

Monthly Support Groups



Multiple Myeloma Group with Ali DeCamillis

Every 1st Wednesday (Jan. 8, Feb. 5 & March 4) from 10:30am-12:00am

There is no set topic for meetings other than to discuss the many ways multiple myeloma impacts our lives, and is for individuals living with a diagnosis.

Brain Tumor Group with Ali DeCamillis

Every 4th Tuesday (Jan. 28, Feb. 25, & March 24) 6:30pm-8:00pm

These meetings are for adult patients and caregivers impacted by brain tumors (primary or metastasized) to learn and share together. Learn first hand how others manage side effects, symptoms and the day-to-day of cancer.

This program is made possible by the Humor to Fight The Tumor.

Rare Cancer Group with Ali DeCamillis

Every 1st Tuesday (Jan. 7, Feb. 4, & March 3) from 3:00pm-4:30pm

Are you living with cancer but feel like an outsider even within the cancer community because you are living with a rare cancer? Then join us to meet with people who understand what it means to live with a rare cancer.

Moms with Metastatic Cancer with Annie Stone

Every 2nd Tuesday (Jan. 8, Feb. 11, & Mar. 10) from 10:30am-12:00pm

Moms will have the space to discuss the challenges of being a mom while living with metastatic cancer. Explore reasoning behind children's changing behaviors, finding common language to communicate difficult emotions and other topics.

In partnership with Children's Brain Tumor Foundation.

Moms of Children Living with Cancer with Annie Stone

Every 1st Wednesday (Jan. 8, Feb. 5, & March 4) from 9:30am-10:30am

Moms will have the opportunity to discuss the challenges of being a mom of a child who is living with pediatric cancer.

Young Adult Caregivers Group with Annie Stone

Every 2nd Wednesday, Feb. 12 & March 11 from 5:30pm-7:30pm

Are you a young adult (between 18 and 40 years old) 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? Come meet others facing similar challenges. Food will be provided.



RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by calling (612) 227-2147. All classes and programs are offered FREE of charge to our members.

Art Therapy



Art Therapy with Karie Amstutz

Mondays from 1:30pm-2:30pm

For many of life's events there just aren't the words to express how we feel or fully communicate the depth of our experiences. That is where creativity and art enter the picture. During art therapy sessions, we use art as a means to explore emotions, gain self-insight, have fun and seek creativity and connection through community. And for those of you who think, you can't even draw a straight line, this is the group for you!



Art Therapy Series: Self Care Cards with Karie Amstutz

Thursdays Jan. 9, 16, 23, 30 from 6:30pm-8:00pm

This year learn how to develop deeply personal intentions to shift the arc of your life to be closer to the desires of your heart. Creating intention cards can help you stay on track! Please try to attend all four sessions.

Art Therapy Series: Embroidery with Karie Amstutz

Thursdays Feb. 13, 20, 27 from 6:30pm-8:00pm

Besides being a decorative art, embroidery has been used as therapy for better mental health. In a different approach, these sessions will incorporate stitching on paper, mindfulness, and in conversation with others.



Art Therapy Series: Seashell Jewelry with Karie Amstutz

Thursdays March 12, 19, 26 from 6:30pm-8:00pm

Can't get away to the beach for spring break? Share the warmth of tea and conversation dreaming about faraway places as we craft one-of-a-kind jewelry out of seashells without getting sand in your shoes.

Mindfulness and Mandalas with Keagan vanEperen-Sattler

Thursdays March 2 and 9 from 9:30am-11:00am

The Mindfulness & Mandalas workshops will begin with light gentle stretching/ yoga integrated with breathing exercises. Yoga will be followed by an art project of making mandalas.

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Weekly Support Groups

Weekly support groups are “closed”, and members are assigned and scheduled by Gilda’s Club Twin Cities program staff. Learn more at a New Member Meeting.



Living with Cancer

Mon 10:30-Noon & 1-2:30, Tues 1-2:30 and 6:30-8

Wed 10:30-Noon, Thurs 6:30-8

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

Tues 6:30-8

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



Family & Friends

Mon 10:30-Noon, Tues 6:30-8, and Thurs 6:30-8

Men and women who are supporting or caregiving for an adult living with any type of cancer, at any stage.

Living with Loss

Wed 10:30-Noon, Thurs 6:30-8

Individuals who have lost an adult spouse/partner, parent, sibling, or adult child to cancer.



Post-treatment

Every other Tues 1-2:30, Every other Wed 6:30-8

Bi-weekly group for men and women who are out of active treatment and looking for support as they move forward to life after cancer.

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