

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>AUGUST</div> <div>GILDA'S CLUB</div> <div>PROGRAM CALENDAR</div>								1		2	
										11 a.m. Applied Mindfulness 🇺🇸	
<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. Fun with Ukeles 🇺🇸</div> <div>5:30 p.m. Supper Together 🇺🇸</div> <div>6 p.m. Empowering Your Health: Gut Instinct 🇺🇸</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇺🇸</div> <div>6 p.m. Sister to Sister Cancer Support 🇺🇸</div> <div>6 p.m. Gynecological Cancer Support 🇺🇸 🇺🇸</div> <div>6 p.m. Prostate Cancer Support 🇺🇸 🇺🇸</div> <div>4</div>		<div>10 a.m. Art & Conversation Workshop 🇺🇸</div> <div>10 a.m. Zumba 🇺🇸</div> <div>1 p.m. Virtual Cancer Support 🇺🇸</div> <div>4 p.m. Lung Cancer Support 🇺🇸</div> <div>5 p.m. 20-Minute Meditation 🇺🇸 🇺🇸</div> <div>6 p.m. Breast Cancer Support 🇺🇸 🇺🇸</div> <div>6 p.m. Virtual Grief Support 🇺🇸</div> <div>6 p.m. Living with Grief Support 🇺🇸</div> <div>6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief 🇺🇸 🇺🇸</div> <div>5</div>		<div>10 a.m. Sit & 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. Paws with a Cause 🇺🇸</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. Parent Grief Support 🇺🇸</div> <div>6 p.m. Spouse Grief with Children at Home Support 🇺🇸</div> <div>6 p.m. Young Adult Grief Support 🇺🇸</div> <div>6 p.m. Teen & Tween Grief Support 🇺🇸</div> <div>6 p.m. Kids Grief Support 🇺🇸</div> <div>6 p.m. Noogieland 🇺🇸</div> <div>6</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. Healing Touch 🇺🇸 🇺🇸</div> <div>6 p.m. Kids Cancer Support 🇺🇸</div> <div>6 p.m. Noogieland 🇺🇸</div> <div>6 p.m. Family & Friends Cancer Support 🇺🇸 🇺🇸</div> <div>6 p.m. Cancer Support 🇺🇸 🇺🇸</div> <div>6 p.m. Teen & Tween Cancer Support 🇺🇸</div> <div>6 p.m. Next Steps Cancer Support: Trauma and PTSD on the Cancer Journey 🇺🇸 🇺🇸</div> <div>7</div>		8		9	
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								<div>Scan to view online!</div> <div></div>			

CALENDAR KEY

🇺🇸

Program offered virtually |

🇺🇸 🇺🇸

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

LOWELL CLUBHOUSE PROGRAM

TUESDAY, AUGUST 5

6 p.m. Restorative Yoga:
Deep Rest for Body, Mind
and Nervous System 🇺🇸 🇺🇸

6 p.m. Cancer Support 🇺🇸

TUESDAY, AUGUST 19

6 p.m. Paint & Connect:
An Evening of Creativity 🇺🇸 🇺🇸

6 p.m. Cancer Support 🇺🇸

TUESDAY, AUGUST 26

6 p.m. Grief Support 🇺🇸

TUESDAY, AUGUST 12

4 p.m. Breast Cancer Support 🇺🇸

6 p.m. Grief Support 🇺🇸

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, 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, August 7 / 4:30 p.m. 🇺🇸

Tuesday, August 12 / 1 p.m. 🇺🇸

Thursday, August 21 / 4:30 p.m. 🇺🇸

Monday, August 25 / 6 p.m. 🇺🇸

Wednesday, August 27 / 4 p.m. 🇺🇸

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, August 7, 14, 21, 28 / 4:30 p.m. 🇺🇸

GRIEF NEW MEMBER MEETINGS

Wednesday, August 6 / 4:30 p.m. 🇺🇸

Tuesday, August 12 / 4:30 p.m. 🇺🇸

Wednesday, August 20 / 4:30 p.m. 🇺🇸


Tuesday, August 26 / 1 p.m. 🇺🇸

Tuesday, August 26 / 6 p.m. 🇺🇸

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, August 6, 13, 20, 27 / 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

Scan to
view
online!



August PROGRAM HIGHLIGHTS

NEXT STEPS CANCER SUPPORT:
Trauma and PTSD on the Cancer Journey 🌱🗓️
August 7, 6 – 7 p.m.

Farid Alsabeh shares how trauma and PTSD can manifest in the cancer journey as it continues beyond treatment. He will share how this can show up for individuals and share coping skills for managing symptoms with time for discussion.

MINDFUL DETACHMENT:
A Powerful Tool for Anxiety Relief 🌱🗓️
August 5, 12 & 19, 6 – 7 p.m.

Join psychotherapist Farid Alsabeh for an engaging, practical workshop on mindful detachment—a simple but transformative technique to help you break free from anxious patterns of thought and live a more peaceful, clear-minded, and fulfilling life.

SELF-CARE WITH THE HEALING NEST OF WESTERN MICHIGAN 🌱🗓️🔒
Friday, August 15, 9 a.m. – 1 p.m.

Please join Laurel and The Healing Nest of Western Michigan for a focused time of self-care for anyone impacted by cancer and/or grief. This time will include a variety of free self-care opportunities such as sound healing, meditation, and yoga. You are welcome to join one or all of these offerings. Additionally, Healing Touch, Reiki and Massage may be available as one on one services. If you are interested, please reach out to Laurel to secure your spot. To learn more or to RSVP, please contact Laurel with The Healing Nest at 248-762-2883 or email laurel@healingnestwest.com.

COPING SKILLS CONTINUED 🌱🗓️
Tuesday, August 26, 6:30 – 7:30 p.m.

If you felt like you were able to gain some coping skills at our last meeting and wanted to build off of those, or if you just want to get together to learn more about how to be able to cope even better for the future, this workshop will be valuable to you! This workshop will be skill-based, and Dr. Olivia Gratz, Ph.D. will be here to answer your questions.

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.
- 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.

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.

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).
- Coping Skills Continued** – If you felt like you were able to gain some coping skills at our last meeting and wanted to build off of those, or if you just want to get together to learn more about how to be able to cope even better for the future, this workshop will be valuable to you! This workshop will be skill-based, and Dr. Olivia Gratz, Ph.D. will be here to answer your questions.
- 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.

Welcome to GILDA'S CLUB!

An Affiliate of the
CANCER SUPPORT COMMUNITY

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

AUGUST 2025

Program Calendar

Empowering Your Health with a Holistic Health Coach: Gut Instinct – Nourish Your Body from the Inside Out – Join Holistic Health Coach, Lindsay Smith, for an empowering workshop focused on eating for optimal gut health. Discover how to support digestion, reduce inflammation, and boost overall wellness through mindful, gut-friendly nutrition. You'll leave with practical tools, meal ideas, and a deeper understanding of how your gut influences your holistic self.

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.

Mindfulness Based Stress Reduction Series – Join facilitator Maureen McKenzie, LLMSW, in this eight-week series. Attending orientation is required Tuesday, August 12 4:30 – 5:30 p.m. Or Thursday, August 14, 4:30-5:30 p.m. Mindfulness-Based Stress Reduction (MBSR) is an evidence-based approach to coping with all the stressors that life throws at you based on the teachings of Jon Kabat-Zinn. Commitment and attendance to all sessions of the series is required and includes structured curriculum and daily home practices.

Outdoor Gentle Yoga – Come and grow together in a 45-minute outdoor gentle yoga session welcoming all levels, including beginners! You are welcome to bring your own mat, otherwise one will be provided. This workshop is weather dependent and is held outdoors only. Please feel free to contact Gwyn the volunteer instructor directly at reny5525@yahoo.com or Gilda's Club to inquire about any questions or to find out if the session is being held on a particular evening due to weather conditions.

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 Session – 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 Yoga: Deep Rest for Body, Mind, and Nervous System – Join us at the Lowell Clubhouse for a deeply nourishing Restorative Yoga experience designed to help you slow down, release tension, and reconnect with your inner calm. This gentle, floor-based practice blends the long-held postures of Yin Yoga with the supportive, prop-assisted stillness of Restorative Yoga. Together, they create a powerful space for healing—both physically and emotionally. Whether you're looking to release chronic stress, support healing, or simply give yourself permission to pause, this class offers a gentle yet powerful invitation to return to your center. All levels are welcome. No prior yoga experience is needed—just bring yourself, your breath, and a willingness to rest.

Self-Care with The Healing Nest of Western Michigan – Please join Laurel and The Healing Nest of Western Michigan for a focused time of self-care for anyone impacted by cancer and/or grief. This time will include a variety of free self-care opportunities such as massage, healing touch, reiki, yoga, and meditation. You are welcome to join for one or all these offers. *Registration is required to attend this event. To learn more or to RSVP, please contact Laurel with The Healing Nest at 248.762.2883 or email laurel@healingnestwest.com for further information.*

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

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.

CHILDREN'S BOOKS ABOUT GRIEVING AND UNDERSTANDING DEATH

Experiencing grief and loss is complex, for both adults and children alike. The power of storytelling and providing a safe space for children to express their emotions is crucial for children encountering grief and the difficult feelings surrounding death. Books are not just distractions – through colorful illustrations and simple explanations, books discussing grief allow children to feel validated in their emotions while learning more about coping with the loss of their person. At Gilda's Club Grand Rapids, we feature a variety of books that provide information and comfort for all ages that are free for our members to borrow and enjoy. One book featured at the Clubhouse is The Rabbit Listened by author Cori Doerrfeld. Simple language and engaging pictures to convey Taylor's journey to provide a sense of familiarity and comfort, while helping to acknowledge, accept and comfort the hard parts that come with growing on a grief journey. Words and stories hold immense power, and here at Gilda's Club, we understand the meaning of making yourself feel heard and supported. With our many support groups and workshops, including our Writing Workshop and monthly Book Club, as well as access to our Member Library, there are a multitude of ways to interact with reading and words; and sometimes even the simplest of words can make a difference in your life.

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.*

Zumba – Join us for Zumba! Zumba is a dance fitness program which combines Latin and international music with dance designed to make exercise fun. Come prepared to sweat and move your feet; this class is open to participants 13 and older, at all levels of ability.

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.
- Flowers with Friends** – Flowers can bring a little bit of much-needed joy and happiness to our lives and homes. This July, August, and September, join volunteer Shelly (co-owner of Blackbird Farms, which specializes in sustainably grown flowers and vegetables), who will be bringing all the supplies you need to create your own locally grown floral bouquets! No experience is necessary—just come with some enthusiasm and creativity, and we'll make some beautiful arrangements together. This workshop is limited to 12 participants (all ages welcome), and registration is required.
- 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 beadlers 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 Book of Form and Emptiness” by Ruth Ozek.
- 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.
- Paint and Connect: An Evening of Creativity and Community** – Come as you are and leave feeling inspired! Paint & Connect is a relaxed, welcoming event that blends creative expression with meaningful human connection. No experience is necessary—this is not a traditional art class, but rather a guided space to play with paint, let go of expectations, and connect with others in an authentic way. Whether you're picking up a brush for the first time or you're a seasoned artist, this is a chance to express yourself freely and enjoy the moment. Take a break from your daily routine and join us for an evening of color, creativity, and connection. Come solo or bring a friend—everyone is welcome! All materials included.
- Paws with a Cause** – 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.
- Supper Together** – During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin.

