

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>MAY</div> <div>GILDA'S CLUB</div> <div>PROGRAM CALENDAR</div>						<div>9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Healing Touch Workshop</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family &amp; Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Next Steps Cancer</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen &amp; Tween Cancer Support</div>		<div>***</div> <div>PLEASE NOTE THAT OUR PREVIOUS FRIDAY EVENTS HAVE CHANGED DAYS</div>		<div>11 a.m. Applied Mindfulness</div>	
<div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>3 p.m. Fun with Beads</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Lung Cancer Support</div> <div>4 p.m. Fun with Ukeles</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Empowering Your Health with a Holistic Health Coach: Balancing Blood Sugar for Optimal Health</div> <div>6 p.m. Exploring the Art of Quilting Workshop</div> <div>6 p.m. Gynecological Cancer Support</div> <div>6 p.m. Prostate Cancer Support</div> <div>6 p.m. Sister to Sister Cancer Support</div>		<div>10 a.m. Art &amp; Conversation Workshop</div> <div>10 a.m. Virtual Cancer Support</div> <div>1 p.m. Virtual Grief Support</div> <div>5 p.m. 20-Minute Meditation</div> <div>6 p.m. Breast Cancer Support: Innovation in Detection, Treatment &amp; Trials with BAMF Health</div> <div>6 p.m. Virtual Grief Support</div> <div>6:30 p.m. Experiential Workshop for Learning Coping Skills</div>		<div>10 a.m. Sit &amp; Be Fit</div> <div>4 p.m. Grief Support</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>4:30 p.m. Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Virtual Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen &amp; Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div>		<div>9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>4:30 p.m. Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Colorectal &amp; Related Cancer Support</div> <div>6 p.m. Family &amp; Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen &amp; Tween Cancer Support</div>					
<div>9:30 a.m. Knit Wits</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>3 p.m. Leukemia &amp; Lymphoma Cancer Support</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Fun with Ukuleles</div> <div>4:30 p.m. Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer New Member Meeting</div> <div>6 p.m. Exploring the Art of Quilting Workshop</div> <div>6 p.m. Spouse Grief Support</div> <div>6 p.m. Young Adult Cancer Support</div>		<div>10 a.m. Art &amp; Conversation Workshop</div> <div>10 a.m. Cancer New Member Meeting</div> <div>12 p.m. The Healing Pause: Breath &amp; Rest Practices to Restore Calm &amp; Balance</div> <div>1 p.m. Grief New Member Meeting</div> <div>4:30 p.m. Zentangle</div> <div>5 p.m. Ask the Lawyer Workshop</div> <div>5:30 p.m. Supper Together</div> <div>5:45 p.m. Scrapbooking Together</div> <div>6 p.m. Ask the Speech Pathologist</div> <div>6 p.m. Gilda's Game Night</div> <div>6 p.m. Multiple Myeloma Cancer Support</div> <div>6 p.m. Virtual Next Steps Grief Support</div> <div>6 p.m. Writing Together</div>		<div>10 a.m. Sit &amp; Be Fit</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse Grief with Children at Home Support</div> <div>6 p.m. Teen &amp; Tween Grief Support</div> <div>6 p.m. Young Adult Grief Support</div>		<div>9:30 a.m. Conscious Breathing with Kundalini Yoga Workshop</div> <div>1 p.m. Book Ends with "The River We Remember" by Kent Krueger</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Family &amp; Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Next Steps Cancer Support: Exercise During Diagnosis, Treatment and Beyond with Mary Free Bed</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen &amp; Tween Cancer Support</div>					
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LOWELL CLUBHOUSE PROGRAM

TUESDAY, MAY 6

6 p.m. Cancer Support

TUESDAY, MAY 13

4 p.m. Breast Cancer Support

6 p.m. Grief Support

TUESDAY, MAY 20

6 p.m. Cancer Support

TUESDAY, MAY 27

6 p.m. Grief Support

6 p.m. Gilda's Game Night

If you are interested in learning about youth 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, call us at 616.453.8300 or fill out our new member form online at gildasclubgr.org/get-started.

CANCER NEW MEMBER MEETINGS

Thursday, May 8 / 4:30 p.m.

Monday, May 12 / 6 p.m.

Tuesday, May 13 / 10 a.m.

Thursday, May 22 / 4:30 p.m.

Wednesday, May 28 / 4 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, May 1, 8, 15, 22, 29 / 4:30 p.m.

GRIEF NEW MEMBER MEETINGS

Wednesday, May 7 / 4:30 p.m.

Monday, May 12 / 4:30 p.m.

Tuesday, May 13 / 1 p.m.

Monday, May 19 / 6 p.m.

Wednesday, May 28 / 4:30 p.m.

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, May 7, 14, 21, 28 / 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.

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

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!



May PROGRAM HIGHLIGHTS

EMPOWERING YOUR HEALTH WITH A HOLISTIC HEALTH COACH – BALANCING BLOOD SUGAR FOR OPTIMAL HEALTH 🌱 Monday, May 5, 6-7 p.m.

Join us for a practical workshop led by Lindsay Smith, a Certified Health Coach to learn how to stabilize your blood sugar and improve your overall well-being. Discover simple, effective strategies for balancing blood sugar through nutrition, lifestyle changes, and stress management. Leave with actionable tips to boost your energy, curb cravings, and support long-term health.

EXPERIENTIAL COPING SKILLS 🧠

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

During this workshop led by Dr. Olivia Gratz, we will learn and practice a few specific coping skills that can be used in a variety of difficult situations, including when stressed or experiencing difficulty sleeping.

BREAST CANCER SUPPORT: INNOVATION IN DETECTION, TREATMENT, & TRIALS 🌱🌐📢

Tuesday, May 6, 6-7 p.m.

Hear directly from top experts at BAMF Health and beyond about how advancements are transforming the way we diagnose and treat breast cancer.

ASK THE SPEECH PATHOLOGIST 🧠📢

Tuesday, May 13, 6-7 p.m.

Please join Molly Jausbeck, MA, CCC-SLP Speech-Language Pathologist from Apogee Therapy Center to learn speech therapy tips and tricks for improving word-finding, cognition, and swallowing.

MOVING CANCER OUT OF THE WAY! HOW TO EXERCISE DURING DIAGNOSIS, TREATMENT, AND BEYOND 🌱🌐📢

Thursday, May 15, 6-7 p.m. (During Next Steps Cancer Support)

Join us for an interactive and empowering CREW workshop! Mary Free Bed Rehabilitation Doctors and Gilda’s Club Social Workers are teaming up to give practical advice on bringing exercise into your cancer journey in a way that works for YOU. You’ll learn how to break through social and economic barriers to staying active, personalize your exercise routine, and discover local resources that can make a real difference. All are welcome to attend and learn together in this supportive, engaging environment. Don’t miss out!

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



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.*



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](http://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.

**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).

**Ask the Speech Pathologist** – Please join Molly Jausbeck, MA, CCC-SLP Speech-Language Pathologist from Apogee Therapy Center to learn speech therapy tips and tricks for improving word-finding, cognition, and swallowing.

**Experiential Workshop for Learning Coping Skills** – During this workshop led by Dr. Olivia Gratz, we will learn and practice a few specific coping skills that can be used in a variety of difficult situations, including when stressed or experiencing difficulty sleeping.

Welcome to GILDA’S CLUB!



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

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

MAY 2025 Program Calendar

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.

**Empowering Your Health with a Holistic Health Coach: Balancing Blood Sugar for Optimal Health** – Join us for a practical workshop led by Lindsay Smith, a Certified Health Coach to learn how to stabilize your blood sugar and improve your overall well-being. Discover simple, effective strategies for balancing blood sugar through nutrition, lifestyle changes, and stress management. Leave with actionable tips to boost your energy, curb cravings, and support long-term 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.

**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.

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.

DISCUSSION, NOT DIAGNOSIS: Helping Our Children Through a Cancer Diagnosis

It is no question that cancer is a difficult word to utter. No one wants to discuss the obvious discomfort that comes with the uncertainty of cancer. Especially when it comes to those we want to protect most in life – our children. But what happens when a child is diagnosed with the unbearable “C” word? No parent or adult needs to be an expert on cancer talk, however, there are many ways one can prepare to talk with a child about their own diagnosis and recovery. When your child, or a child in your life, is diagnosed with cancer, one major key is to get comfortable with talking about cancer. Younger children may struggle to understand illness or cancer, but they will notice how you feel about it. Providing them truthful, age-appropriate information from the beginning of the diagnosis helps children cope and trust the medical treatment process. There have been many studies in which children who were given more information regarding their diagnosis and prognosis have reported less anxiety, depression, distress and social problems during treatment compared to children from whom information was withheld. As adults, it can be easy to unintentionally underestimate a child’s understanding of cancer and illness. Children can understand when something is not right, and as adults, we can try to mitigate these feelings of worry by displaying our own confidence, regardless of how we are feeling at the moment. There is no easy way to talk about cancer, but there is more harm in not talking about it at all, especially when our children are involved. Here at Gilda’s Club Grand Rapids, we welcome these hard conversations, and our licensed professionals are here to help you have these discussions with your loved ones.

**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.

**Fun with Beads** – Please join volunteer Sharon Alderink for a fun time beading together! All supplies are provided. This is a time to create necklaces, earrings, and bracelets that you are able to take home and enjoy! Beginner beaders and those who bead experience are welcome, and Sharon will be there to support you along the way as you bead! Registration is required, and space is limited to five participants.

**Fun with Ukuleles** – 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.

**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 “The River We Remember” by William Kent Krueger.

**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.

**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. Please RSVP and we hope to see you there!

**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.