

JULY

GILDA'S CLUB 2026 PROGRAM CALENDAR

LOWELL CLUBHOUSE PROGRAM *(Tuesdays)*

JULY 7
6 p.m. Cancer Support

JULY 21
6 p.m. Cancer Support

JULY 14
4 p.m. Breast Cancer Support
6 p.m. Grief Support

JULY 28
6 p.m. Grief Support

If you are interested in learning about youth support available at Gilda's Club Lowell, please call, 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, July 2 / 4:30 p.m.
Wednesday, July 8 / 4 p.m.
Thursday, July 16 / 4:30 p.m.
Tuesday, July 21 / 1 p.m.
Monday, July 27 / 6 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

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

GRIEF NEW MEMBER MEETINGS

Wednesday, July 1 / 4:30 p.m.
Tuesday, July 7 / 4 p.m.
Tuesday, July 14 / 4:30 p.m.
Wednesday, July 15 / 4:30 p.m.
Tuesday, July 28 / 6 p.m.

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, July 1, 8, 15, 22, 29 / 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.



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

More Info & Descriptions on Reverse Side!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CALENDAR KEY

📍 Program offered in-person / 🖥️ Program offered virtually / 📍🖥️ Program offered 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

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
6 p.m. Teen & Tween Grief Support
6 p.m. Kids Grief Support
6 p.m. Noogieland

2 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. Cancer Support
6 p.m. Next Steps 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. Healing Touch



6 10 a.m. Art & Conversation Workshop
3:30 p.m. Zumba
4 p.m. Virtual Grief New Member Meeting
4 p.m. Lung Cancer Support
5 p.m. 20-Minute Meditation
6 p.m. Mindful Detachment:
A Powerful Tool for Anxiety Relief
6 p.m. Breast Cancer Support
6 p.m. Substance Related Death Grief Support
6 p.m. Virtual Grief Support

7 10 a.m. Sit & Be Fit
4 p.m. The Pressure Free Method
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 Support
6 p.m. Teen & Tween Grief Support
6 p.m. Kids Grief Support
6 p.m. Noogieland

8 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. Flowers with Friends
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
6 p.m. Outdoor Gentle Yoga

9 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. Flowers with Friends
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
6 p.m. Outdoor Gentle Yoga

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CLOSED FOR
4TH OF JULY
HOLIDAY
Friday, July 3 - Monday, July 6

13 9:30 a.m. Knit Wits
11:30 a.m. Midday Qigong Reset
12 p.m. Quick Break to Meditate Workshop
3 p.m. Leukemia & Lymphoma Cancer Support
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. 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. Sister to Sister Cancer Support
6 p.m. Spouse Grief Support

14 10 a.m. Art & Conversation Workshop
3:30 p.m. Zumba
4:30 p.m. Grief New Member Meeting
5 p.m. Ask the Lawyer
5:30 p.m. Supper Together
6 p.m. Multiple Myeloma Support
6 p.m. Virtual Next Steps Grief Support
6 p.m. Gilda's Game Night
6 p.m. Writing Together

15 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

16 1 p.m. Book Ends with "The Last Days of Ptolemy Grey" by Water Moses
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. Cancer Support
6 p.m. Family & Friends Cancer Support: When Cure is Not the Goal - How to Have Difficult Care Conversations
6 p.m. Caregiver Grief Support
6 p.m. Kids Cancer Support
6 p.m. Noogieland
6 p.m. Teen & Tween Cancer Support
6 p.m. Outdoor Gentle Yoga

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20 9:30 a.m. Knit Wits
11:30 a.m. Midday Qigong Reset
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
6 p.m. Perinatal Grief Support
6 p.m. Brain Cancer Support
6 p.m. Noogie Nights
6 p.m. Art Therapy & Grief Workshop

21 10 a.m. Art & Conversation Workshop
1 p.m. Virtual Cancer New Member Meeting
3:30 p.m. Zumba
5 p.m. 20-Minute Meditation
6 p.m. Breast Cancer Support
6 p.m. Virtual Grief Support
6 p.m. Mindful Detachment:
A Powerful Tool for Anxiety Relief
6 p.m. Gilda's Euchre Night

22 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. Kids Grief Support
6 p.m. Noogieland
6 p.m. Reiki Session

23 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. Understanding Mindfulness
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. Outdoor Gentle Yoga

Scan to
view
online!



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27 9:30 a.m. Knit Wits
11:30 a.m. Midday Qigong Reset
12 p.m. Quick Break to Meditate Workshop
4 p.m. Christian Cancer Support
4 p.m. Fun with Ukuleles
6 p.m. Exploring the Art of Quilting
6 p.m. Mindful Detachment:
A Powerful Tool for Anxiety Relief
6 p.m. Spouse Grief Support
6 p.m. African American/Black Community Living with Grief Support
6 p.m. Cancer New Member Meeting

28 10 a.m. Art & Conversation Workshop
3:30 p.m. Zumba
6 p.m. Multiple Myeloma Support
6 p.m. Next Steps Grief Support
6 p.m. Grief New Member Meeting

29 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 Community Learn, Share, Laugh

30 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. Cancer Community Learn, Share, Laugh

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July PROGRAM HIGHLIGHTS

THE PRESSURE FREE METHOD

Wednesday, July 8 at 4 p.m.

Join Elle Ingalls, creator of the Pressure-Free Method, for an interactive workshop that shows science-based ways to prevent the stress response. You'll leave with actions you can use right away that have a healing effect on our nervous system, our digestion, our brain function and more.

FLOWER WITH FRIENDS

Thursday, July 9 at 6 p.m.

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. Space is limited to 12 members, and registration is required.

FAMILY & FRIENDS CANCER SUPPORT: WHEN CURE IS NOT THE GOAL – HOW TO HAVE DIFFICULT CARE CONVERSATIONS

Thursday, July 16 at 6 p.m.

This month's Family and Friends support group is open to ALL Gilda's Club members and the public alike. Recognizing when to end active treatment and transition to goals of comfort and quality time can be difficult and bittersweet for patients, caregivers, families, and medical professionals. Learn how to talk to your loved ones about changing your goals of care and facing end-of-life with grace and dignity.

GRIEF & CANCER COMMUNITY LEARN, SHARE, LAUGH

Wednesday, July 29 & Thursday, July 30 at 6 p.m.

Join us on either of these two nights in place of regular support groups for a gathering open to all youth and adult members. We will have creative outlets for your feelings and energy to explore your grief or cancer journey together.

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.

Caregivers Grief Support - A monthly support group for adults who were the caregiver to someone through any illness until that person's death.

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.

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO





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.



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**

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.

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.

Substance Related Death Grief Support – A monthly group for adults who have experienced the death of a person associated with substance-related issues. In this group we will explore the unique grief journey that occurs with substance use.

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 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*).

WELCOME

to **GILDA'S CLUB!**

JULY 2026 PROGRAM CALENDAR



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

Living with Grief Series – This two-part series focuses on understanding the grief experienced following a death, the impact of grief on the whole person, and how we can help ourselves on a grief journey. Attendees may join us for either or both 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.

Art Therapy & Grief Workshop – A monthly workshop facilitated by the Mary Free Bed art therapist, Libby Smith, ATR-BC. This group provides adults impacted by grief a safe space to process and work through their healing journey via creative methods. No artistic skills are required.

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.

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.

Midday Qigong Reset – Qigong is a gentle mind-body practice that combines slow movement, breathing, and relaxation to support energy, reduce stress, and promote overall well-being. This accessible lunchtime workshop can be done seated or standing.

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 – Have you always wanted to write as if no one is watching - or reading? No censor judging what feelings you need to put on the page? Come practice how to quiet that critic and express your emotions and tell your own story. We'll work with Julia Cameron's "The Artist's Way" workbook at our own relaxed pace. We'll uncover our inner creative self in community with others learning a few simple tools such as "Morning Pages" and "Artist's Dates." Join Pat Pritchard and form a creative cluster! To get the most out of this workshop, we recommend checking out this book from the library.

Come on in!

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.



Yoga for All Levels – 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 Pam! 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. Step into the beat with us on Tuesday afternoons!

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 Last Days of Ptolemy Grey” by Walter Moses.

Gilda's Euchre Night – Challenge fellow members every Third Tuesday to a classic, competitive 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.

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.