

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

GILDA'S CLUB PROGRAM CALENDAR

9:30 a.m. Knit Wits
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

1

10 a.m. Art & Conversation Workshop
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. Embroidered Stocking Workshop
6 p.m. Breast Cancer Support
6 p.m. Virtual Grief Support
6 p.m. Holding Space for Joy: Navigating Holiday Blues in the Cancer Journey
6 p.m. Living with Grief

2

10 a.m. Sit & Be Fit
4 p.m. Hope for the Holidays
4:30 p.m. Youth Grief New Member Meeting
4:30 p.m. 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
6 p.m. Teen & Tween Grief Support
6 p.m. Kids Grief Support
6 p.m. Noogieland

3

9:30 a.m. Conscious Breathing with Kundalini Yoga
3:30 p.m. Zumba
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. Cancer Support
6 p.m. Next Steps Cancer: Relying on Yourself
6 p.m. Family & Friends Cancer Support
6 p.m. Kids Cancer Support
6 p.m. Noogieland
6 p.m. Teen & Tween Cancer Support
6 p.m. Healing Touch

4

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

5

11 a.m. Applied Mindfulness

6

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. Exploring the Art of Quilting
6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief
6 p.m. Young Adult Cancer Support
6 p.m. Spouse Grief Support

8

10 a.m. Art & Conversation Workshop
11:30 a.m. Zentangle
4:30 p.m. Understanding Mindfulness
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 Support
6 p.m. Virtual Next Steps Grief
6 p.m. Gilda's Game Night
6 p.m. Writing Together
6 p.m. Living with Grief

9

10 a.m. Sit & Be Fit
4 p.m. Virtual 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
6 p.m. Teen & Tween Grief Support
6 p.m. Kids Grief Support
6 p.m. Noogieland

10

9:30 a.m. Conscious Breathing with Kundalini Yoga
3:30 p.m. Zumba
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
5:30 p.m. Gilda's Club Grand Rapids Member Winter Social

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12

13

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
6 p.m. African American/Black Community Living with Grief Support

15

10 a.m. Art & Conversation Workshop
1 p.m. Virtual Cancer Support
1 p.m. Virtual Cancer New Member Meeting
5 p.m. 20-Minute Meditation
6 p.m. Breast Cancer Support
6 p.m. Virtual Grief Support
6 p.m. Living with Grief

16

10 a.m. Sit & Be Fit
4 p.m. Grief Support
4:30 p.m. Youth Grief New Member Meeting
4:30 p.m. 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
6 p.m. Reiki

17

1 p.m. Book Ends with "The Heaven and Earth Grocery Store" by James McBride
3:30 p.m. Zumba
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. 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
6 p.m. A Caregiver's Grief Journey

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Scan to view online!



CLOSED FOR THE HOLIDAYS

FRIDAY, DECEMBER 19 - SUNDAY, JANUARY 4, 2026

CALENDAR KEY

Program offered virtually | Program offered in-person | Program offered both virtually & in-person | Public Event, Community Welcome! | Pre-registration Required
Adult Support Group | Educational Opportunity | Family/Youth Program | Healthy Lifestyle Activity | New Member Meeting | Social Event/Activity

More Info & Descriptions on Reverse Side!

LOWELL CLUBHOUSE PROGRAM (Tuesdays)

DECEMBER 2

6 p.m. Cancer Support

DECEMBER 9

4 p.m. Breast Cancer Support

5 p.m. Lowell Member Winter Social

DECEMBER 16

6 p.m. 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, December 4 / 4:30 p.m.
Wednesday, December 10 / 4 p.m.
Tuesday, December 16 / 1 p.m.
Thursday, December 18 / 4:30 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, December 4, 11, 18 / 4:30 p.m.

GRIEF NEW MEMBER MEETINGS

Tuesday, December 2 / 4 p.m.
Wednesday, December 3 / 4:30 p.m.
Tuesday, December 9 / 4:30 p.m.
Wednesday, December 17 / 4:30 p.m.

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, December 3, 10, 17 / 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

December PROGRAM HIGHLIGHTS

EMBROIDERED STOCKING WORKSHOP

Tuesday, December 2 / 6 - 7 p.m.

Please join us for a crafty time together creating your own embroidered stocking. A volunteer will lead the group through creating your own embroidered stocking of your very own to take home. All supplies are provided. RSVP is required, as space is limited to six members.

HOLDING SPACE FOR JOY: NAVIGATING HOLIDAY BLUES IN THE CANCER JOURNEY

Tuesday, December 2 / 6 - 7 p.m.

The holiday season can be tough when cancer is part of the story. This session explores holiday blues and stress, and how they may show up during the cancer journey. Together, we'll share experiences, explore practical tips, and discover ways to make new meaning and find moments of joy, right where we are.

HOPE FOR THE HOLIDAYS

Wednesday, December 3 / 4 - 5 p.m.

Whether it's the first holiday without your loved one, or it's been many years, the holidays can bring up all kinds of thoughts and feelings. Find support, discuss the anticipation of the holidays, and learn tools to cope during this season. Presented by Ashley Huisman, LMSW, CPEC, Bereavement Coordinator from Emmanuel Hospice.

NEXT STEPS CANCER: RELYING ON YOURSELF

Thursday, December 4 / 6 - 7 p.m.

Javin Brita, PA-C will facilitate a discussion on what it means to be monitored less or not at all by your medical team, how to self-monitor your health, and how to manage anxiety about recurrence.

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.

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO

HOWARD MILLER COMPANY

LMCU

meijer

Midwest Industrial Lumber Inc.

CLARKSON CHARTER

Peter C. & Emmanouel Cook Foundation

Steelcase Foundation

UFP INDUSTRIES



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

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

gildasclubgr.org • info@gildasclubgr.org • 616.453.8300
1806 Bridge St. NW, Grand Rapids, MI 49504
865 Lincoln Lake Ave. SE, Lowell, MI 49331

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

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



There's a lot happening at Gilda's Club this month!
You can see our full calendar on the reverse side, at gildasclubgr.org/calendar or by scanning this QR code.

Spouse Grief 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, LMSW, 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.

Welcome to GILDA'S CLUB!

An Affiliate of the CANCER SUPPORT COMMUNITY

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

DECEMBER 2025 Program Calendar

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.

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 – Let's explore “The Artist's Way” by Julia Cameron, a transformative 12-week program using the author's workbook to develop the link between our spiritual and creative artist selves. The book uses tools like Morning Pages and Artist Dates to help unlock creativity and discover self-growth. Learn to miniaturize your inner writing “Censor,” or negative voice through artistic expression. It's about discovering and developing the artist within. If you want to pursue a creative dream, this book will get you started. To get the most out of this workshop, we recommend checking out this book from the library.

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 with our jamming volunteer Elsie! Zumba is a fun, high-energy dance fitness program which combines Latin and international music with dance designed to keep exercising exciting. This workshop is perfect for beginners and seasoned dancers alike!

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 join a virtual program, you'll find a welcoming, uplifting environment. Gilda's Club is a place of understanding, where our professional staff and vibrant support community truly “get” what you're going through—and we'll walk alongside you as you 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.

THE GIFT NO ONE WANTS TO OPEN: GRIEF AND THE HOLIDAYS

As the months get colder and the holiday season arrives, many begin to look forward to spending time with their closest friends and family. Yet for those experiencing loss, this time of year can bring a different type of anticipation, such as how you are supposed to feel when this is your first Thanksgiving without your person, or if your person looked forward to counting down the clock to the New Year but is no longer here to do it with you. This season of festivity can signal a season of amplified grief, and we can feel stuck on how to make this time of year “happy” when we have experienced an unwanted change. Having a plan and going into the holiday season with an idea of how to support yourself and your loved ones through their grief journey can help reduce anxiety and feelings of isolation. Give yourself permission to step away from previous expectations of how the holidays will be and ask yourself how you can honor tradition while still allowing and accepting change. Consider which traditions and events you have the energy and interest to participate in and which you may step away from this year. Here at Gilda's Club Grand Rapids, there are many opportunities for members and the public alike to come together for support and to practice self-care during the holidays. We invite you to call or email us to learn more about our free grief support groups, and other year-round programs that nurture emotional wellbeing.

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.

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 Heaven and Earth Grocery Store” by James McBride.

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.

Member Holiday Social (LOWELL) – Please join for Supper Together at 5:30p.m. followed by time of fellowship and festivities! All are welcome and this is a great opportunity to come check out Gilda's Club Lowell!

Member Holiday Social (GRAND RAPIDS) – Please join us for Supper Together at 5:30 p.m., followed by a time of fellowship, crafts, and hot cocoa! This is a time of free, fun, festivities for all ages to enjoy together at Gilda's Club Grand Rapids!

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.

Self-Care with the Healing Nest of West 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 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.

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

Zentangle – 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.

