

Support Program Flyers

October-December 2019

For updated information on a specific program including changes, cancellations, or to sign up, visit www.GildasClubTwinCities.org/Signup or call 612-227-2147

Click on a class title or scroll down to see all the class flyers!

Art Therapy

Gratitude Art Journal (Thursdays, Oct 3 – Nov 7 - 6:30-8:00pm)

Winter Ornaments & Gift Tags (Thursdays, Dec 5 & Dec 12 – 6:30-8:00pm)

Networking Groups

Brain Tumor Networking Group (Tuesdays, Oct 22 & Nov 26 - 6:30-8:00pm)

Rare Cancer Meetup (Tuesday, Oct 1 – 3:00-4:30pm) ***New Group***

Young Adult Caregivers Meetup (Thursday, Oct 10 – 6:30-8:00pm) ***New Group***

Support Groups

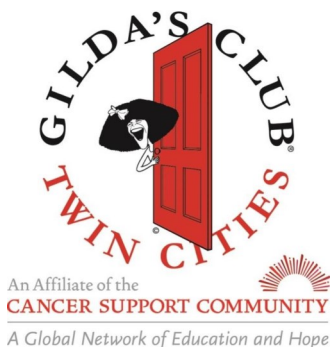
Meaning-Centered Support Series (Wednesdays, Oct 9 – Dec 4 – 3:00-4:30pm)

Weekly Support Groups (not drop-in groups, must be placed into a group during a CMP)

All Classes are always free, and unless stated otherwise take place at our clubhouse

Gilda's Club Twin Cities—where no one faces cancer alone

10560 Wayzata Boulevard, Minneapolis, MN 55305 | 612.227.2147 | GildasClubTwinCities.org



DATE

Check program calendar for dates!

TIME:

6:30pm-8:00pm

WITH:

Karie Amstutz

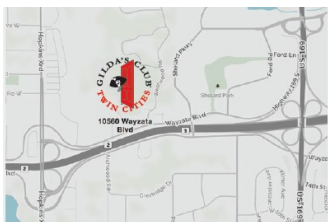
COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

[f](https://www.facebook.com/GildasClubTwinCities)/GildasClubTwinCities

[@GildasClubTC](https://twitter.com/GildasClubTC)

[@GildasClubTC](https://www.instagram.com/GildasClubTC)

Support

October -December 2019

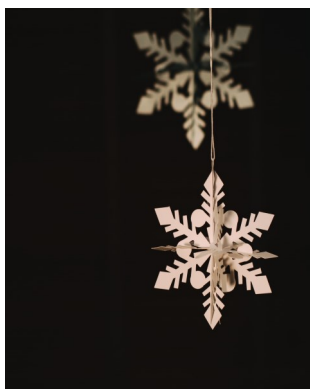
Art Therapy Series



Gratitude Art Journal

Thursdays, October 3-November 7 from 6:30pm-8:00pm

Small moments and acts of gratitude increases positivity, self-esteem, and reduces stress. Take time to creatively focus on positive things and experiences with a gratitude art journal. Each evening will be mindfully spent on making one 2-page spread. Bring your own book or sketchbook or use a small one provided for you.



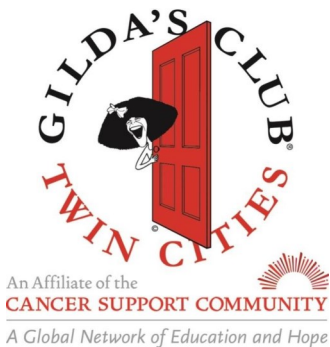
Winter Ornaments & Gift Tags

Thursdays, December 5 & 12 from 6:30-8:00pm

Enjoy making non-religious holiday ornaments for your home or to give away. Can't find the gift tags you stashed from last year? Come make a batch of your own design for those special gifts throughout the year.



Karie Amstutz completed a joint master's degree in art therapy and marriage and family counseling at Adler Graduate School. She believes healing can be found by making art.



Networking Support

October-December 2019

Brain Tumor Networking Group

DATE:

4th Tuesday of the month

*NO meeting Dec. 24th

TIME:

6:30pm--8:00pm

WITH:

Ali DeCamillis & program staff

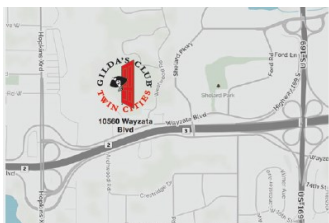
COST: FREE!

LOCATION:

GCTC Clubhouse

10560 Wayzata Blvd

Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities

@GildasClubTC

@GildasClubTC

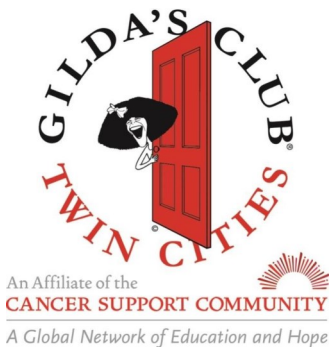


These monthly drop-in meetings are for adult patients and caregivers impacted by brain tumors (primary or metastasized) to learn and share together. Discuss, ask questions, and learn first hand how others manage side effects, symptoms and the day-to-day of cancer. Even though many people receive support from friends and family, it can be beneficial to receive support from those going through similar experiences who "get it." These groups are facilitated by a licensed mental health professional. Caregivers, friends and family members welcome.

This offering made possible through
generous support from :



Ali DeCamillis, MS, ATR, LPCC is program director at Gilda's Club Twin Cities. She is an art therapist and licensed professional clinical counselor.



DATE:

Tuesday, October 1—
Rare Cancer Awareness
Day

TIME:

3:00pm-4:30pm

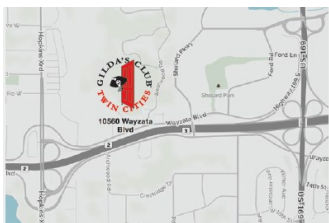
WITH:

Ali DeCamillis

COST: FREE!

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



*From 394, go North on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd*

 /GildasClubTwinCities

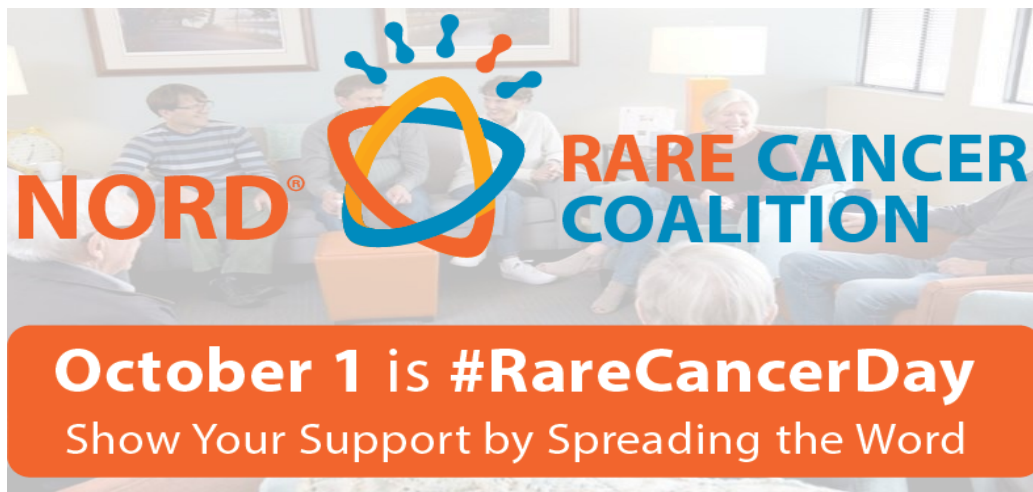
 @GildasClubTC

 @GildasClubTC

Networking Support

October 2019

Rare Cancer Meetup



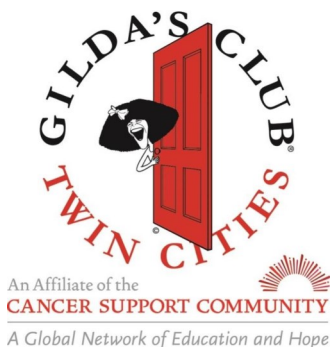
Are you living with cancer but feel like an outsider even within the cancer community because you are living with a *rare* cancer? Have you felt isolated or find it hard to fully connect with others because no one in the groups you attend have ever heard of the cancer you are living with? Do you struggle with the lack of available information and effective treatment options, or basic understanding your cancer diagnosis because your medical team doesn't have enough evidenced-based information to give you a full picture of what you are living with?

Then join us on Rare Cancer Day for an opportunity to meet "your people"...or at least the people who understand the additional stressors of what it means to live with a rare cancer. We will gather for an opportunity to connect, share and talk.

This is a drop in meeting. All are welcome to attend, even if this is the first time at Gilda's Club.



Ali DeCamillis, MS, ATR, LPCC is program director at Gilda's Club Twin Cities. She is an art therapist and licensed professional clinical counselor.



Children, Teens & Families | Support October 2019

Young Adult Caregivers Networking Night

DATE:

Thursday, October 10

TIME:

6:30pm to 8:00pm

WITH:

Annie Stone, LMFT

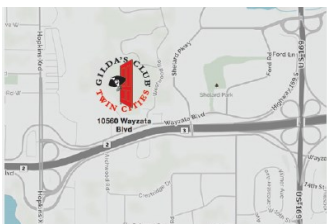
COST: FREE!

SIGN UP:

GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go north on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd

 /GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC




Are you a young adult (between 20 and 40 years old) in the Twin Cities who has cared for or helped a parent or partner living with cancer? Have you felt that your challenges don't match up with the current support group landscape? Would you like to meet others facing similar challenges? Snacks will be provided.

Love Labor Project is an advocacy group "In pursuit of a better support landscape for young adults who have or have had a parent with cancer. Our needs are unique, and the support available to use should be too."

Thank you to our Program Partner:

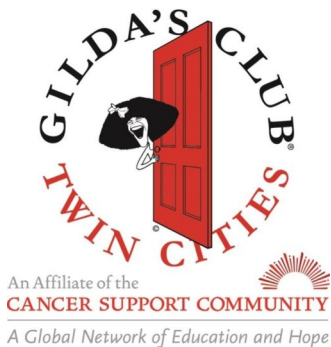


To learn more, contact Rachel Austin-Bernstein at lovelaborproject@gmail.com.

 @lovelaborproject



Annie Stone, MA, LMFT is the Youth and Family Program Coordinator at Gilda's Club Twin Cities. She is a licensed marriage and family therapist who has focused her practice on children and their families learning skills needed for better adaptability and cohesion while dealing with external and internal strife.



Support

October—November 2019

Meaning-Centered Support Series



DATE:

Wednesdays, Oct 9 - Dec. 4
(8-session series; no group
on Wed. Nov. 27)

TIME:

3:00pm-4:30pm

WITH:

Quentin Gabor, MD

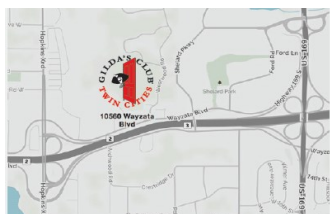
COST: FREE!

SIGN UP:


GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



*From 394, go north on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd*

 /GildasClubTwinCities

 @GildasClubTC

 @GildasClubTC

Meaning-centered support is for individuals living with life-limiting, advanced and chronic cancer diagnoses. In this 8-week series, we will focus on the importance of creating, experiencing, and keeping a sense of meaning in life.

Together we will explore how sources of meaning foster resilience to find new ways to face the challenges caused by illness. Previous group members shared they were surprised by the insight gained through the process and challenged to shift their outlook and attitude toward life and end-of-life.

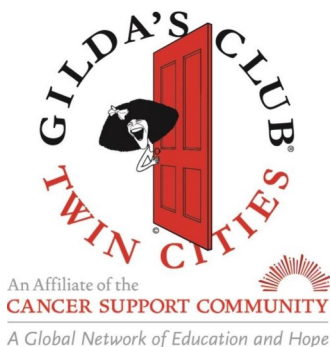
Participation requires a commitment to try to attend all sessions. Limited to 6-8 participants.

Anyone interested in participating must complete a brief phone intake process. Please sign up online and a follow-up call will be made to you in advance of the first session. Questions? Please contact Ali at 952-767-7627.

Join us October 2nd for a Meaning Centered Meetup—for all previous participants to reconnect and anyone curious to learn more about the upcoming series and how to find meaning in challenging times.



Quentin Gabor, MD is an assistant professor for the Department of Psychiatry at the University of Minnesota. He was invited to train in Meaning-Centered Psychotherapy under the direction of Dr. William Breitbart at Memorial Sloan Kettering in NYC.



DATES & TIMES:

Scheduled with
Program Staff

WITH:

Gilda's Club
Program Staff

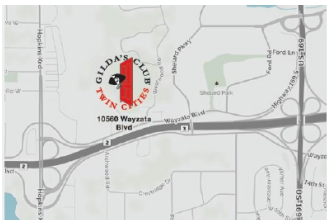
COST: FREE!

SCHEDULE AN INTAKE:

Call 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minnetonka, MN 55305



*From 394, go north on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd*

/GildasClubTwinCities

@GildasClubTC

@GildasClubTC

Support

Group Therapy

Support Groups



Group support offers connections with others who are sharing a similar experience. For some, this provides comfort and a sense that you are not alone. Gilda's Club offers ongoing, weekly and bi-weekly support groups facilitated by licensed mental health professionals.

Our groups focus on life circumstances rather than diagnosis or prognosis:

Living with Cancer | men and women with any type of cancer, at any stage, currently undergoing treatment, living with a chronic cancer, recurrence or choosing no treatment as an option.

Young Adults Living with Cancer | adults 18-39 living with cancer, in post-treatment or survivors who want to connect with other young adults.

Family & Friends | men and women who are supporting or caregiving for someone living with any type of cancer, at any stage.

Living with Loss | individuals who have lost a spouse/partner, parent, sibling, close friend or adult child to cancer.

Post-treatment | bi-weekly group for men and women who are beyond treatment and looking for support as they move forward to life after cancer.

Want to join a support group? Attend a New Member Meeting and complete a Customized Membership Plan intake. Individuals will then be placed in the group that best meets their needs. *Support Groups are not 'drop in'.* If current openings don't fit your availability or our groups are at capacity, your name may be added to a waitlist.