

November PROGRAM HIGHLIGHTS

NAVIGATING CANCER AND YOUR CAREER

Tuesday, November 10 at 6 p.m. 🌱 🗓

Whether you're job searching, currently employed, or figuring out your next steps after a cancer diagnosis, this workshop is here to support you. Join Human Resources expert Alli Rivas, SHRM-SCP, for an empowering and informative session designed to help you navigate the complex intersection of work and wellness. We'll cover real-world questions like:

Should I tell my employer I have cancer—and if so, when and how?
What rights and protections do I have at work?
What kinds of accommodations or schedule adjustments can I ask for?
How do I handle job interviews or medical leave during treatment?

You'll walk away with practical tips, tools, and confidence to advocate for yourself, plus insights into the support systems available through your employer and the law. We'll wrap up with an optional Q&A session, so feel free to bring your personal questions for tailored advice in a safe, understanding space.

EXPERIENTIAL WORKSHOP FOR COPING SKILLS

Tuesday, November 10 at 6:30 p.m. 🌱 🗓

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

FRANKLY SPEAKING ABOUT BREAST CANCER

Tuesday, November 17 at 6 p.m. 🌱 🗓

Dr. Haritha Reddy, MD will host Frankly Speaking About Cancer: Breast Cancer – a program created for people diagnosed with breast cancer, and their loved ones. The materials educate patients on the types and stages of breast cancer, treatment options and side effects, clinical trials, caregiver support, and the emotional concerns of a breast cancer diagnosis.

THE LIGHT WE CARRY: GRIEF & REMEMBRANCE THROUGH THE HOLIDAYS

Monday, November 30 at 6 p .m. 🌱 🗓

The holidays can be a time of connection, tradition and celebration, but for those experiencing grief, they can also bring an intensified sense of loss. Join us for an evening of education and remembrance as we explore what it means to navigate grief during the holiday season. Together, we will talk about the challenges that can arise, ways to care for ourselves, how to modify traditions and expectations, and how to make space for the many emotions that grief can bring. Through guided reflection and shared remembrance, we will honor the people we have lost and the love and memories that remain. Come as you are.

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.

Metastatic/Advanced Cancer Support Group – A monthly support groups for adults who have metastatic or advanced stage cancer to connect with each other and discuss the navigation of this unique cancer journey.

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/Partner Grief Support – A bimonthly support group for adults who have experienced the death of a partner and are within the first two years of bereavement.

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO



GILDA'S CLUB
GRAND RAPIDS

An Affiliate of the
CANCER SUPPORT COMMUNITY

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

gildasclubgr.org

info@gildasclubgr.org

616.453.8300

1806 Bridge St. NW
Grand Rapids, MI 49504

865 Lincoln Lake Ave. SE
Lowell, MI 49331

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*).

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 Release – 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.

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.

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. Conscious breathing has been shown to reduce stress, increase alertness and boost your immune system. For centuries yogis have used breath control to promote concentration and improve vitality. Science is just beginning to provide evidence that the benefits of this ancient practice are profound. Studies found, for example, that breathing practices can help reduce symptoms associated with anxiety, insomnia, post-traumatic stress disorder, depression and attention deficit disorder.

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.

Mid-Day 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 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.

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 for the Healing Nest – 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, Reiki, yoga, and meditation. You may join one or all of these options. Also, join us for a group sound bath at 11 a.m., where you will experience deep relaxation and a calming meditation combined with soothing sounds, followed by a group yoga session at 12 p.m. *To learn more or to RSVP, please contact Laurel with the Healing Nest at 248-762-2883 or laurel@healingnestwest.com.*

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.*

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 use paper, stickers and embellishments to create a crafty recipe card to keep or giveaway! Recipes will be provided, or you may bring one of your own to use.** All other 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!*

Exploring 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 beadrs 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 “Hello Beautiful” by Ann Napolitano.**

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.

International Folk Dance – Come dance with us! International Folk Dancing meets every Tuesday from 4 - 5 P.M. at Gilda's Club Grand Rapids. This peer-led social time welcomes dancers of all experience levels. We'd love to see you there!

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.

Zentangle: A Mindful Drawing Adventure – 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 this time to expand your creativity and relaxation with Zentangle as you create unique, beautiful images from repetitive patterns.



NOVEMBER

GILDA'S CLUB 2026
PROGRAM CALENDAR

LOWELL CLUBHOUSE PROGRAM (Tuesdays)

NOVEMBER 3
6 p.m. Cancer Support

NOVEMBER 17
6 p.m. Cancer Support

NOVEMBER 10
6 p.m. Grief Support
6 p.m. Breast Cancer Support

NOVEMBER 24
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, November 5 / 4:30 p.m.
Wednesday, November 11 / 4 p.m.
Tuesday, November 17 / 1 p.m.
Thursday, November 19 / 4:30 p.m.
Monday, November 23 / 6 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, November 5, 12, 19 / 4:30 p.m.

GRIEF NEW MEMBER MEETINGS

Tuesday, November 3 / 4 p.m.
Wednesday, November 4 / 4:30 p.m.
Tuesday, November 10 / 6 p.m.
Wednesday, November 18 / 4:30 p.m.
Tuesday, November 24 / 4:30 p.m.

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, November 4, 11, 18 / 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

<div>9:30 a.m. Knit Wits</div> <div>11:30 a.m. Midday Qigong Reset</div> <div>12 p.m. Quick Break to Meditate Workshop</div> <div>3 p.m. Fun with Beads</div> <div>4 p.m. Christian Cancer Support</div> <div>4 p.m. Men's Grief Support</div> <div>4 p.m. Fun with Ukuleles</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Exploring the Art of Quilting</div> <div>6 p.m. Gynecological Cancer Support</div> <div>6 p.m. Prostate Cancer Support</div> <div>6 p.m. Sister to Sister Cancer Support</div>	<div>10 a.m. Art & Conversation Workshop</div> <div>11:30 a.m. Zentangle: A Mindful Drawing Adventure</div> <div>4 p.m. Virtual Grief New Member Meeting</div> <div>4 p.m. International Folk Dancing</div> <div>4 p.m. Lung Cancer Support</div> <div>5 p.m. 20-Minute Meditation</div> <div>5:45 p.m. Creative Crafts Together: Scrapbook Recipe Card</div> <div>6 p.m. Breast Cancer Support</div> <div>6 p.m. Virtual Grief Support</div> <div>6 p.m. Substance Related Death Grief Support</div>	<div>10 a.m. Sit & Be Fit</div> <div>4 p.m. Grief Support</div> <div>4:30 p.m. Grief New Member Meeting</div> <div>4:30 p.m. Youth Grief New Member Meeting</div> <div>4:30 p.m. Paws with a Cause</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Grief Support</div> <div>6 p.m. Parent Grief Support</div> <div>6 p.m. Spouse/Partner Grief Support (45 & Younger)</div> <div>6 p.m. Young Adult Grief</div> <div>6 p.m. Teen & Tween Grief Support</div> <div>6 p.m. Kids Grief Support</div> <div>6 p.m. Noogieland</div>	<div>9:30 a.m. Conscious Breathing with Kundalini Yoga</div> <div>3:30 p.m. Zumba</div> <div>4:30 p.m. Yoga for All Levels Workshop</div> <div>4:30 p.m. Cancer New Member Meeting</div> <div>4:30 p.m. Youth Cancer New Member Meeting</div> <div>5:30 p.m. Supper Together</div> <div>6 p.m. Cancer Support</div> <div>6 p.m. Next Steps Cancer Support</div> <div>6 p.m. Family & Friends Cancer Support</div> <div>6 p.m. Kids Cancer Support</div> <div>6 p.m. Noogieland</div> <div>6 p.m. Teen & Tween Cancer Support</div> <div>6 p.m. Healing Touch</div>	<div>11 a.m. Mindful Self-Compassion</div>
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Scan to
view
online!

