

October PROGRAM HIGHLIGHTS

TIRED OF BEING TIRED: OVERCOMING CANCER-RELATED FATIGUE WITH MARY FREE BED 🇺🇸 🇩🇪 🇨🇦

Thursday, October 2, 6 - 7 p.m.

Cancer-related fatigue can be challenging, but you're not alone. Mary Free Bed and Gilda's Club Grand Rapids have partnered to offer a free, supportive workshop filled with practical tips on movement, nutrition, and self-care. Whether you're undergoing treatment, in recovery or caring for a loved one, this workshop will help you regain your energy, feel stronger and take charge of your wellness. *To learn more about the event or to RSVP please visit gildasclubgr.org or call 616-453-8300.*

LETTING GO WITH GRACE 🇺🇸

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

Downsizing isn't just about "getting rid of things," it's about honoring memories while creating space for what truly matters. Join Nicholas Mann, Senior Relocation Specialist and community advocate, for a heartfelt workshop offering gentle strategies for letting go of belongings without losing the memories they hold. Participants will walk away with practical tools, encouragement, and a sense of peace as they navigate this meaningful transition.

MULTIPLE MYELOMA CANCER SUPPORT WITH TODD FOSTER 🇺🇸 🇨🇦

Tuesday, October 14, 6 - 7 p.m.

A bi-monthly support group for adults impacted by Multiple Myeloma to learn and share together. Support person(s) welcome. This month, join Todd Foster, Director of Digital Patient Engagement at HealthTree. Todd worked at the MD Anderson Cancer Center for 12 years before helping myeloma patient, Jenny Ahlstrom, startup the HealthTree Cure Hub. He specializes in patient experience, helping patients understand their options, and becoming decision makers with their care teams. Todd has a passion for using technology that can help patients have a better life, and along the way, help to further research for a cure.

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 monthly support group for cancer survivors whose focus has shifted toward living life post treatment. *This group is open to the public.*
- 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



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.

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).

A Caregiver's Grief Journey – A workshop facilitated by program staff Maureen McKenzie, LLMSW, to learn and share about the unique grief that caregivers experience after caregiving for someone through illness to their person's end of life.

Experiential Coping Skills – This interactive workshop, led by Dr. Olivia Gratz, offers participants a hands-on opportunity to develop coping strategies for managing stress and improving sleep. Guided by a licensed psychologist, the session will combine evidence-based techniques with experiential learning activities to build self-awareness and emotional regulation.

Letting Go with Grace – Downsizing isn't just about "getting rid of things," it's about honoring memories while creating space for what truly matters. Join Nicholas Mann, Senior Relocation Specialist and community advocate, for a heartfelt workshop offering gentle strategies for letting go of belongings without losing the memories they hold. Participants will walk away with practical tools, encouragement, and a sense of peace as they navigate this meaningful transition.

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.

Mindful Detachment: A Powerful Tool for Anxiety Relief – Join psychotherapist Farid Alsabeh, LLP, 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.

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.

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 – Join us every month for an interactive and engaging workshop led by Lindsay Smith, a Certified Holistic Health Coach. Each session is designed to empower you to take control of your health and well-being. Together, we'll dive into a new topic, explore common challenges, and provide you with actionable strategies, practical tools, and valuable insights to help you lead a more balanced and healthier life.

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.

Healthy Eating with Michigan State University – Join Michigan State University for a time of learning and diving into healthy eating and cooking tips. This is for individuals and families with teens/tweens interested in cooking.

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 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.

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.*

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.

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.

DON'T BE SCARED: SUPPORTING SOMEONE IN GRIEF AFTER SIX MONTHS

After a recent death, many experience passionate comfort from their friends, family and even greater community. This support translates into generous acts of sharing condolences, providing meals and other needed assistance, and being a shoulder to lean on. However, much of the initial support seen after a death slowly begins to fizzle as the person continues their grief journey. They may feel an outpouring of people supporting and loving them immediately after the death of their person, and maybe even again at the year anniversary, but the time in between can feel lonely and isolated. There are many ways, however, one can continue to support their loved ones on their grief journey past the six-month or even year-long anniversary. Simply asking about the person in their life who died can help remind the person that their loved one has not been forgotten by others or provides a space for an individual to soundboard emotions, concerns and stressors without fear of receiving judgment or advice. Go beyond asking someone "How are you?" and acknowledge the death and the person's grieving by asking "How are you feeling?" Listening and providing help when asked are easy and consistent ways to check-in on a person while they are grieving. Sharing your feelings with one another or in a group-setting allows for powerful conversations and meaningful connections to occur, which can help the person during their grieving process. At Gilda's Club Grand Rapids, there are many ways to relate and share support even after the six-month mark. Our Next Steps Grief Support Group is 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. Connect with us today to learn more about free grief programming, no matter where you are in your grief journey.

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.

Book Discussion Night: Read, Reflect & Connect (LOWELL) – Calling all book lovers! Join us for a cozy evening of conversation centered around our selected read: "All the Lights We Cannot See" by Anthony Doerr. Whether you've read it cover to cover or just started, this gathering is a chance to share thoughts, explore themes, and meet others who enjoy meaningful stories and good company. Expect a welcoming, no-pressure environment, relaxed discussion, thoughtful prompts to guide conversation and a chance to help shape a future book club if there's interest!

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 "James" by Percival Everett.

Gilda's Euchre Night – Challenge fellow members on the third Tuesday of October, October and November to a classic game of Euchre!

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.

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.




The Mortals Death Discussions – Originally part of "The Mortals Death Cafe," Margi Peterson facilitates this monthly open discussion of mortality, death and dying, now hosted in the Gilda's Club Grand Rapids clubhouse. This is a safe and non-judgmental space to discuss what is often seen as a taboo subject and is open to the public and Gilda's Club members alike.

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.

Scent & Social: DIY Potpourri Gathering (LOWELL) – Join us for a relaxing and creative evening of connection and crafting at our DIY Potpourri Social! This free, public event is a perfect opportunity to unwind, meet new people, and make something that smells beautiful to take home. Create your own custom potpourri blend using dried flowers, herbs, fruits and essential oils, all while connecting with others in a welcoming, stress-free environment. All materials are provided – just bring yourself and a friend!

Supper Together – During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><h1>OCTOBER</h1><h2>GILDA'S CLUB PROGRAM CALENDAR</h2></div>		<div><div>10 a.m. Sit & Be Fit ⓘ 4 p.m. Grief Support ⓘ 4:30 p.m. Grief New Member Meeting ⓘ 4:30 p.m. Youth Grief New Member Meeting ⓘ 4:30 p.m. Paws with a Cause ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Grief Support ⓘ 6 p.m. Parent Grief Support ⓘ 6 p.m. Spouse Grief with Children at Home Support ⓘ 6 p.m. Young Adult Grief Support ⓘ 6 p.m. Teen & Tween Grief Support ⓘ 6 p.m. Kids Grief Support ⓘ 6 p.m. Noogieland ⓘ</div><div>1</div></div>	<div><div>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. Kids Cancer Support ⓘ 6 p.m. Noogieland ⓘ 6 p.m. Family & Friends Cancer Support ⓘ ⓘ 6 p.m. Healing Touch ⓘ ⓘ 6 p.m. Teen & Tween Cancer Support ⓘ 6 p.m. Tired of Being Tired: Overcoming Cancer-Related Fatigue with Mary Free Bed ⓘ ⓘ ⓘ ⓘ</div><div>2</div></div>	<div><div>3</div><div>11 a.m. Applied Mindfulness ⓘ</div></div>	
<div><div>9:30 a.m. Knit Wits ⓘ 12 p.m. Quick Break to Meditate Workshop ⓘ ⓘ ⓘ 3 p.m. Fun with Beads ⓘ ⓘ ⓘ 4 p.m. Christian Cancer Support ⓘ 4 p.m. Fun with Ukuleles ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Empowering Your Health ⓘ 6 p.m. Exploring the Art of Quilting Workshop ⓘ 6 p.m. Sister to Sister Cancer Support ⓘ 6 p.m. Gynecological Cancer Support ⓘ ⓘ 6 p.m. Prostate Cancer Support ⓘ ⓘ</div><div>6</div></div>	<div><div>10 a.m. Art & Conversation Workshop ⓘ 1 p.m. Virtual Cancer Support ⓘ 3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series ⓘ ⓘ 4 p.m. Grief New Member Meeting ⓘ 4 p.m. Lung Cancer Support ⓘ ⓘ 5 p.m. 20-Minute Meditation ⓘ ⓘ 6 p.m. Breast Cancer Support ⓘ ⓘ 6 p.m. Virtual Grief Support ⓘ 6 p.m. Letting Go with Grace ⓘ</div><div>7</div></div>	<div><div>10 a.m. Sit & Be Fit ⓘ 4 p.m. Cancer New Member Meeting ⓘ 4:30 p.m. Youth Grief New Member Meeting ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Grief Support ⓘ 6 p.m. Parent Grief Support ⓘ 6 p.m. Spouse Grief with Children at Home Support ⓘ 6 p.m. Young Adult Grief Support ⓘ 6 p.m. Teen & Tween Grief Support ⓘ 6 p.m. Kids Grief Support ⓘ 6 p.m. Noogieland ⓘ</div><div>8</div></div>	<div><div>9:30 a.m. Conscious Breathing with Kundalini Yoga ⓘ 4:30 p.m. Yoga for All Levels Workshop ⓘ 4:30 p.m. Youth Cancer New Member Meeting ⓘ 4:30 p.m. Paws with a Cause ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Kids Cancer Support ⓘ 6 p.m. Noogieland ⓘ 6 p.m. Family & Friends Cancer Support ⓘ ⓘ 6 p.m. Cancer Support ⓘ ⓘ 6 p.m. Colorectal & Related Cancer Support ⓘ ⓘ 6 p.m. Teen & Tween Cancer Support ⓘ</div><div>9</div></div>	<div><div>10</div><div>11</div></div>	
<div><div>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. Fun with Ukuleles ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Exploring the Art of Quilting Workshop ⓘ 6 p.m. Young Adult Cancer Support ⓘ ⓘ 6 p.m. Spouse Grief Support ⓘ 6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief ⓘ ⓘ ⓘ</div><div>13</div></div>	<div><div>10 a.m. Art & Conversation Workshop ⓘ 4:30 p.m. Grief New Member Meeting ⓘ 5 p.m. Ask the Lawyer Workshop ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Multiple Myeloma Cancer Support with Todd Foster, HealthTree ⓘ ⓘ 6 p.m. Virtual Next Steps Grief Support ⓘ 6 p.m. Gilda's Game Night ⓘ 6 p.m. Writing Together ⓘ</div><div>14</div></div>	<div><div>10 a.m. Sit & Be Fit ⓘ 4 p.m. Grief Support ⓘ 4:30 p.m. Grief New Member Meeting ⓘ 4:30 p.m. Youth Grief New Member Meeting ⓘ 4:30 p.m. Paws with a Cause ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Grief Support ⓘ 6 p.m. Parent Grief Support ⓘ 6 p.m. Spouse Grief with Children at Home Support ⓘ 6 p.m. Young Adult Grief Support ⓘ 6 p.m. Teen & Tween Grief Support ⓘ 6 p.m. Kids Grief Support ⓘ 6 p.m. Noogieland ⓘ</div><div>15</div></div>	<div><div>9:30 a.m. Conscious Breathing with Kundalini Yoga ⓘ 1 p.m. Book Ends with "James" by Percival Everett ⓘ 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. Kids Cancer Support ⓘ 6 p.m. Noogieland ⓘ 6 p.m. Family & Friends Cancer Support ⓘ ⓘ 6 p.m. Cancer Support ⓘ ⓘ 6 p.m. Teen & Tween Cancer Support ⓘ 6 p.m. A Caregiver's Grief Journey ⓘ ⓘ ⓘ</div><div>16</div></div>	<div><div>17</div><div>18</div></div> <div><div>Scan to view online!</div></div>	
<div><div>9:30 a.m. Knit Wits ⓘ 12 p.m. Quick Break to Meditate Workshop ⓘ ⓘ ⓘ 4 p.m. Christian Cancer Support ⓘ 4 p.m. Fun with Ukuleles ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Exploring the Art of Quilting Workshop ⓘ 6 p.m. Perinatal Grief Support ⓘ 6 p.m. Men's Grief Support ⓘ 6 p.m. The Mortals Death Discussions ⓘ ⓘ ⓘ 6 p.m. Brain Cancer Support ⓘ ⓘ 6 p.m. Noogie Nights ⓘ ⓘ 6 p.m. Art Therapy & Grief Workshop ⓘ ⓘ ⓘ</div><div>20</div></div>	<div><div>10 a.m. Art & Conversation Workshop ⓘ 1 p.m. Cancer New Member Meeting ⓘ 1 p.m. Virtual Cancer Support ⓘ 5 p.m. 20-Minute Meditation ⓘ ⓘ 6 p.m. Breast Cancer Support ⓘ ⓘ 6 p.m. Virtual Grief Support ⓘ 6 p.m. Gilda's Euchre Night ⓘ 6:30 p.m. Experiential Coping Skills ⓘ</div><div>21</div></div>	<div><div>10 a.m. Sit & Be Fit ⓘ 4:30 p.m. Youth Grief New Member Meeting ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Grief Support ⓘ 6 p.m. Parent Grief Support ⓘ 6 p.m. Spouse Grief with Children at Home Support ⓘ 6 p.m. Young Adult Grief Support ⓘ 6 p.m. Teen & Tween Grief Support ⓘ 6 p.m. Noogieland ⓘ 6 p.m. Reiki Session ⓘ</div><div>22</div></div>	<div><div>9:30 a.m. Conscious Breathing with Kundalini Yoga ⓘ 4:30 p.m. Yoga for All Levels Workshop ⓘ 4:30 p.m. Youth Cancer New Member Meeting ⓘ 4:30 p.m. Paws with a Cause ⓘ 5:30 p.m. Supper Together ⓘ 6 p.m. Kids Cancer Support ⓘ 6 p.m. Noogieland ⓘ 6 p.m. Family & Friends Cancer Support ⓘ ⓘ 6 p.m. Cancer Support ⓘ ⓘ 6 p.m. Teen & Tween Cancer Support ⓘ 6 p.m. Understanding Mindfulness ⓘ</div><div>23</div></div>	<div><div>24</div><div>25</div></div> <div><div>HALLOWEEN NOOGIEFEST</div><div>1-3:15 p.m. Halloween NoogieFest ⓘ ⓘ ⓘ</div></div>	
<div><div>9:30 a.m. Knit Wits ⓘ 12 p.m. Quick Break to Meditate Workshop ⓘ ⓘ ⓘ 4 p.m. Christian Cancer Support ⓘ 4 p.m. Fun with Ukuleles ⓘ 6 p.m. Cancer New Member Meeting ⓘ 6 p.m. Exploring the Art of Quilting Workshop ⓘ 6 p.m. Spouse Grief Support ⓘ 6 p.m. African American/Black Community Living with Grief Support ⓘ 6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief ⓘ ⓘ ⓘ</div><div>27</div></div>	<div><div>10 a.m. Art & Conversation Workshop ⓘ 6 p.m. Multiple Myeloma Cancer Support ⓘ ⓘ 6 p.m. Next Steps Grief Support ⓘ 6 p.m. Grief New Member Meeting ⓘ</div><div>28</div></div>	<div><div>29</div><div>30</div><div>31</div></div> <div><div>CLUBHOUSE CLOSED</div><div>for STAFF TRAINING</div><div></div></div>			

CALENDAR KEY

ⓘ

Program offered virtually |

ⓘ

Program offered in-person |

ⓘ ⓘ

Program offered both virtually & in-person |

ⓘ ⓘ ⓘ

Public Event, Community Welcome! |

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Pre-registration Required

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

LOWELL CLUBHOUSE PROGRAM (Tuesdays)

OCTOBER 7

6 p.m. Cancer Support ⓘ

OCTOBER 14

4 p.m. **Breast Cancer Support: Understanding Lymphedema** ⓘ
6 p.m. Scent & Social: DIY Potpourri Gathering ⓘ ⓘ
6 p.m. Grief Support ⓘ

OCTOBER 21

6 p.m. Cancer Support ⓘ

OCTOBER 28

5 p.m. Book Discussion Night: Read, Reflect & Connect ⓘ ⓘ ⓘ
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.

HALLOWEEN NOOGIEFEST

SAVE THE DATE!

SATURDAY, OCTOBER 25

1 - 3:15 p.m.

Gilda's Club Grand Rapids invites all children and their families, community wide, to our Clubhouse for a FREE Halloween spooktacular! Join us in your best Halloween costume (please, no masks, no scary costumes, and no weapon-like props). You can look forward to participating in ghoulish games, activities, creepy cuisine and professional pumpkin carving demonstrations with a chance to take home the carved pumpkins. Party stations close at 2:30pm followed by a LIVE grand finale show starting at 2:45 to conclude the party at 3:15pm! **RSVP encouraged to info@gildasclubgr.org or 616.453.8300.**



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, October 2 / 4:30 p.m. ⓘ

Wednesday, October 8 / 4 p.m. ⓘ

Thursday, October 16 / 4:30 p.m. ⓘ

Tuesday, October 21 / 1 p.m. ⓘ

Monday, October 27 / 6 p.m. ⓘ

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, October 2, 9, 16, 23 / 4:30 p.m. ⓘ

GRIEF NEW MEMBER MEETINGS

Wednesday, October 1 / 4:30 p.m. ⓘ

Tuesday, October 7 / 4 p.m. ⓘ

Tuesday, October 14 / 4:30 p.m. ⓘ

Wednesday, October 15 / 4:30 p.m. ⓘ

Tuesday, October 28 / 6 p.m. ⓘ

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, October 1, 8, 15, 22 / 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