

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, types of support and is a prerequisite before attending member-specific programs. If you are interested in learning more about the youth program Gilda's has, please let us know when registering for this new member meeting. To register for this program, please contact newmember@gildasclubgr.org, call us at 616.453.8300 or fill our new member interest form online.

African Americans Living with Grief Support A monthly support group for African Americans who have experienced a death of someone in their life due to any cause.

Art & Conversation Workshop Join in for a time of companionship while casually working on your own art or craft project. It will be a time to be together, sharing your ideas and stories.

Ask the Lawyer Workshop Christine Welton, a licensed attorney, will be able to meet with Gilda's Club members via Zoom who have legal questions. Bring any documents that you would like reviewed when you sign up for your initial meeting. If the attorney recommends further legal advice outside of this workshop, there will be a fee for this additional service (not associated with or benefiting Gilda's Club Grand Rapids).

Brain Cancer Support A monthly support group for adults impacted by Brain Cancer to learn and share together. Support person(s) welcome.

Breast Cancer Support A bi-monthly support group for adults diagnosed with Breast Cancer to learn and share together.

Cancer Support A weekly support group for adults diagnosed with cancer to learn and share together.

Children's Grief New Member Meeting Please call to join one of these informational meetings to learn more about the Children's Grief Program. This is for children who have experienced the death of a family member or friend due to any type of death.

Christian Cancer Support A weekly support group for all "seekers" impacted by cancer. Join us for this Christian-faith based group where members share in their journeys together..

Family Cancer Support New Member Meeting Please call to join one of these informational meetings to learn more about the Children's Cancer Program. This is for children who are impacted by any type of cancer (whether their own diagnosis or that of someone in their life).

Family & Friends Cancer Support A weekly support group for individuals supporting a family member or friend on their cancer journey.

Games & Fun Workshop Social time together with other members playing games and other fun activities.

Gilda's Book Ends Discuss a book with friends. Books shift month to month. This month's book is "Caste, The Origins of our Discontent" by Isabelle Wilkerson. Books may be borrowed from Gilda's Club if needed.

Gilda's Walkers & Runners Club Looking to be more active? Or enjoy walking or running? Please join volunteer facilitator, Gwyn Smith for a time of walking and running outdoors together and community of sharing walking and running information and support. All levels and abilities welcome.

Grief Support A weekly support group for adults who have experienced a death of someone in their life due to any cause.

Healing Touch Workshop 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. This workshop will take place in-person at Gilda's Club and space is limited up to five attendees. Registration in advance is required.

Kaleidoscope of Cancer: Young Adult Cancer Support A bi-monthly support group for those who are post high school to age 35 diagnosed with cancer to learn and share together.

Kids Grief Support A weekly support group for elementary age youth who have experienced the death of someone in their life due to any cause. This support group incorporates age specific curriculum-based activities and discussion.

Kids Cancer Support A weekly support group for youth ages kindergarten – 5th grade impacted by cancer (whether their own diagnosis or that of someone in their life). This support group incorporates age specific curriculum-based activities and discussion.

Knit Wits This workshop is for new and veteran knitting enthusiasts to come together for a social time while working on their own project.

Leukemia & Lymphoma Cancer Support A monthly support group for adults impacted by Leukemia and Lymphoma to learn and share together. Support person(s) welcome.

Living with Grief Series This three week series focuses on the grief experienced following the death of a person. It is especially helpful for those who recently began their grief journey. Each week covers different information about understanding grief and its effects in your life. Attendees may join us for any or all three weeks.

Lung Cancer Support A monthly support group for adults diagnosed with Lung Cancer to learn and share together.

Meditation Workshop Welcome to all youth and adults interested in incorporating the benefits of meditation into their day. Various facilitators rotating weekly.

Multiple Myeloma Cancer Support A bi-monthly support group for adults impacted by Multiple Myeloma to learn and share together. Support person(s) welcome.

Noogieland Noogieland offers fun activities including arts and crafts, drama, games and more for youth in kindergarten and younger. Supervised by a professional staff with the help of many dedicated volunteers, Noogieland provides a safe environment for kids to share their feelings and build support. Noogieland is scheduled at the same time as many of Gilda's Club's activities for adults, including support groups, lectures and workshops, so that support is available for the whole family.

Open to Options Open to anyone living with cancer and who has an upcoming treatment decision. Open to Options is a one-on-one appointment for you to meet with one of our trained staff members to help create an effective list of questions to review with your care team about treatment options.

Parent Grief Support A weekly support group for parents who have experienced the death of a child due to any cause.

Quilting Workshop This workshop is for new and veteran quilters and stitchers. Work on your own project or assist in helping make pillowcases for the children at Helen DeVos Children's Hospital.

Reed City Cancer Support A monthly support group for adults impacted by cancer living in the greater Reed City Area and their support person(s). When able to safely meet in-person again, this group is held at Spectrum Health's Reed City Hospital.

Restorative Body Workshop A wellness workshop designed specifically for the needs of people impacted by cancer. The workshop consists of body movement, mindfulness, and an optional spiritual Christian meditation and connection for the last 10 minutes of the session. The aim is to build strength, manage side effects, and increase your overall quality of life. We want to empower your wellness journey with a complementary integrated oncology approach through body, mind, and spirit.

Sister to Sister Cancer Support A bi-monthly support group for women of color impacted by cancer to learn and share together. Support person(s) welcome. Join for a time of support and friendship.

Sit & Be Fit Join your fellow members for this gentle and energizing exercise class facilitated by instructor Noreen Duba.

Spouse Grief with Children at Home Support A weekly support group for adults who have experienced the death of a spouse due to any cause and have young children living at home.

Supper Together We're thrilled to be offering Supper Together various times this month. During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin at 6 p.m.

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). This support group incorporates age specific curriculum-based activities and discussion.

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. This support group incorporates age specific curriculum-based activities and discussion.

Therapeutic Massage Workshop Lori Sovis LMT, a licensed massage therapist, is offering 20 minute sessions to our members. These will be individualized opportunities, clothing on, that will focus on the neck,

shoulder, back, arms or legs. She follows all CDC protocols and works regularly with cancer patients. You must sign up for an appointment time by contacting Gilda's. You will also be asked to sign a release form that clarifies your health concerns.

Ukulele Workshop Join in this fun weekly workshop led by Bryan Whittemore, musician and fun guy, and learn to play the ukulele. It will be easy and relaxing for teens and adults.

Yoga with Embody Workshop Embody offers free weekly yoga and mindfulness practices for Gilda's Club members. Embody's teachings include gentle movement and mindfulness practices that are grounded deeply in positive intention and compassionate connection. Together, we create a network of support to help each other feel better and stay inspired to remain committed to our healing journey.

Youth Support A weekly support group for youth who are impacted by cancer or grief. This support group incorporates curriculum-based activities and discussion.

Young Adult Grief Support A weekly support group for those who are post high school to age 30 and have experienced a death of someone in their life due to any cause.

ADDITIONAL KEY:

Virtual Activities will be conducted via HIPAA compliant Zoom video conference call. A Zoom link will be sent directly to registered members prior to the start of the program.

In-Person Activities will be conducted in-person. Unless marked hybrid, in-person activities can only be attended by being physically present. Please see the in-person program protocols outlined below for more information.

Hybrid Activities are the best of both worlds! Hybrid activities are available to be attended both in-person by being physically present or virtually via a HIPAA compliant Zoom video conference call. In-person attendance requires an RSVP. Zoom link will be sent directly to registered members prior to the start of the support group.

2022 **OCTOBER** GILDA'S CLUB GRAND RAPIDS PROGRAM CALENDAR

AT GILDA'S CLUB NO ONE FACES CANCER OR GRIEF ALONE.

When you walk through the red doors of our clubhouse or enter a virtual program's video call, you'll find a welcoming, supportive and uplifting environment. Gilda's Club is a place of understanding, where our licensed, mental health professional staff and the vibrant support community we bring together not only "gets" what you are going through, we'll also walk alongside you as you learn to navigate your new normal. At Gilda's Club, people impacted by cancer or grief due to any cause of death gather and connect to learn, share and laugh. Together we use the power of shared experience and our collective wisdom to support one another.

If cancer or grief has entered your life, Gilda's Club is here for you.

THERE'S A LOT HAPPENING AT GILDA'S CLUB IN OCTOBER! YOU CAN SEE OUR FULL CALENDAR ON THE NEXT PAGE OR AT GILDASCLUBGR.ORG/CALENDAR CHECK OUT THE HIGHLIGHTS:



Multiple Myeloma Special Topic: Risk Factors & Risk Status in Treatment Decisions

Monday, October 3, 6 p.m.

Join Kimberly A. Gibbs RN, BSN, OCN of Takeda Oncology Pharmaceuticals as she discusses "Risk FACTORS" and "Risk STATUS" and how this effects treatment decisions.

Crafting with Jennifer **Tuesday, October 4, 6 p.m. Space Limited to Five**

Join Jennifer Dochod MS OTR/L for an evening of painting Halloween wooden ornaments, fun and relaxation. No experience needed.

Caring for Ourselves While We Grieve Four-Part Series **Wednesdays, October 5-26, 6 p.m.**

Join Molly Keating, MPS, SD and Beth Nelson, MSW, as we take a look at how the quilt of our lives is torn and tattered when our loved one dies. We will share our stories and discuss the important ways that we all need to tend to the tatters that a death brings into our lives, intentionally choosing how to feel better (eating, sleeping, mindfulness, health care, spirituality, community). This is a four week series, please try to be at all four sessions.

Grief Book Discussion **Monday, October 10 & 24, 6 p.m.**

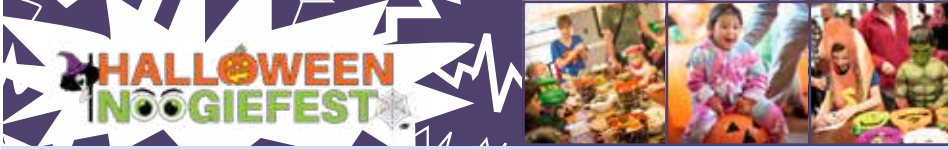
Join fellow grief journey traveler Pat Pritchard to share insights and learn together as we read and discuss, "Second Firsts, A Step-by-Step Guide to Life after Loss," by Christina Rasmussen. From the back cover: "I know you are afraid. I know you are grieving. But you are not meant to grieve forever."

Treasures of Gilda's Gardens Workshop **Tuesday, October 18, 11 a.m.**

We will explore everything garden! Join Cathy Owen for our first workshop and learn how to "trick" daffodils to bloom at home while the snow flies. Get cozy with a coffee or tea, share laughs and ideas.

Reiki Workshop **Thursday, October 27, 6 p.m.**

Reiki is 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 and restore physical and emotional well-being. Join in to learn more about and to have an experience in this energy technique for stress reduction. Facilitated by Sherry McQueen.



SATURDAY, OCTOBER 29, 1-3 P.M.

JOIN US AT A HALLOWEEN SPOOKTACULAR!

More details on next page, public welcome!

WE ARE SO EXCITED TO WELCOME YOU TO THE CLUBHOUSE!

Based on current statistics and guidance from the CDC and Kent County Health Department, Gilda's Club has updated our masking policy for the Clubhouse. If you are coming in to the Clubhouse, masks are optional but welcome. Gilda's Club fully supports anyone who wishes to wear a mask while inside our facility. We will continue to monitor the current state and guidance provided to adjust as necessary.

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

3
 9 a.m. Quilting Workshop 🌱
 9:30 a.m. Knit Wits 🌱
 4 p.m. Christian Cancer Support 🌱
 4 p.m. Lung Cancer Support 🌱🌱
 4 p.m. Ukulele Workshop 🌱
 5 p.m. Grief New Member Meeting 🌱
 6 p.m. Gilda's Walkers & Runners Club 🌱
 6 p.m. Living with Grief Series 🌱
 6 p.m. Multiple Myeloma Cancer Support 🌱🌱🌱🌱🌱
Featuring Guest Speaker, Kimberly A. Gibbs, OCN discussing Risk Factors and Risk Status in Treatment Decisions
 6 p.m. Sister-to-Sister Cancer Support 🌱
 6 p.m. Quilting Workshop 🌱 *Special Focus: Applique Quilting*

4
 10 a.m. Art & Conversation Workshop 🌱
 10 a.m. Cancer Support 🌱
 1 p.m. Virtual Grief Support 🌱
 4:30 p.m. Meditation 🌱
 4:30 p.m. Virtual Youth Support Group 🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Colorectal & Related Cancer Support 🌱🌱
 6 p.m. Crafting with Jennifer 🌱🌱🌱 *Space Limited to Five*
Featuring Craft: Halloween Wooden Ornaments
LOWELL CLUBHOUSE
 6 p.m. Youth Support 🌱🌱
 6 p.m. Cancer Support 🌱🌱

5
 4 p.m. Grief Support 🌱
 4:30 p.m. Children's Grief New Member Meeting 🌱
 6 p.m. Caring for Ourselves While We Grieve Four-Part Series 🌱🌱🌱🌱
Featuring Speakers Molly Keating, MPS, SD & Beth Nelson, MSW
 6 p.m. Grief Night Weekly Support Groups:
 • Grief Support 🌱
 • Kids Grief Support 🌱
 • Parent Grief Support 🌱
 • Spouse Grief with Children at Home Support 🌱
 • Teen & Tween Grief Support 🌱
 • Young Adult Grief Support 🌱
 6 p.m. Noogieland 🌱

6
 2 p.m. Yoga with Embody Workshop 🌱
 3 p.m. Cancer New Member Meeting 🌱
 4:30 p.m. Family Cancer Support New Member Meeting 🌱
 6 p.m. Cancer Night Weekly Support Groups:
 • Cancer Support 🌱🌱
 • Family & Friends Cancer Support 🌱🌱
 • Kids Cancer Support 🌱
 • Teen & Tween Cancer Support 🌱
 6 p.m. Healing Touch Workshop 🌱🌱🌱 *Space Limited to Five*
 6 p.m. Noogieland 🌱
 8 p.m. Kaleidoscopes of Cancer: Young Adult Cancer Support 🌱

7
 10 a.m. Sit & Be Fit Workshop 🌱



KEY 🌱 Program offered at a location out in the community
 🏠 Program offered at the Lowell clubhouse
 🌐 Program offered virtually 🌱🌱 Program offered in-person
 🌱🌱 Program offered as hybrid: 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
Columbus Day
Indigenous People's Day
 9 a.m. Quilting Workshop 🌱
 9:30 a.m. Knit Wits 🌱
 3 p.m. Leukemia & Lymphoma Cancer Support 🌱🌱
 4 p.m. Christian Cancer Support 🌱
 4 p.m. Ukulele Workshop 🌱
 4:30 p.m. Restorative Body Workshop 🌱🌱🌱
 6 p.m. Gilda's Walkers & Runners Club 🌱
 6 p.m. Grief Book Discussion 🌱 *Reading "Second Firsts: A Step-by-Step Guide to Life after Loss" by Christina Rasmussen*
 6 p.m. Grief Support 🌱
 6 p.m. Living with Grief Series 🌱
 6 p.m. Quilting Workshop 🌱 *Special Focus: Applique Quilting*

11
 10 a.m. Art & Conversation Workshop 🌱
 10 a.m. Cancer New Member Meeting 🌱
 4:30 p.m. Meditation 🌱
 4:30 p.m. Virtual Youth Support Group 🌱
 5 p.m. Ask the Lawyer Workshop 🌱🌱🌱
 6 p.m. Breast Cancer Support 🌱🌱
 6 p.m. Virtual Grief Support 🌱
LOWELL CLUBHOUSE
 4 p.m. Breast Cancer Support 🌱🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Grief Support 🌱🌱
 6 p.m. Youth Support 🌱🌱

12
 4 p.m. Grief Support 🌱
 4:30 p.m. Grief New Member Meeting 🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Grief Night Weekly Support Groups
See October 5 for Full Listing of Groups Offered
 6 p.m. Caring for Ourselves While We Grieve Four-Part Series 🌱🌱🌱🌱
 6 p.m. Noogieland 🌱

13
 2 p.m. Yoga with Embody Workshop 🌱
 4:30 p.m. Family Cancer Support New Member Meeting 🌱
 4:30 p.m. Therapeutic Massage Workshop 🌱🌱🌱 *Limited to Four 20 Minute Individual Appointments*
 5:30 p.m. Supper Together 🌱
 6 p.m. Cancer Night Weekly Support Groups
See October 6 for Full Listing of Groups Offered
 6 p.m. Noogieland 🌱

14
 10 a.m. Sit & Be Fit Workshop 🌱



Scan this QR code to view online!

More Info & Descriptions on Reverse Side!

17
 9 a.m. Quilting Workshop 🌱
 9:30 a.m. Knit Wits 🌱
 1 p.m. Reed City Cancer Support 🌱🌱🌱🌱
 4 p.m. Christian Cancer Support 🌱
 4 p.m. Ukulele Workshop 🌱
 5 p.m. Grief New Member Meeting 🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Brain Cancer Support 🌱🌱
 6 p.m. Gilda's Walkers & Runners Club 🌱
 6 p.m. Living with Grief Series 🌱
 6 p.m. Multiple Myeloma Cancer Support 🌱🌱
 6 p.m. Sister-to-Sister Cancer Support 🌱
 6 p.m. Quilting Workshop 🌱 *Special Focus: Applique Quilting*

18
 10 a.m. Art & Conversation Workshop 🌱
 10 a.m. Cancer Support 🌱
 11 a.m. Treasures of Gilda's Garden Workshop 🌱🌱🌱
 1 p.m. Grief Support 🌱
 4:30 p.m. Meditation 🌱
 4:30 p.m. Virtual Youth Support Group 🌱
 6 p.m. Virtual Grief Support 🌱
LOWELL CLUBHOUSE
 6 p.m. Cancer Support 🌱🌱
 6 p.m. Youth Support 🌱🌱

19
 4 p.m. Grief Support 🌱
 4:30 p.m. Children Grief New Member Meeting 🌱
 6 p.m. Grief Night Weekly Support Groups
See October 5 for Full Listing of Groups Offered
 6 p.m. Caring for Ourselves While We Grieve Four-Part Series 🌱🌱🌱🌱
 6 p.m. Noogieland 🌱

20
 1 p.m. Gilda's Book Ends 🌱
Reading "Caste, The Origins of our Discontent" by Isabelle Wilkerson
 2 p.m. Yoga with Embody Workshop 🌱
 3 p.m. Cancer New Member Meeting 🌱
 4:30 p.m. Family Cancer Support New Member Meeting 🌱
 6 p.m. Cancer Night Weekly Support Groups
See October 6 for Full Listing of Groups Offered
 6 p.m. Noogieland 🌱
 8 p.m. Kaleidoscopes of Cancer: Young Adult Cancer Support 🌱

21
 10 a.m. Sit & Be Fit Workshop 🌱



HALLOWEEN NOOGIEFEST

SATURDAY, OCTOBER 29, 1-3 P.M.

Gilda's Club Grand Rapids invites all children and their families in community to a FREE Halloween spooktacular afternoon of fun! Please join us in your best Halloween costume for ghoulish games and crafts, creepy cuisine, professional pumpkin carving demonstration, and raffle prizes.

RSVPS Encouraged
gildasclubgr.org/noogiefest

FRIENDLY REMINDER
 🌱📢 Please no weapons, masks or scary costumes

24
 9 a.m. Quilting Workshop 🌱
 9:30 a.m. Knit Wits 🌱
 4 p.m. Christian Cancer Support 🌱
 4 p.m. Ukulele Workshop 🌱
 4:30 p.m. Restorative Body Workshop 🌱
 6 p.m. African Americans Living with Grief Support 🌱
 6 p.m. Cancer New Member Meeting 🌱
 6 p.m. Gilda's Walkers & Runners Club 🌱
 6 p.m. Grief Book Discussion 🌱 *Reading "Second Firsts: A Step-by-Step Guide to Life after Loss" by Christina Rasmussen*
 6 p.m. Grief Support 🌱
 6 p.m. Quilting Workshop 🌱 *Special Focus: Applique Quilting*

25
 10 a.m. Art & Conversation Workshop 🌱
 1 p.m. Grief New Member Meeting 🌱
 4:30 p.m. Meditation 🌱
 4:30 p.m. Virtual Youth Support Group 🌱
 6 p.m. Breast Cancer Support 🌱🌱
 6 p.m. Virtual Grief Support 🌱
LOWELL CLUBHOUSE
 6 p.m. Grief Support 🌱🌱
 6 p.m. Youth Support 🌱🌱

26
 4 p.m. Grief Support 🌱
 4:30 p.m. Children Grief New Member Meeting 🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Grief Night Weekly Support Groups
See October 5 for Full Listing of Groups Offered
 6 p.m. Caring for Ourselves While We Grieve Four-Part Series 🌱🌱🌱🌱
 6 p.m. Noogieland 🌱

27
 2 p.m. Yoga with Embody Workshop 🌱
 3 p.m. Cancer New Member Meeting 🌱
 4:30 p.m. Family Cancer Support New Member Meeting 🌱
 5:30 p.m. Supper Together 🌱
 6 p.m. Cancer Night Weekly Support Groups
See October 6 for Full Listing of Groups Offered
 6 p.m. Noogieland 🌱
 6 p.m. Reiki Workshop 🌱

31
CLUBHOUSE CLOSED FOR STAFF TRAINING

Halloween



OCTOBER
GILDA'S CLUB PROGRAM CALENDAR