

# April 2020

Monday	Tuesday	Wednesday	Thursday	Fri
30 <b>15+ Weekly Support Groups Every Week!</b> See staff for these closed groups	31	1 10:00am-11:30am <b>Moms of Children Living with Cancer Support</b> 10:30am-12:00pm <b>Multiple Myeloma Support</b> 12:30pm-1:30pm <b>Improv for Life!</b>	2 1:00pm-2:30pm <b>Post-treatment Group Coaching</b> 5:30pm-6:30pm <b>Medical Qigong</b>	3
6 9:30am-10:30am <b>Gentle Yoga</b> 1:00pm-2:30pm <b>Art Therapy</b> 3:00pm-5:00pm <b>AYA Art</b>	7 12:00pm-1:00pm <b>Singing Bowl Meditation</b> 1:00pm-3:00pm <b>Open Art Studio</b> 3:00pm-4:30pm <b>Rare Cancer Support</b> 5:30pm-6:30pm <b>Candlelight Yoga</b>	8 12:30pm-1:30pm <b>Improv for Life!</b>	9 9:30am-10:30am <b>Meditative Movements</b> 1:00pm-2:30pm <b>Post-treatment Group Coaching</b> 5:30pm-6:30pm <b>Medical Qigong</b> 6:30pm-8:00pm <b>Art Therapy: Identity Through Art Journaling</b>	10 9:00am-10:00am <b>Coffee Talk</b>
13 9:30am-10:30am <b>Gentle Yoga</b> 1:00pm-2:30pm <b>Art Therapy</b> 3:00pm-5:00pm <b>Family Art</b> 5:00pm-7:00pm <b>AYA Cooking Night</b>	14 10:00am-12:00pm <b>Moms with Metastatic Cancer Support</b> 12:00pm-1:00pm <b>Singing Bowl Meditation</b> 1:00pm-3:00pm <b>Open Art Studio</b> 5:00pm-6:15pm <b>Writing Workshop</b>	15 10:30am-11:30am <b>Moms of Children Living with Cancer Support</b> 12:30pm-1:30pm <b>Improv for Life!</b> 1:00pm-3:00pm <b>Advanced Care Directives</b>	16 9:30am-10:30am <b>Meditative Movements</b> 1:00pm-2:30pm <b>Post-treatment Group Coaching</b> 5:30pm-6:30pm <b>Medical Qigong</b> 5:00pm -6:30pm <b>Food for Life (1 of 4)</b> 6:30pm-8:00pm <b>Art Therapy: Identity Through Art Journaling</b>	17 9:00am-10:00am <b>Coffee Talk</b>
20 9:30am-10:30am <b>Gentle Yoga</b> 1:00pm-2:30pm <b>Art Therapy</b> 4:30pm-5:30pm <b>Kid Support</b> 3:00pm-5:00pm <b>AYA Art</b>	21 12:00pm-1:00pm <b>Singing Bowl Meditation</b> 1:00pm-3:00pm <b>Open Art Studio</b> 5:30pm-6:30pm <b>Candlelight Yoga</b>	22 1:00pm-2:00pm <b>Rituals for Revitalizing Caregivers</b> 12:30pm-1:30pm <b>Improv for Life!</b> 6:30pm-8:00pm <b>Young Adult Caregiver Support</b>	23 9:30am-10:30am <b>Meditative Movements</b> 1:00pm-2:30pm <b>Post-treatment Group Coaching</b> 5:30pm-6:30pm <b>Medical Qigong</b> 5:00pm-6:30pm <b>Food for Life (2 of 4)</b> 6:30pm-8:00pm <b>Art Therapy: Identity Through Art Journaling</b>	24 9:00am-10:00am <b>Coffee Talk</b>
27 9:30am-10:30am <b>Gentle Yoga</b> 1:00pm-2:30pm <b>Art Therapy</b> 3:00pm-5:00pm <b>Family Art</b>	28 10:30am-11:30am <b>Moms with Metastatic Cancer Support</b> 12:00pm-1:00pm <b>Singing Bowl Meditation</b> 1:00pm-3:00pm <b>Open Art Studio</b>	29 12:30pm-1:30pm <b>Improv for Life!</b>	30 9:30am-10:30am <b>Meditative Movements</b> 5:30pm-6:30pm <b>Medical Qigong</b> 5:00pm-6:30pm <b>Food for Life (3 of 4)</b>	1  An Affiliate of the CANCER SUPPORT COMMUNITY A Global Network of Education and Hope

**Support** **Education** **Social Opportunities** **Healthy Lifestyle** **Children, Teen and Family** **Outside Groups at Gilda's Club**

Sign up at [GildasClubTwinCities.org](http://GildasClubTwinCities.org), using the MY GCTC app or call 612.227.2147 | Weekly Support Groups registration is assigned by staff and can be found in MindBody Online, and will no longer appear on this calendar.