

Gilda's Club Introduction & Talking Points

What do we do here at Gilda's Club?

- The heart of what we do: Support Groups - Cancer & Grief / Non-cancer-specific grief support
- What does free emotional health support for anyone on a cancer journey or grief journey mean?

We're called Gilda's Club. So, who was Gilda?

- Who was Gilda Radner and how did Gilda's Club get started?
- Idea that if it could help Gilda to meet with others and share stories, mentor, have fun (to be In This Together... Learn, Share, Laugh), then it could help anyone.

Not only do we have support groups, we also have

- Classes/Workshops/Lectures
 - Painting, drawing, sewing. Cooking classes. Yoga, Zumba, etc. Classes like Look Good / Feel Better, etc.
 - Nutritionists, specialists, etc.
- Meals
 - Prepared & served by volunteers, Mon-Thurs for 30-90 members a night
- Noogieland
 - Volunteers on site to interact with the kids much like a daycare. Regularly in evenings and as needed during daytime programming
 - Noogieland Plus activities led by specialized, licensed Social Workers to help kids gain coping skills.
- Special Events
 - Members-only events (Halloween Party, movie nights)
 - Events open to the general public
 - We're a nonprofit and everything we do is free so fundraising events are a necessity.
 - Gilda's largest special fundraiser is LaughFest.
- Our Clubhouse and our Grounds, spaces for our members
 - Members spend time relaxing, on their phones, reading, interacting with others, moving around, getting exercise, getting fresh air, etc. In addition to learning how to process and navigate the tough challenges they are facing