

August **PROGRAM HIGHLIGHTS**

- LOWELL COMMUNITY PARTNERS PICNIC**
Tuesday, August 11 at 5:30 p.m. | Lowell Clubhouse 📍📅
Join the partners at First Congregational UCC of Lowell for a community event on August 11 from 5:30 – 7:30 p.m. We'll have a classic car show, food, games and more! Meet the partners and learn what resources they provide for the Lowell Community. It will be a fun night for everyone!
- ASK THE TATTOO ARTIST**
Thursday, August 13 at 4:30 p.m. 📍📅
Join local tattoo artist Alex Brooke for an informational question-and-answer session about getting tattooed on your grief or cancer journey. This workshop helps navigate the ins and outs of the tattooing world and input on approaching getting a tattoo.
- COLORECTAL & RELATED CANCER SUPPORT: ADVANCES IN COLORECTAL CANCER DIAGNOSIS, TREATMENT AND RESEARCH**
Thursday, August 13 at 6 p.m. 📍📅📺📅
During this month's support group, we'll invite a panel of experts from BAMF Health and other local health systems to discuss advances in colorectal cancer diagnosis, cutting-edge treatments, and clinical trials available in West Michigan.
- UNDERSTANDING CLINICAL TRIALS WITH START MIDWEST**
Thursday, August 20, 6 p.m. 📍📅
Join us for an informative session on Clinical Trials, where we will dive into the fundamentals of drug development. This presentation will cover the purpose, process, and significance of early and late phase trials, as well as the role of participants in these crucial studies. Attendees will gain valuable insights into what to expect during participation, including potential benefits and risks. Whether you are a patient considering trial participation or simply interested in the topic, this session will provide a comprehensive overview to help you make informed decisions. *Presented by START Midwest and The START Center for Cancer Research.*
- FROM GARDEN TO TABLE: SALSA MAKING EVENT**
Wednesday, August 26 at 4 p.m. 📍📅
Join us as we celebrate the fruits of our labor! We'll gather in the garden to harvest our tomatoes, peppers, herbs, and more, then head inside for a fun, family-friendly salsa-making party! This is a wonderful chance to enjoy preparing and sharing the food we've grown together. Come ready to chop, mix, taste and connect as we turn our harvest into fresh, flavorful salsa. Let's savor the growth of the season and the community that helped make it happen!

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.

Prostate Cancer Support – A monthly support group for men diagnosed with prostate cancer.

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.

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!

AUGUST 2026 PROGRAM CALENDAR



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

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 Evening Qigong Wind-Down – 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 evening workshop can be done seated or standing. You can bring your own mat, or Gilda's Club will provide one for you to use. This workshop is weather dependent and is held outdoors only.

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.

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.

Self-Care with the Healing Nest of Western Michigan – Please join Laurel and the Healing Nest of Western Michigan for a focused time of self-care for all impacted by cancer or grief. This time will include a variety of free opportunities such as massage, healing touch, Reiki, yoga, and meditation, and you may join for one or all of these options. *To learn more or to RSVP, please contact Laurel with the Healing Nest at 248-762-2883 or laurel@healingnestwest.com for further information.*

Sit & Be Fit – A gentle and energizing exercise class for all fitness levels.

Understanding Mindfulness – A monthly workshop that provides discussion and activities to help you understand how mindfulness practices can fit into your life and help support your cancer or grief journey.

Writing Together – 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.

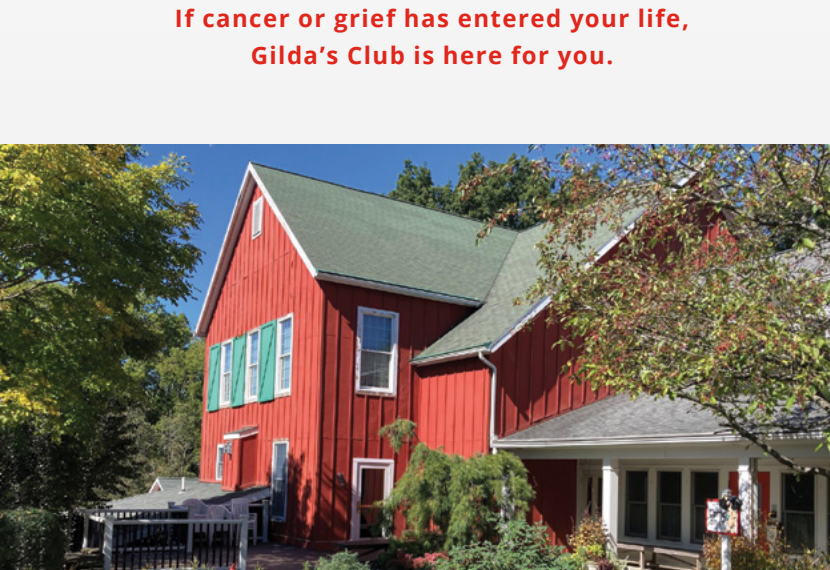
Yoga for All Levels – Join Gwyn, certified yoga instructor for a gentle 45 minute yoga session welcoming all levels, including beginners! Come grow together in a yoga practice, offered weekly on Thursday's at 4:30 p.m., and stay for Supper Together if you wish! You are welcome to bring your own mat otherwise one will be provided. *Please RSVP at 616-453-8300.*

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.

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.

Creative Crafts Together – Join volunteer Ginger for a fun and creative paper crafts workshop! We'll explore exciting new crafts each session, making it the perfect place to explore your creativity. **This month, we'll be patching together paper quilts!** All supplies are provided. All you need to bring is your imagination! Ginger will share tips, techniques, and inspiration. Please RSVP in advance — we hope to see you there!

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.

Flowers with Friends – Flowers can bring a little bit of much-needed joy and happiness to our lives and homes. This July, August, and September, join volunteer Shelly (co-owner of Blackbird Farms, which specializes in sustainably grown flowers and vegetables), who will be bringing all the supplies you need to create your own locally grown floral bouquets! No experience is necessary—just come with some enthusiasm and creativity, and we'll make some beautiful arrangements. Space is limited to 12 members, and registration is required.

Fun with Beads – Please join volunteer Sharon Alderink for a fun time beading together! All supplies are provided. This is a time to create necklaces, earrings, and bracelets that you are able to take home and enjoy! Beginner beadlers and those who bead experience are welcome, and Sharon will be there to support you along the way as you bead! Registration is required, and space is limited to five participants.

Fun with Ukuleles – Learn to play the ukulele with friends! This workshop is aimed at teens and adults. Gilda's Club has a limited number of ukuleles that can be used during this workshop.

Gilda's Book Ends – Come on in and join for a lively book discussion! Monthly books may be obtained at the local area libraries and if you need assistance, please feel free to connect with Gilda's Club. This month's book is “The Ministry of Time” by Kaliane Bradley.

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AUGUST GILDA'S CLUB 2026 PROGRAM CALENDAR										11 a.m. Applied Mindfulness 📍 1	
9:30 a.m. Knit Wits 📍 12 p.m. Quick Break to Meditate Workshop 🗣️📍 3		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. Breast Cancer Support 📍🗣️ 6 p.m. Virtual Grief Support 🗣️ 6 p.m. Substance Related Death Grief Support 📍 4		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 📍 5		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		7		8	
9:30 a.m. Knit Wits 📍 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. Young Adult Cancer Support 📍🗣️ 6 p.m. Sister to Sister Cancer Support 📍 6 p.m. Spouse Grief Support 📍 6 p.m. Outdoor Evening Qigong Wind-Down 📍 10		10 a.m. Art & Conversation Workshop 📍 3:30 p.m. Zumba 📍 5 p.m. Ask the Lawyer 🗣️📍 5:30 p.m. Supper Together 📍 5:45 p.m. Creative Crafts Together: Paper Quilt 📍📍 6 p.m. Grief New Member Meeting 📍 6 p.m. Multiple Myeloma Support: Shared Decision-Making 📍🗣️ 6 p.m. Virtual Next Steps Grief Support 🗣️ 6 p.m. Gilda's Game Night 📍 6 p.m. Writing Together 📍 11		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 📍 12		4:30 p.m. Yoga for All Levels Workshop 📍 4:30 p.m. Ask the Tattoo Artist 📍 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: Advances in Colorectal Cancer Diagnosis, Treatment and Research 📍🗣️📍 6 p.m. Kids Cancer Support 📍 6 p.m. Noogieland 📍 6 p.m. Teen & Tween Cancer Support 📍 6 p.m. Outdoor Gentle Yoga 📍 13		14		15	
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 📍 6 p.m. Perinatal Grief Support 📍 6 p.m. Brain Cancer Support 📍🗣️ 6 p.m. Noogie Nights 📍📍 6 p.m. Art Therapy & Grief Workshop 📍📍 6 p.m. Outdoor Evening Qigong Wind-Down 📍 17		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. Gilda's Euchre Night 📍 18		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 📍 19		1 p.m. Book Ends with "The Ministry of Time" by Kaliane Bradley 📍 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. Understanding Clinical Trials with START Midwest 📍📍 6 p.m. Cancer Support 📍🗣️ 6 p.m. Family & Friends Cancer Support 📍🗣️ 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 📍 20		9 a.m. Self-Care with the Healing Nest of Western Michigan 📍📍📍 21		22	
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. 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 📍 6 p.m. Outdoor Evening Qigong Wind-Down 📍 24		10 a.m. Art & Conversation Workshop 📍 3:30 p.m. Zumba 📍 4:30 p.m. Grief New Member Meeting 📍 6 p.m. Next Steps Grief Support 📍 6 p.m. Multiple Myeloma Cancer Support 📍🗣️ 25		4 p.m. From Garden to Table: Salsa Making Event 📍📍 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 📍 26		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 📍 27		28		29	
9:30 a.m. Knit Wits 📍 12 p.m. Quick Break to Meditate Workshop 🗣️📍 4 p.m. Christian Cancer Support 🗣️ 4 p.m. Men's Grief Support 📍 4 p.m. Fun with Ukuleles 📍 6 p.m. Exploring the Art of Quilting 📍 6 p.m. Gynecological Cancer Support 📍🗣️ 6 p.m. Prostate Cancer Support 📍🗣️ 6 p.m. Outdoor Evening Qigong Wind-Down 📍 31		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									
More Info & Descriptions on Reverse Side!											

More Info & Descriptions on Reverse Side!

LOWELL CLUBHOUSE PROGRAM (Tuesdays)

AUGUST 4
6 p.m. Cancer Support 📍

AUGUST 11
5:30 p.m. Community Partners Picnic 📍📍📍

AUGUST 25
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, August 6 / 4:30 p.m. 📍
Wednesday, August 12 / 4 p.m. 🗣️
Tuesday, August 18 / 1 p.m. 🗣️
Thursday, August 20 / 4:30 p.m. 📍
Monday, August 24 / 6 p.m. 📍

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, August 6, 13, 20, 27 / 4:30 p.m. 📍

GRIEF NEW MEMBER MEETINGS

Tuesday, August 4 / 4 p.m. 🗣️
Wednesday, August 5 / 4:30 p.m. 📍
Tuesday, August 11 / 6 p.m. 📍
Wednesday, August 19 / 4:30 p.m. 📍
Tuesday, August 25 / 4:30 p.m. 📍

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, August 5, 12, 19, 26 / 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