

NOVEMBER

GILDA'S CLUB PROGRAM CALENDAR

11 a.m. Applied Mindfulness

3
 9 a.m. Knit Wits - Knit-in
 12 p.m. Quick Break to Meditate Workshop
 3 p.m. Fun with Beads
 4 p.m. Christan Cancer Support
 4 p.m. Fun with Ukuleles
 5:30 p.m. Supper Together
 6 p.m. Exploring the Art of Quilting
 6 p.m. Sister to Sister Support
 6 p.m. Gynecological Support
 6 p.m. Prostate Cancer Support

4
 10 a.m. Art & Conversation Workshop
 11:30 a.m. Zentangle with Emy
 1 p.m. Virtual Cancer Support
 4 p.m. Virtual 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. Living with Grief
 6 p.m. Virtual Grief Support

5
 10 a.m. Sit & Be Fit
 4 p.m. Grief Support
 4:30 p.m. Youth Grief New Member Meeting
 4:30 p.m. Paws with a Cause
 4:30 p.m. 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
 6 p.m. Teen & Tween Grief Support
 6 p.m. Kids Grief Support
 6 p.m. Noogieland

6
 9:30 a.m. Conscious Breathing with Kundalini Yoga
 4:30 p.m. Yoga for All Levels Workshop
 4:30 p.m. Cancer New Member Meeting
 4:30 p.m. Youth Cancer New Member Meeting
 5:30 p.m. Supper Together
 6 p.m. Keep On, Unstoppable: Unstoppable Tour Workshop
 6 p.m. Cancer Support
 6 p.m. Family & Friends Cancer Support
 6 p.m. Next Steps Cancer Support
 6 p.m. Kids Cancer Support
 6 p.m. Noogieland
 6 p.m. Healing Touch
 6 p.m. Teen & Tween Cancer Support

7
8

10
 9:30 a.m. Knit Wits
 12 p.m. Quick Break to Meditate Workshop
 3 p.m. Leukemia & Lymphoma Cancer Support
 4 p.m. Christan Cancer Support
 4 p.m. Fun with Ukuleles
 5:30 p.m. Supper Together
 6 p.m. An Introduction to SoulCollage
 6 p.m. Empowering Your Health with A Holistic Health Coach
 6 p.m. Exploring the Art of Quilting
 6 p.m. Young Adult Cancer Support
 6 p.m. Spouse Grief Support

11
 10 a.m. Art & Conversation Workshop
 4:30 p.m. Grief New Member Meeting
 4:30 p.m. Understanding Mindfulness
 5 p.m. Ask the Lawyer Workshop
 5:30 p.m. Supper Together
 5:45 p.m. Scrapbooking Together
 6 p.m. Multiple Myeloma Support
 6 p.m. Virtual Next Steps Grief
 6 p.m. Living with Grief
 6 p.m. Gilda's Game Night
 6 p.m. Writing Together

12
 10 a.m. Sit & Be Fit
 4 p.m. Virtual Cancer New Member Meeting
 4:30 p.m. Youth Grief New Member Meeting
 5:15 p.m. Supper Together
 6 p.m. Memorial Celebration with Emmanuel Hospice & Gilda's Club

13
 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. Cancer Support
 6 p.m. Family & Friends Cancer Support
 6 p.m. Colorectal & Related Cancer Support
 6 p.m. Kids Cancer Support
 6 p.m. Noogieland
 6 p.m. Teen & Tween Cancer Support

14
15
 Scan to view online!


17
 9:30 a.m. Knit Wits
 12 p.m. Quick Break to Meditate Workshop
 4 p.m. Christan Cancer Support
 4 p.m. Fun with Ukuleles
 5:30 p.m. Supper Together
 6 p.m. Exploring the Art of Quilting
 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

18
 10 a.m. Art & Conversation Workshop
 1 p.m. Virtual Cancer New Member Meeting
 1 p.m. Virtual Cancer Support
 5 p.m. 20-Minute Meditation
 6 p.m. Nap Party: Restful Soundscapes for Healing
 6 p.m. Breast Cancer Support
 6 p.m. Living with Grief
 6 p.m. Virtual Grief Support
 6 p.m. Gilda's Euchre Night

19
 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

20
 9:30 a.m. Conscious Breathing with Kundalini Yoga
 1 p.m. Book Ends with "The Women" by Kristin Hannah
 4:30 p.m. Cancer New Member Meeting
 4:30 p.m. Yoga for All Levels Workshop
 4:30 p.m. Youth Cancer New Member Meeting
 5:30 p.m. Supper Together
 6 p.m. A Caregiver's Grief Journey
 6 p.m. 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

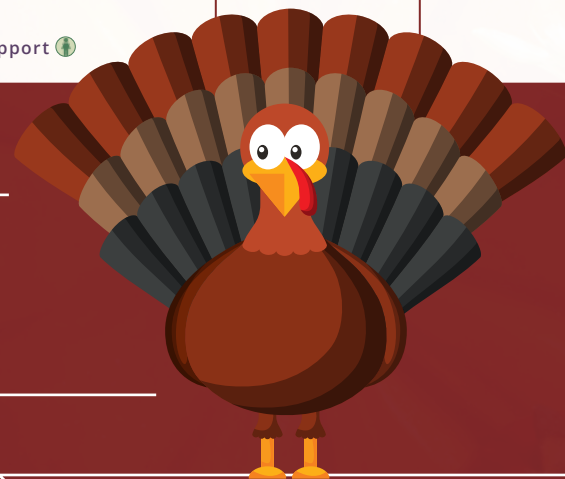
21
 9 a.m. Self-Care with the Healing Nest
22

24
 9:30 a.m. Knit Wits
 12 p.m. Quick Break to Meditate Workshop
 4 p.m. Christan Cancer Support
 4 p.m. Fun with Ukuleles
 6 p.m. Exploring the Art of Quilting
 6 p.m. Spouse Grief Support
 6 p.m. African American/Black Community Living with Grief Support
 6 p.m. Cancer New Member Meeting

25
 10 a.m. Art & Conversation Workshop
 6 p.m. Multiple Myeloma Support
 6 p.m. Next Steps Grief Support
 6 p.m. Grief New Member Meeting

26 **29**

CLUBHOUSE CLOSED
 for **THANKSGIVING**



More Info & Descriptions on Reverse Side!

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

LOWELL CLUBHOUSE PROGRAM (Tuesdays)

NOVEMBER 4

6 p.m. Cancer Support

NOVEMBER 11

4 p.m. Breast Cancer Support

6 p.m. Grief Support

NOVEMBER 18

5 p.m. Leaf Painting Workshop

6 p.m. Cancer Support

NOVEMBER 25

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, November 6 / 4:30 p.m.
- Wednesday, November 12 / 4 p.m.
- Tuesday, November 18 / 1 p.m.
- Thursday, November 20 / 4:30 p.m.
- Monday, November 24 / 6 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

- Thursdays, November 6, 13, 20 / 4:30 p.m.

GRIEF NEW MEMBER MEETINGS

- Tuesday, November 4 / 4 p.m.
- Wednesday, November 5 / 4:30 p.m.
- Tuesday, November 11 / 4:30 p.m.
- Wednesday, November 19 / 4:30 p.m.
- Tuesday, November 25 / 6 p.m.

YOUTH GRIEF NEW MEMBER MEETINGS

- Wednesdays, November 5, 12, 19 / 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

November PROGRAM HIGHLIGHTS

KEEP ON, UNSTOPPABLE: UNSTOPPABLE TOUR WORKSHOP 📍

Thursday, November 6 / 6 p.m.

Get ready for a one-of-a-kind interactive concert—where you're part of the show! We'll loosen up with fun body and voice warm-ups, then jump into a live musical set with plenty of chances to sing, clap, dance, and play along. Between songs, we'll explore creative coloring pages and journal prompts to spark reflection and connection. We'll wrap it all up by sharing and celebrating our stories in a warm, welcoming space.

MEMORIAL CELEBRATION WITH EMMANUEL HOSPICE & GILDA'S CLUB 📍

Wednesday, November 12 / 6 p.m.

During this season of change, please join us in a time of unity as we remember our loved ones who have died. Please join us at 5:15 p.m. for Supper Together followed by Programming including music, time of reflection, and candle lighting.

NAP PARTY: RESTFUL SOUNDSCAPES FOR HEALING 📍

Tuesday, November 18 / 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.

SELF-CARE WITH THE HEALING NEST OF WEST MICHIGAN 📍

Friday, November 21 / 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.

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO

HOWARD MILLER COMPANY

LMCU

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Peter C. & Emajean 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.

Welcome to GILDA'S CLUB!



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

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

NOVEMBER 2025 Program Calendar

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.

BOOKS FOR CHILDREN ABOUT CANCER

When a parent or grandparent is diagnosed with cancer, it may feel like a diagnosis for the whole family. It is important to validate children's experiences while offering healthy coping mechanisms for difficult emotions. Children are not fans of the unknown, and as an adult with a cancer diagnosis, there are ways you can tap into a child's natural curiosity to help support them. Introducing new books and stories to your child will help reinforce what they already know about cancer, correct any misconceptions, and help prepare your child for how your cancer diagnosis will impact their own world. One easy-to-understand story, *Her Pink Hair* by Jill Dana, uses clay figures to illustrate the life of a young girl who is supporting her best friend's cancer diagnosis. *When Someone You Love Has Cancer: A Guide to Help Kids Cope* by Alaric Lewis, uses similar strategies of simple, age-appropriate language and colorful images to help guide children through a cancer diagnosis, possible treatments, side effects and outcomes. Providing an emotional outlet and helping your child discuss their emotional well-being is crucial to help children feel that they are more in control of their emotions. Our youth programs provide support for children who are experiencing cancer diagnosis, whether it is their own or a loved one's; they will find they are not alone in having a loved one with cancer, and will find compassion, reassurance, and fun in youth programming. Contact Gilda's Club Grand Rapids today for more information on youth support groups and other cancer support programs. Support is essential during a strenuous diagnosis, and we at Gilda's Club Grand Rapids are happy to connect you and your family with the group support that you deserve!

Come On In!



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.

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.

Living with Grief Series – This three-week series focuses on understanding the grief from the death of a person in your life, and grief's effects on you. It is especially helpful for those who have recently begun their grief journey, though any member may attend. 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.

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.

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.*

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