸 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 Cancer Support 🇺🇸 6 p.m. Young Adult Grief Support 🇺🇸 10 a.m. Reiki Workshop 🇺🇸	<b>24</b> 9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop 🇺🇸 4:30 p.m. Yoga for All Levels Workshop 🇺🇸 4:30 p.m. <b>Youth Cancer New Member Meeting</b> 🇺🇸 5:30 p.m. Supper Together 🇺🇸 6 p.m. Cancer Support 🇺🇸🇺🇸 6 p.m. Family & Friends Cancer Support 🇺🇸🇺🇸 6 p.m. Understanding Mindfulness 🇺🇸 6 p.m. Kids Cancer Support 🇺🇸 6 p.m. Noogieland 🇺🇸 6 p.m. Teen & Tween Cancer Support 🇺🇸	<b>25</b>	<b>26</b>
<b>28</b> 9:30 a.m. Knit Wits 🇺🇸 12 p.m. Quick Break to Meditate Workshop 🇺🇸 4 p.m. Christian Cancer Support 🇺🇸 4 p.m. Ukulele Workshop 🇺🇸 6 p.m. <b>Grief New Member Meeting</b> 🇺🇸 6 p.m. African American/Black Community Living with Grief Support 🇺🇸 6 p.m. <b>Cancer New Member Meeting</b> 🇺🇸 6 p.m. Exploring the Art of Quilting Workshop 🇺🇸 6 p.m. Spouse Grief Support 🇺🇸	<b>29</b> 10 a.m. Art & Conversation Workshop 🇺🇸	<b>30</b> 10 a.m. Sit & Be Fit 🇺🇸 4:30 p.m. <b>Youth Grief New Member Meeting</b> 🇺🇸 4:30 p.m. Paws With A Cause 🇺🇸 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 Cancer Support 🇺🇸 6 p.m. Young Adult Grief Support 🇺🇸	<div>APRIL IS VOLUNTEER APPRECIATION MONTH! Please take a moment to thank a Volunteer.</div>		

PLEASE NOTE THAT OUR PREVIOUS FRIDAY EVENTS HAVE CHANGED DAYS

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  
Adult Support Group | Educational Opportunity | Family/Youth Program | Healthy Lifestyle Activity | New Member Meeting | Social Event/Activity

More Info & Descriptions on Reverse Side!

### LOWELL CLUBHOUSE PROGRAM

**TUESDAY, APRIL 1**  
6 p.m. Cancer Support 🇺🇸

**TUESDAY, APRIL 8**  
4 p.m. Breast Cancer Support 🇺🇸  
6 p.m. Grief Support 🇺🇸

**TUESDAY, APRIL 15**  
6 p.m. Cancer Support 🇺🇸

**TUESDAY, APRIL 22**  
6 p.m. Grief Support 🇺🇸  
6 p.m. Gilda's Game Night 🇺🇸

If you are interested in learning about you the support available with Gilda's Club Lowell, please call Gilda's Club for more information. 616-897-8600.

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

#### CANCER NEW MEMBER MEETINGS

Thursday, April 3 / 4:30 p.m. 🇺🇸  
Tuesday, April 8 / 10 a.m. 🇺🇸  
Thursday, April 17 / 4:30 p.m. 🇺🇸  
Wednesday, April 23 / 4 p.m. 🇺🇸  
Monday, April 28 / 6 p.m. 🇺🇸

#### YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, April 3, 10, 17, 24 / 4:30 p.m. 🇺🇸

#### GRIEF NEW MEMBER MEETINGS

Wednesday, April 2 / 4:30 p.m. 🇺🇸  
Tuesday, April 8 / 1 p.m. 🇺🇸  
Wednesday, April 16 / 4:30 p.m. 🇺🇸  
Monday, April 21 / 4:30 p.m. 🇺🇸  
Monday, April 28 / 6 p.m. 🇺🇸

#### YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, April 2, 9, 16, 23, 30 / 4:30 p.m. 🇺🇸

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.



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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](mailto:info@gildasclubgr.org) or 616.453.8300 or visit [gildasclubgr.org](http://gildasclubgr.org)



April PROGRAM HIGHLIGHTS

NAP PARTY: RESTFUL SOUNDSCAPES FOR HEALING
Tuesday, April 8 / 6 - 7:15 p.m.

Dedicated to creating restful soundscapes that promote healing and reconnection, Nap Party is both an experience and a band from Grand Rapids, Michigan. During our one-hour session we'll invite listeners to curl up in a blanket and settle into an imaginative state while we co-create one-of-a-kind songs without words, decorated with the soothing textures of violin, viola, accordion, guitar, tongue drum, and voices.

WRITING TOGETHER
Tuesday, April 8 / 6 p.m.

Facilitator Pat is here to help you discover how writing during your cancer or grief journey can translate into a creative expression of your experiences and thoughts. Join us monthly as we provide new and thought-provoking prompts to work through life's challenges and learn more about ourselves.

EXPLORING SECONDARY FOODS:
NOURISHING YOUR PLATE FOR OPTIMAL HEALTH
Monday, April 14 / 6 p.m.

Join us for an insightful and transformative workshop with a holistic health coach, where we'll dive deep into secondary foods – those ingredients that fill our plate and nourish our bodies beyond just basic sustenance. This workshop will cover the impact food has on our physical and mental health, lifestyle and environment with practical tips for incorporating nutrient-dense, whole foods into your daily meals. Get ready to reconnect with the food on your plate and discover how it can be a powerful tool for holistic health!

PAWS WITH A CAUSE
Every Wednesday / 4:30 - 6 p.m.

Join us for some 4-legged hugs! Since 1979, Paws With A Cause (PAWS) has enhanced lives nationwide through the transformative power of custom-trained Assistance and Facility Dogs. These uniquely trained dogs visit community groups, businesses, schools, and other organizations to deliver comfort, reduce stress, and promote social engagement in diverse environments. The calming presence of a friendly, empathetic dog can alleviate feelings of isolation and anxiety, providing a moment of reprieve and connection for those facing daily challenges. Meet some new furry friends this month of April on Wednesday nights!



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

Corewell Health, HOWARD MILLER COMPANY, LMCU, meijer, Midwest Industrial Lumber Inc., Peter C. & Emma Jean Cook Foundation, Steelcase Foundation, UFP INDUSTRIES

GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

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

gildasclubgr.org • info@gildasclubgr.org • 616.453.8300

1806 Bridge St. NW, Grand Rapids, MI 49504

865 Lincoln Lake Ave. SE, Lowell, MI 49331

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

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

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

- 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!

GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

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

APRIL 2025 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.

HEALTHY LIFESTYLE ACTIVITIES

- 20-Minute Meditation – Join us for a guided meditation whether from home or with us in the clubhouse. Bi-weekly workshop with 20 minutes of active meditation lead by a facilitator.
- Applied Mindfulness – A monthly workshop with facilitator-led mindful practices, including physical movement, meditation, discussions and other activities.
- Art Therapy & Grief Workshop – A monthly support group facilitated by the Mary Free Bed art therapist, Libby Smith, ATR-BC. This group provides adults impacted by grief a safe space to process and work through their healing journey via creative methods. No artistic skills required.
- Conscious Breathing with Kundalini Yoga – Join Susanne Werblow, founder of Kundalini Yoga GR, for an hour of conscious breathing practice at Gilda's Club Grand Rapids. Each week, Susanne Werblow will take you on a breathing journey by introducing you to a different breathing technique.
- Exploring Secondary Foods: Nourishing Your Plate for Optimal Health – Join us for an insightful and transformative workshop with a holistic health coach, where we'll dive deep into secondary foods – those ingredients that fill our plate and nourish our bodies beyond just basic sustenance. This workshop will cover the impact food has on our physical and mental health, lifestyle and environment with practical tips for incorporating nutrient-dense, whole foods into your daily meals. Get ready to reconnect with the food on your plate and discover how it can be a powerful tool for holistic health!
- 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.
- 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.

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.

PROLONGED GRIEF DISORDER:

When is this going to end? Living with Prolonged Grief

Grieving someone after a death is a complicated experience that can look differently from person to person. Immediately after a death, it is deemed socially acceptable to display the symptoms of grief without shame. But over time, the thoughts and feelings that normally occur during the grieving process can persist while general support dwindles, leaving those bereaved stuck in a cycle of Prolonged Grief. Prolonged Grief Disorder, or Complicated Grief, is characterized by a consistently intense grief that continues a year after the death occurred, and may induce harsh emotional pain, avoidance, and reintegration difficulties. Although there is no timeline on grief and grieving someone a year after their death can be considered normal and healthy, Prolonged or Complicated Grief is expressed by debilitating symptoms such as numbness, suicidal thoughts, and constant rumination, and should be addressed with a medical health professional. If grief is disrupting your daily life, there are ways to mitigate the severity of your symptoms through professional help and community support. No matter what your personal grief journey looks like, Gilda's Club Grand Rapids is here to support and direct you to the assistance you deserve!

- 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 Together – Facilitator Pat is here to help you discover how writing during your cancer or grief journey can translate into a creative expression of your experiences and thoughts. Join us monthly as we provide new and thought-provoking prompts to work through life's challenges and learn more about ourselves.
- 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 “Remember” by Lisa Genovese.
- Gilda's Game Night – Join in a fun social time for games together. There will be a variety of games to choose from, and snacks included as well! The social time is suitable for adults (Noogie Nights is available for children under ten while their parents participate).
- Knit Wits – This weekly workshop is for new and veteran knitting enthusiasts to come together for a social time while working on their own project.
- Supper Together – During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin.
- Ukulele Workshop – Learn to play the ukulele with friends! This workshop is aimed at teens and adults. Gilda's Club has a limited number of ukuleles that can be used during this workshop.
- Zentangle 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.

