



April 2021

Gilda's Club Twin Cities
A community where people impacted by cancer gather, connect and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong	2 9:00am-10:00am Coffee Talk
5 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG: African American Cancer Connection Group	6 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	7 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life™	8 10:00am-12:00pm Food for Life (1 of 4) 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Poetry Collage	9 9:00am-10:00am Coffee Talk
12 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 12:00pm-12:45pm Singing Bowl Meditation	13 10:30am-12:00pm Parents w/ Metastatic Cancer Support 7:00pm-7:30pm Wind Down Yoga & Meditation 7:00pm-8:30pm YSC	14 10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting	15 10:00am-12:00pm Food for Life (2 of 4) 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Poetry Collage	16 9:00am-10:00am Coffee Talk
19 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm AYA Cooking Night w/ Children's Minnesota	20 9:30am-10:30am Guys of Gilda's 5:30pm-6:30pm Candlelight Yoga	21 12:30pm-1:30pm Improv for Life™ 4:00pm-5:30pm Palliative vs Hospice Care 6:30pm-8:00pm Pride Cancer Support	22 10:00am-12:00pm Food for Life (3 of 4) 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Poetry Collage	23 9:00am-10:00am Coffee Talk
26 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 12:00pm-12:45pm Singing Bowl Meditation	27 10:30am-12:00pm Parents w/ Metastatic Cancer Support 7:00pm-7:30pm Wind Down Yoga & Meditation 4:00pm-5:30pm Rising Above & Beyond Cancer	28 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Brain Tumor Support	29 10:00am-12:00pm Food for Life (4 of 4) 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong	30 9:00am-10:00am Coffee Talk

All classes and groups are currently offered virtually. See staff for weekly support group placement.

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

Sign up at GildasClubTwinCities.org, using the MY GCTC app | Weekly Support Groups registration is assigned by staff and will no longer appear on this calendar. Learn more by attending a New Member Meeting.



May 2021

Gilda's Club Twin Cities
A community where people impacted by cancer gather, connect and learn.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG: African American Cancer Connection Group	4 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	5 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life™	6 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Painted Paper Flowers	7 9:00am-10:00am Coffee Talk	8 1:00pm-4:00pm Lost & Found Writing: Discovering Our Identity
10 9:30am-10:30am Gentle Yoga 12:00pm-12:45pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Frankly Speaking: Why Can't I Stay Positive?	11 10:30am-12:00pm Parents w/ Metastatic Cancer Support 7:00pm-7:30pm Wind Down Yoga & Meditation 7:00pm-8:30pm YSC	12 10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting	13 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Painted Paper Flowers	14 9:00am-10:00am Coffee Talk	15
17 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm Game Night w/ Camp Kesem	18 9:30am-10:30am Guys of Gilda's 5:30pm-6:30pm Candlelight Yoga	19 12:30pm-1:30pm Improv for Life™ 6:30pm-8:00pm Pride Cancer Support	20 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Painted Paper Flowers	21 9:00am-10:00am Coffee Talk	22 10:00am-11:30am Caring for Caregivers
24 9:30am-10:30am Gentle Yoga 12:00pm-12:45pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy	25 10:30am-12:00pm Parents w/ Metastatic Cancer Support 7:00pm-7:30pm Wind Down Yoga & Meditation	26 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Brain Tumor Support	27 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong	28 9:00am-10:00am Coffee Talk	29
31 Memorial Day No Groups or Classes					

All classes and groups are currently offered virtually. See staff for weekly support group placement.

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

Sign up at GildasClubTwinCities.org, using the MY GCTC app | Weekly Support Groups registration is assigned by staff and will no longer appear on this calendar. Learn more by attending a New Member Meeting.



June 2021

Gilda's Club Twin Cities
A community where people impacted by cancer gather, connect and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	2 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life™	3 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong	4 9:00am-10:00am Coffee Talk
7 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG: African American Cancer Connection Group 6:30pm-8:00pm Community Conversations: Out in Healthcare (LGBTQIA+)	8 10:30am-12:00pm Parents w/ Metastatic Cancer Support 7:00pm-7:30pm Wind Down Yoga & Meditation 7:00pm-8:30pm YSC	9 10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting	10 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Paper Scrapbook Quilts	11 9:00am-10:00am Coffee Talk
14 9:30am-10:30am Gentle Yoga 12:00pm-12:50pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy	15 9:30am-10:30am Guys of Gilda's 5:30pm-6:30pm Candlelight Yoga	16 12:30pm-1:30pm Improv for Life™ 6:30pm-8:00pm Pride Cancer Support	17 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Paper Scrapbook Quilts	18 9:00am-10:00am Coffee Talk
21 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm Movement & Mindfulness w/ Brighter Tomorrows	22 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm Navigating Anticipatory Grief w/ Your Family 7:00pm-7:30pm Wind Down Yoga & Meditation	23 12:30pm-1:30pm Improv for Life™ 1:00pm-2:30pm Knit Wits 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Brain Tumor Support	24 1:00pm-1:45pm Guided Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Paper Scrapbook Quilts	25 9:00am-10:00am Coffee Talk
28 9:30am-10:30am Gentle Yoga 12:00pm-12:50pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy	29 10:00am-11:00am Birds and Brew Returns: Outdoors Only	30 12:30pm-1:30pm Improv for Life™		

All classes and groups are currently offered virtually. See staff for weekly support group placement.

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

Sign up at GildasClubTwinCities.org, using the MY GCTC app | Weekly Support Groups registration is assigned by staff and will no longer appear on this calendar. Learn more by attending a New Member Meeting.



Children, Teen and Family April-June 2021



Go back to
calendar
view

AYA Cooking Night with Children's Minnesota

Monday, April 19 from 5:00pm-7:00pm

Prepare dinner from scratch over Zoom with other adolescents and young adults living with cancer. We will all sit down together at the end and enjoy what we have created. This activity is good for your creative juices - and your stomach! Recipe lists will be provided ahead of time.

In partnership with Children's Minnesota.

Game Night with Camp Kesem

Monday, May 17 from 6:30pm-8:00pm

Log on to see your favorite camp counselors and play games over Zoom. If your family doesn't know Camp Kesem yet, this is an excellent opportunity to get involved! *In partnership with Camp Kesem.*

Camp Kesem is a nationwide community driven by passionate college student leaders that supports children through and beyond their parent's cancer.

Movement and Mindfulness: Family Night with Brighter Tomorrows

Monday, June 21 from 6:30pm-8:00pm

At every age, anxiety and worry can negatively affect our bodies. And in many instances, the way we feel emotionally and mentally is impacted by physical movement. Join us for a fun night of learning some quick, easy movement exercises and mindfulness practices that everyone in your family can use to cope with anxiety and worry either individually or as a family unit.

For more info or questions about GCTC programming contact Annie Stone, Youth and Family Program Coordinator at Annie.Stone@GildasClubTwinCities.org

Parents with Metastatic Cancer Support Group

**Every 2nd & 4th Tuesday of the month from 10:30am-12:00pm
(April 13 & 27, May 11 & 25, and June 8 & 22)**

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

Moms of Children Living with Cancer Support

**Every 1st Wednesday (April 7, May 5, and June 2)
from 10:30am-12:00pm**

In this monthly support group moms will have the opportunity to discuss the challenges of being a mom of a child who is living with pediatric cancer.

In partnership with Hope Kids.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org

All classes and programs are offered FREE of charge.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:



/GildasClubTwinCities



@GildasClubTC



Education April-June 2021



Go back to
calendar
view

Palliative vs. Hospice Care with Sonia Karimi

Wednesday, April 21 from 4:00pm-5:30pm

What is the difference between Palliative and Hospice Care? How does one qualify for hospice or palliative care? What are common myths and misconceptions about these programs? Why does my healthcare team suggest one or the other? Find out the answers to these questions and more in this educational session set up to define the differences and help us make informed decisions.

Rising Above and Beyond Cancer with Michelle Perdue, M. Ed.

Tuesday, April 27 from 4:00pm-5:30pm

In this workshop, we will define the meaning of resilience and the characteristics of those who have it, identify coping mechanisms through self-reflection, and discuss key strategies to boosting your resilience. As an attendee, you will leave with a greater understanding of how you react to adversity and whether those actions help or hurt you. And with essential tools to build your resilience skills to minimize fear and maximize your potential. Please bring a pen and paper. Cancer survivors who are post-treatment and seek to be inspired, educated, and entertained will want to be part of this workshop!

Lost & Found Writing: Discovering Our Identity

with Carly Kryzer, LSW

Saturday, May 8 from 1:00pm-4:00pm

Join us for an afternoon of creative writing and reflection based on your experiences of how cancer has shifted or changed your identity. No writing experience is needed. All those impacted by cancer are welcome - regardless of the type of cancer or impact.

Frankly Speaking: Why Can't I Stay Positive?

with Shaunequa James, LGSW

Monday, May 10 from 1:00pm-2:30pm

This workshop will discuss depression, grief, and resilience with a cancer diagnosis. And will provide ample time for a question-and-answer period. All are welcome to attend, those living with cancer, friends, and family.

This program is made possible through unrestricted education grants from Genentech.

Genentech

A Member of the Roche Group

Community Conversations: Out in Healthcare (LGBTQIA+) with

Carly Kryzer, LSW and Gilda's Club members

Monday, June 7 from 6:30pm-8:00pm

Join us for this roundtable discussion with members from the LGBTQIA+ community impacted by cancer. Our panelists will discuss their individual experiences with their health care team, navigating the health care system, advocating for themselves, and maintaining and caring for themselves and their loved ones' mental health.

Navigating Anticipatory Grief with Your Family with Katie Eisold

Tuesday, June 22 from 3:30pm-5:00pm

Whether you're a family impacted by a child's cancer diagnosis or a parent living with cancer, your family experiences anticipatory grief. Each family member is grieving how life used to be, their hopes and dreams have shifted, and the future, no matter the outcome, looks different than it did before the diagnosis. Grief comes out and is expressed in various ways for each development age. Join us in this workshop to learn family conversation starters, ways to support and normalize the experience for your children, and how to navigate this path with hope.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org

All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:



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



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



Healthy Lifestyle April-June 2021



Go back to
calendar
view

Gentle Yoga with Betty Christensen

Mondays from 9:30am-10:30am

This gentle, slow-paced, and relaxing practice focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.

Singing Bowl Meditation with Leah Golberstein

***Every 2nd and 4th Monday of the month from 12:00pm-12:45pm
(April 12 & 26, May 10 & 24, and June 14 & 28)***

Close your eyes and float in a sound bath of crystal singing bowls as your mind and body enter deep states of relaxation.

Candlelight Yoga with DeAnn Hoff

***Every 1st and 3rd Tuesday of the month from 5:30pm-6:30pm
(April 6 & 20, May 4 & 18, and June 1 & 15)***

A soothing blend of slowly flowing deep stretches, mindful connection to the breath, and restorative postures followed by a guided meditation. Show yourself a little loving kindness by joining us for this special practice.

Wind Down Yoga and Meditation with Jennifer Myhre

***Every 2nd and 4th Tuesday of the month from 7:00pm-7:30pm
(April 13 & 27, May 11 & 25, and June 8 & 22)***

Join us for a 30 minute wind down at the end of your day. Come slow down, stretch, and quiet your mind.

Improv for Life™ with Jenni Lilledahl

Wednesdays from 12:30pm-1:30pm

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness and of course, some laughter. No experience necessary and all are welcome!

Guided Meditation with Sheila Veien

Thursdays from 1:00pm-1:45pm

Science has proven that regular meditation can have powerful, long-lasting effects. Meditation helps to activate our rest-and-digest system and begin the process of ushering our body back to a more natural and calm state. Together, we will use various meditation techniques to activate these abilities and spend time sharing our experiences. Most movements can be done either seated or lying down.

Circling Hands Qigong with Joel Ronningen

Thursdays from 5:30pm-6:30pm

Circling Hands Qigong is an easy to learn beginner practice. In this practice, you will move through circles in the three planes, vertical, horizontal, and coronal - to build strength, circulate blood and fluids, and relax and clear your mind with the rhythmic movements.

Caring for Caregivers with Stuart Pimsler Dance & Theatre

Saturday, May 22 from 10:00am-11:30am

Through movement and storytelling, Stuart Pimsler Dance & Theatre facilitators will engage caregivers in a workshop that provides tools for self-care and connection with others. No movement experience is required to participate!

This program is made possible by the Stuart Pimsler Dance and Theatre grant.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org

All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:

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

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



Healthy Lifestyle April-June 2021



Go back to
calendar
view

Food for Life (4-part series) with Jill Erickson

Thursdays (April 8 - April 29) from 10:00am-12:00pm

This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. In this four-class series, you will learn about the food choices that can help reduce the risk of developing cancer as well as manage the disease after it has been diagnosed. These classes are ideal for individuals in post-treatment, their family and friends, as well as those looking to prevent the disease. Individuals in treatment are welcome to attend but encouraged to follow their healthcare team's diet recommendations.

This series is offered in four classes. Attendees should plan on attending and registering for all four classes.

Class 1: Introduction to How Foods Fight Cancer

Class 2: Fueling up on Low-Fat, High-Fiber Foods

Class 3: Discovering Dairy and Meat Alternatives

Class 4: Cancer-Fighting Compounds & Healthy Weight Control

In partnership with Rooted Green Wellness.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:



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



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



Social Opportunities April-June 2021



Go back to
calendar
view

Guys of Gilda's with Fred Schommer and Leon Loos
*Every 3rd Tuesday of the month from 9:30am-10:30am
(April 20, May 18, and June 15)*

A virtual “man cave” of sorts for the guys of Gilda's to socialize, find camaraderie, and freely express yourself with no judgement – laugh, cry, joke, blow off steam, seek and share ideas. It's a safe place to let go of the stresses of living with cancer or supporting someone who does. Humor is encouraged.

Knit Wits
*Every 2nd and 4th Wednesday of the month from 1:00pm-2:30pm
(April 14 & 28, May 12 & 26, and June 9 & 23)*

Learn the basics or simply join in on the conversation and laughter. The group will work on personal projects while sharing their best knitting tips and tricks. All are welcome!

Coffee Talk with Elaine Wilson
Fridays from 9:00am-10:00am

Looking for a chance to informally connect with other members during this time of physical distancing? Then join in this online social opportunity. There is no agenda for this meeting, simply a chance for you to connect with others in the community. If inspired, you are welcome to share a poem, a quote, a joke, or anything else that inspires you with the group. All are welcome to attend...new members too! So grab a cup o' joe (or tea and a tasty treat) and let's connect!

Birds and Brew Returns: Outdoors Only with Lisa Kietel
Tuesday, June 29 from 10:00am-11:00am

Bring your own coffee and join Master Naturalist, Lisa Keitel, outside the clubhouse to observe the birds that frequent our gardens and feeders. You will broaden your knowledge and appreciation of our beautiful world while connecting with other Gilda's Club members, enhancing your recovery and renewal. Come anytime during the scheduled session for great conversation and bird watching.

This program made possible by the Minnestoa Ornithologists' Union Savaloja Grant.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:

 /GildasClubTwinCities

 @GildasClubTC



Support April-June 2021



Go back to
calendar
view



African American Cancer Connection Group

with Shaunequa James

Every 1st Monday (April 5, May 3, and June 7) from 6:30pm-8:00pm

The AACCG is a monthly group for African American and Black adults to find fellowship and connect with one another about their cancer experience. This group was created based on the recognition that there needs to be more culturally relevant cancer programming in spaces that encourage safe dialogue and foster meaningful connections. The group is open to individuals ages 18+ who have a cancer diagnosis or are a caregiver to a person with cancer. There is no specific cancer diagnosis required to join. All are welcome!

Rare Cancer Group with Michaele Paoli

Every 1st Tuesday (April 6, May 4, and June 1) from 3:00pm-4:30pm

If you are living with cancer but feel like an outsider even within the cancer community because you are living with a rare cancer, this group might be for you. Do you struggle with the lack of treatment options and access to trials? Or limited resources, information and support for your specific diagnosis? Then join us to meet with people who understand what it means to live with a rare cancer.

Chronic Cancer Group with Annie Stone

*Every 2nd Wednesday of the month from 10:30am-12:00pm
(April 14, May 12, and June 9)*

Do you consider yourself as someone living with a chronic cancer? Chronic cancer is a cancer that can't be cured but can be managed and maintained through extended treatment. Living with cancer indefinitely isn't easy. But getting connected to others who also are living with chronic cancer couldn't be easier. If this sounds like you and something you could benefit from, consider joining Gilda's Club's Monthly Chronic Cancer group. Together we will discuss and explore the challenges of extended treatment and survivorship.

Pride Cancer Support with Carly Kryzer

*Every 3rd Wednesday of the month from 6:30pm-8:00pm
(April 21, May 19, and June 16)*

People with diverse sexual orientations and gender identities often experience a disproportionate burden from cancer. We are proud to offer a free, professionally-facilitated monthly support group for patients, survivors, and loved ones identifying as LGBTQI+ and all other sexual and gender minorities. Please join us in an affirming, empowering space to get and give support.

Brain Tumor Group with Michaele Paoli

*Every 4th Wednesday of the month from 6:30pm-8:00pm
(April 28, May 26, and June 23)*

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.*

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:

 /GildasClubTwinCities

 @GildasClubTC



Support April-June 2021



Go back to
calendar
view

Art Therapy with Karie Amstutz

Mondays from 1:00pm-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!

April Art Therapy Series: Poetry Collage with Karie Amstutz

Thursdays (April 8, 15 & 22) from 6:30pm-8:00pm

You are a poet whether or not you know it! Together we'll learn several ways to create poetry collages from found words, discovering a new way of self-expression. Supplies needed: a collection of random words and phrases from magazines and newspapers.

May Art Therapy Series: Painted Paper Flowers with Karie Amstutz

Thursdays (May 6, 13 & 20) from 6:30pm-8:00pm

Embrace spring by creating painted flowers. In this art therapy series, we will observe how various artists have painted flowers and use their techniques as inspiration to create our own bouquets to lift our spirits.

Supplies needed: acrylic paints, paintbrushes, and paper to paint on.

June Art Therapy Series: Paper Scrapbook Quilts with Karie Amstutz

Thursdays (June 10, 17 & 24) from 6:30pm-8:00pm

Do you feel like your life has fallen into random pieces? Then join us online for our June Art Therapy Series: Paper Scrapbook Quilts, where we will learn how to rearrange the pieces of our lives into lovely "quilts" for a life of contentment and satisfaction.

Supplies needed: patterned paper to play with geometric patterns and create paper quilts.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online:



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



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



Support

New Member Meeting



Behind the red doors of Gilda's Club Twin Cities is a welcoming community, a place of support for anyone dealing with cancer and its effects. Whether you are living with cancer, moving into post-treatment, a caregiver or have lost someone to cancer, our program has something for you.

During a **New Member Meeting**, you will learn about the history of Gilda's Club Twin Cities, our organization's mission, philosophy and values, as well as the 5-parts of our program of support:

1. Support
 2. Healthy Lifestyles
 3. Education
 4. Social Opportunities
 5. Information & Referral
- And...Children, Teen & Family offerings

In this session, you will get the opportunity to connect with others new members and learn next steps as well as some tips for signing up and getting involved.

At Gilda's Club, you will discover **you don't have to face cancer alone.**

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities - where no one faces cancer alone. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

Follow us online at:

