

# SEPTEMBER



## GILDA'S CLUB GRAND RAPIDS VIRTUAL CLUBHOUSE

<b>Meets every</b> <b>MONDAY</b> <b>in September*</b>	<b>Meets every</b> <b>TUESDAY</b> <b>in September</b>	<b>Meets every</b> <b>WEDNESDAY</b> <b>in September</b>	<b>Meets every</b> <b>THURSDAY</b> <b>in September</b>	<b>Meets specific</b> <b>FRIDAYS</b>
<b>11 a.m.</b> Cancer New Member Meeting <b>2 p.m.</b> Adult Cancer Support Group <b>4 p.m.</b> Ukulele Workshop <b>6 p.m.</b> Adult Grief Support Group	<b>10 a.m.</b> Grief What's Next for Me? <b>10 a.m.</b> Adult Grief Support Group <b>11 a.m.</b> Grief New Member Meeting <b>2 p.m.</b> Adult Grief Support Group <b>3:30 p.m.</b> Living with Traumatic Grief Support Group <b>4:30 p.m.</b> Meditation Workshop <b>6 p.m.</b> Lowell Adult Cancer Support Group* <b>6 p.m.</b> Lowell Adult Grief Support Group*	<b>1 p.m.</b> Facebook Live Workshops for family and adults (topics vary week to week) <b>5 p.m.</b> Teen Grief Support Group <b>5:30 p.m.</b> Spouse Grief with Children at Home Support Group <b>5:30 p.m.</b> Young Adult Grief Support Group <b>6:15</b> Parent Grief Support Group	<b>9:30 a.m.</b> Quilting Workshop <b>1 p.m.</b> Yoga Workshop <b>4 p.m.</b> Christian Cancer Support Group <b>4:30 p.m.</b> Family Support Group <b>6 p.m.</b> Adult Cancer Support Group <b>6 p.m.</b> Family & Friends Cancer Support Group <b>6 p.m.</b> Teen Cancer Support Group	<p><b>*PLEASE NOTE: There are no programs on Friday, September 4 due to Labor Day. September 11, 18 &amp; 25, 10 a.m. Sit &amp; Be Fit</b></p>
<b>Meets specific</b> <b>MONDAYS</b>	<b>Meets specific</b> <b>TUESDAYS</b>	<b>Meets specific</b> <b>WEDNESDAYS</b>	<b>Meets specific</b> <b>THURSDAYS</b>	<p><b>WEST SIDE WALK FOR GILDA'S</b></p>
<p><b>*PLEASE NOTE: There are no programs on Monday, September 7 due to Labor Day.</b></p> <p><b>September 14, 3 p.m.</b> Leukemia &amp; Lymphoma Cancer Support Group</p> <p><b>September 14, 4 p.m.</b> Peripheral Neuropathy Support Group <b>featuring Amro Stino, MD from University of Michigan - Metro Health</b></p> <p><b>September 14, 6 p.m.</b> Sister to Sister Support Group</p> <p><b>September 21, 1 p.m.</b> Reed City Support Groups</p> <p><b>September 21, 6 p.m.</b> African Americans with Grief</p> <p><b>September 21, 6 p.m.</b> Brain Cancer Support Group</p> <p><b>September 21, 6 p.m.</b> Multiple Myeloma Cancer Support Group</p> <p><b>September 28, 5 p.m.</b> Grief New Member Meeting</p> <p><b>September 28, 6 p.m.</b> Frankly Speaking About Cancer: Multiple Myeloma Workshop</p>	<p><b>September 1, 6 p.m.</b> Colorectal Cancer Support Group</p> <p><b>September 1, 7 p.m.</b> Prostate Cancer Support Group</p> <p><b>*September 8, 6 p.m.</b> Lowell Grief &amp; Cancer Groups Combined</p> <p><b>September 8, 6 p.m.</b> Lowell Breast Cancer Support Group</p> <p><b>September 8 &amp; 22, 6 p.m.</b> Grand Rapids Breast Cancer Support Group</p> <p><b>September 15, 6 p.m.</b> Substance Related Death Grief Support Group</p>	<p><b>Facebook Live Workshop</b>  <b>Topics Include:</b></p> <p><b>September 2, Cardio Oncology</b> Featuring Wissam Abdallah, MD, FACC, FSCMR from Spectrum Health</p> <p><b>September 9, Family Live - Sad Things Happen</b> Featuring guest reader, Director of Development &amp; Engagement, Shawn Ruetz</p> <p><b>September 16, Healing Power of Laughter</b> Featuring Jayson Dibble, PhD from Hope College</p> <p><b>September 23, Family Live - Honoring My Person</b></p> <p><b>September 30, Adult Live - Topic TBD</b></p>	<p><b>September 9 &amp; 17, 8 p.m.</b> Young Adult Cancer Support Group</p> <p><b>September 17, 1 p.m.</b> Gilda's Book Ends Reading "The Tiger's Wife" by Tea Obreht</p> <p>four different start times for the event. These will range between 9:30 a.m. and 1:15 p.m. on September 19 in order to accommodate everyone who would like to experience the walk in-person, in a safe, social distanced manner.</p> <p>We're also encouraging walkers to participate in the best way for you. For those who would prefer to participate in a smaller group format to bring the West Side Walk all around West Michigan! Fundraise as a Virtual Walker, and on the 19th, or at a time more convenient for you, rally with your team or household in your neighborhood or favorite local walking spot to join with us in spirit for the West Side Walk.</p> <p>Help us raise awareness and funds for our clubhouse by signing up today. Learn more at <a href="http://gildasclubgr.org/walk">gildasclubgr.org/walk</a></p>	<p><b>Join us Saturday, September 19</b></p> <p>Help support the FREE cancer and grief emotional health support program offered through Gilda's Club by registering for our 2020 West Side Walk. While it's going to look a bit different this year, YOU can make a difference!</p> <p>With the community's health and safety in mind, Gilda's Club is planning to host the West Side Walk following the current Executive Order guidelines which limit outside gathering to 100 people. As such, we are implementing</p>

