

July

Gilda's Club Twin Cities

A community where people impacted by cancer gather, connect, and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00am -10:00am Coffee Talk - Online
4 Independence Day Clubhouse Closed	5 9:30am -10:30am Coffee Talk with Staff - In-Person 2:30pm - 3:30pm Mindfulness Practice - In-Person 3:00pm - 4:30pm Rare Cancer Monthly Support Group - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30 pm Candlelight Yoga - Online	6 12:30pm - 1:45pm Improv for Life™ - Online 4:00pm - 5:30 pm Moms of Children Living with Cancer - Online	7 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online	8 9:00am -10:00am Coffee Talk - Online
11 9:30am - 10:30am Gentle Yoga - Online 10:00am - 10:30am Euro Café Session 1 - In-Person 11:00am - 11:30am Euro Café Session 2 - In-Person 1:00pm - 2:30pm Art Therapy - Online 5:00pm - 6:30pm Parent with Cancer Support - Online	12 10:00am - 12:00pm Food For Life - Online 10:30am - 12:00pm Parents with Metastatic Cancer - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 7:00pm Establishing a Gratitude Practice - Online	13 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - In-Person 3:00pm - 4:00pm New Member Meeting - Online	14 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online 6:30pm - 8:00 pm Art Therapy Series: Optical Illusions - Online	15 9:00am -10:00am Coffee Talk - Online
18 1:00pm - 2:30pm Art Therapy - Online 5:00pm - 6:30pm Frankly Speaking About Cancer: Lung Cancer - Hybrid 6:00pm - 8:00pm Family Night - Picnic Style - In-Person	19 10:00am - 12:00pm Food For Life - Online 10:00am - 11:00am Dudes and Donuts - In-Person 2:30pm - 3:30pm Mindfulness Practice - In-Person 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 7:00pm Establishing a Gratitude Practice - Online 5:30pm - 6:30 pm Candlelight Yoga - Online	20 10:00am - 11:00am Birds and Brew - In-Person 12:30pm - 1:45pm Improv for Life™ - Online 3:00pm - 4:00pm New Member Meeting - Online	21 5:30pm - 6:30pm Circling Hands Qigong - Online 6:30pm - 8:00 pm Art Therapy Series: Optical Illusions - Online	22 9:00am -10:00am Coffee Talk - Online
25 9:30am - 10:30am Gentle Yoga- Online 1:00pm - 2:30pm Art Therapy - Online	26 10:00am - 12:00pm Food For Life - Online 10:30am - 12:00pm Parents with Metastatic Cancer - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 7:00pm Establishing a Gratitude Practice - Online 6:00pm - 7:30pm YSC - In-Person	27 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - In-Person 3:00pm - 4:00pm New Member Meeting - In-Person 4:00pm - 5:00pm Mocktails and Mingle - In-Person	28 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online 6:30pm - 8:00 pm Art Therapy Series: Optical Illusions - Online	29 9:00am -10:00am Coffee Talk - Online

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

Registration is required for all classes and monthly groups. To register visit www.GildasClubTwinCities.org or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

Calendar key: ● Support Groups ● Education Sessions ● Healthy Lifestyle Classes ● Social Opportunities
● Children, Teen and Family Programs ● Outside Groups

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August

Gilda's Club Twin Cities

A community where people impacted by cancer gather, connect, and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>6:30pm - 8:00pm African American Cancer Connection Group - Online</p>	<p>2</p> <p>9:30am - 10:30am Coffee Talk with Staff - In-Person</p> <p>10:00am - 12:00pm Food For Life - Online</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30 pm Candlelight Yoga - Online</p> <p>5:30pm - 7:00pm Establishing a Gratitude Practice - Online</p>	<p>3</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>4:00pm - 5:30 pm Moms of Children Living with Cancer - Online</p>	<p>4</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00 pm Art Therapy Series: Open Art Studio - Hybrid</p>	<p>5</p> <p>9:00am - 10:00am Coffee Talk - Online</p>
<p>8</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>10:00am - 10:30am Euro Café Session 1 - In-Person</p> <p>11:00am - 11:30am Euro Café Session 2 - In-Person</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:00pm - 6:30pm Parent with Cancer Support - Online</p>	<p>9</p> <p>10:00am - 12:00pm Food For Life - Online</p> <p>10:30am - 12:00pm Parents with Metastatic Cancer - Online</p> <p>3:00pm - 4:30pm Rare Cancer Monthly Support Group - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 7:00pm Establishing a Gratitude Practice - Online</p>	<p>10</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - In-Person</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p>	<p>11</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00 pm Art Therapy Series: Open Art Studio - Hybrid</p>	<p>12</p> <p>9:00am - 10:00am Coffee Talk - Online</p>
<p>15</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p>	<p>16</p> <p>10:00am - 12:00pm Food For Life - Online</p> <p>10:00am - 11:00am Dudes and Donuts - In-Person</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30 pm Candlelight Yoga - Online</p>	<p>17</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p>	<p>18</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00 pm Art Therapy Series: Open Art Studio - Hybrid</p>	<p>19</p> <p>9:00am - 10:00am Coffee Talk - Online</p>
<p>22</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p>	<p>23</p> <p>10:00am - 12:00pm Food For Life - Online</p> <p>10:30am - 12:00pm Parents with Metastatic Cancer - Online</p> <p>2:30pm - 4:00pm Things I Wish I Had Known About Cancer Survivorship - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>6:00pm - 7:30pm YSC - In-Person</p>	<p>24</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - In-Person</p> <p>3:00pm - 4:00pm New Member Meeting - In-Person</p> <p>4:00pm - 5:00pm Mocktails and Mingle - In-Person</p>	<p>25</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p>	<p>26</p> <p>9:00am - 10:00am Coffee Talk - Online</p>
<p>29</p> <p>1:00pm - 2:30pm Art Therapy - Online</p>	<p>30</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30 pm Candlelight Yoga - Online</p>	<p>31</p> <p>11:00am - 12:30pm The Power of Your Story: Using Your Voice to Create Change - Hybrid</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p>	<p>1</p>	<p>2</p>

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An Affiliate of the
CANCER SUPPORT COMMUNITY

September

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 5:30pm - 6:30pm Circling Hands Qigong - Online	2 9:00am - 10:00am Coffee Talk - Online
5 Labor Day Clubhouse Closed	6 9:30am - 10:30am Coffee Talk with Staff - In-Person 2:30pm - 3:30pm Mindfulness Practice - In-Person 3:00pm - 4:30pm Rare Cancer Monthly Support Group - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30 pm Candlelight Yoga - Online	7 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Forest Bathing - In-Person 4:00pm - 5:30 pm Moms of Children Living with Cancer - Online 5:30pm - 7:00pm Early Stage Survivorship - Hybrid	8 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online	9 9:00am - 10:00am Coffee Talk - Online
12 9:30am - 10:30am Gentle Yoga - Online 1:00pm - 2:30pm Art Therapy - Online 1:00pm - 2:30pm Nurturing Your Whole Self - Online 5:00pm - 6:30pm Parent with Cancer Support - Online	13 10:30am - 12:00pm Parents with Metastatic Cancer - Online 3:45pm - 5:00pm Improv for Life™ - In-Person	14 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - In-Person 3:00pm - 4:00pm New Member Meeting - Online 5:30pm - 7:00pm Early Stage Survivorship - Hybrid	15 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online	16 9:00am - 10:00am Coffee Talk - Online
19 9:30am - 10:30am Gentle Yoga - Online 1:00pm - 2:30pm Art Therapy - Online	20 10:00am - 11:00am Dudes and Donuts - In-Person 12:00pm - 1:30 pm Fog Zone with Firefly Sisterhood - Hybrid 2:30pm - 3:30pm Mindfulness Practice - In-Person 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30 pm Candlelight Yoga - Online 6:00pm - 8:30 pm Firefly Sisterhood - In-Person	21 10:00am - 11:00am Birds and Brew - In-Person 12:30pm - 1:45pm Improv for Life™ - Online 3:00pm - 4:00pm New Member Meeting - Online 5:30pm - 7:00pm Early Stage Survivorship - Hybrid	22 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online	23 9:00am - 10:00am Coffee Talk - Online
26 9:30am - 10:30am Gentle Yoga - Online 1:00pm - 2:30pm Art Therapy - Online	27 10:30am - 12:00pm Parents with Metastatic Cancer - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 6:00pm - 7:30pm YSC - In-Person	28 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - In-Person 3:00pm - 4:00pm New Member Meeting - In-Person 4:00pm - 5:00pm Mocktails and Mingle - In-Person 5:30pm - 7:00pm Early Stage Survivorship - Hybrid	29 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online	30 9:00am - 10:00am Coffee Talk - Online

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An Affiliate of the
CANCER SUPPORT COMMUNITY



Moms of Children Living with Cancer Support - Online

Every 1st Wednesday of the month from 4:00pm-5:30pm

(July 6, August 8, September 7)

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.*

Parents with Metastatic Cancer Support Group - Online

Every 2nd and 4th Tuesday of the month from 10:30am-12:00pm

(July 12 & 26, August 9 & 23, September 13 & 27)

Parents will have the space to discuss the challenges of being a parent while living with metastatic cancer, and explore the reasoning behind child behaviors.

Family Night - Picnic Style - In-Person with Annie Stone

Monday, July 18 from 6:00pm - 8:00pm

If you are a parent who is living with cancer, please bring your family to the clubhouse for a family night outside. Come share a dinner with other families who are also impacted by cancer and let off some steam with yard games and other activities.

Parent with Cancer Support - Online with Annie Stone

Every 2nd Monday of the month from 5:00pm - 6:30pm

(July 11, August 8, and September 12)

These monthly meetups are for Adolescents (A) and young adults (YA) who are currently living with cancer and those who are post treatment. Come hang out and socialize with others who are also living with cancer and then stay for a group class or project that encompasses a wide range of creative expression. *In partnership with Children's Minnesota.*

For more info or questions about GCTC programming contact Annie Stone, Manager of Member Path at Annie.Stone@GildasClubTwinCities.org

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Healthy Lifestyle July - September 2022



Go back to:
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[September](#)

Gentle Yoga - Online with Betty Christensen

Mondays, July 11 - September 26 from 9:30am-10:30am

No occurrence Monday July 4, 18, August 29 & September 5

This gentle, slow-paced, and relaxing practice focuses on stretching and strengthening all areas of your body. At the end of class, a restorative yoga pose and a guided meditation will help further release stress and tension and restore your mind, body, and spirit.

Props: yoga mat, water.

Optional: bolster, 2 blocks, blanket, and a strap.

Food For Life: Cancer Prevention and Survival Series - Online with Jill Erickson

Tuesdays from 10:00am-12:00pm - New Day

(July 12 - August 23)

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. In this seven-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. Attendees should plan on attending and registering for all 7 classes.

In partnership with Rooted Green Wellness.

Establishing a Gratitude Practice - Online with Joan Saunders

Tuesdays, July 12 - August 9 from 5:30pm-7:00pm

To feel abundant gratitude, we don't need luck or possessions. Instead, gratitude can come from noticing the small things in life. Join this experiential course, where you will explore ways to awaken your sense of appreciation and gratitude. Each week we'll try out various gratitude practices, discuss our observations, and process our thoughts in a Gratitude Journal. By the end of our weeks together, you will be on your way to creating a habit of gratitude and enjoying more beauty, peace, and compassion. A writing journal and art supplies will be provided. No experience with art-making or writing is required. Just bring your favorite pen and an openness to receiving.

Mindfulness Practice - In-Person with Karen Prunty

Every 1st and 3rd Tuesday of the month from 2:30pm-3:30pm

(July 5 & 19, August 2 & 16, September 6 & 20)

This class offers guided practices grounded in Mindfulness-Based Stress Reduction, including body awareness, meditation, and gentle movement. There will also be brief discussions on various stress-related topics and guidance on using these practices in day-to-day life.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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Healthy Lifestyle July - September 2022



Go back to:
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Improv for Life™ - In-Person and Online with Jenni Lilledahl

In-Person: Tuesdays, July 5 - September 27 from 3:45pm-5:00pm

Online: Wednesdays, July 6 - September 28 from 12:30pm-1:45pm

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!

Candlelight Yoga - Online with DeAnn Hoff

Every 1st, 3rd, 5th Tuesday of the month from 5:30pm-6:30pm

(July 5 & 19, Aug 2, 16 & 30, September 6 & 20)

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

Card Making - In-Person with Wendy Peterson

Thursdays, July 7 - September 29 from 1:00pm-4:00pm

(No occurrence July 21 and September 1)

Enjoy learning the fun of stamping cards! Whatever your skill level, we will create cards and enjoy time together. Learn a variety of techniques on different styles of cards. Try out great techniques like stamping, masking, embossing, faux tile, watercolor pencil, and marble effects on various styles of cards including easel, box, criss cross, diamond fold, gatefold, and waterfall. Come join us and create works of art you can share with friends and family!

Circling Hands Qigong - Online with Joel Ronningen

Thursdays from 5:30pm-6:30pm

(July 7 - September 29)

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

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Social Opportunities July - September 2022



Go back to:
[July](#)
[August](#)
[September](#)

Euro Café - In-Person with Ernie and Bette Ashcroft

Every 2nd Monday of the month from 10:00am-10:30am & 11:00am-11:30am

(July 11, Aug 8)

No Occurrence in September

Join us once a month for brunch with a European flair! The menu will change every month and will be served up by gourmet experts, Ernie and Bette. This is a delicious way to start your week! All you have to do is sign up and then dish up

NEW

Coffee Talk with Staff - In-Person with GCTC Staff

Every first Tuesday of the month from 9:30am-10:30am

(July 5, August 2, Sept 6)

Looking for a chance to informally connect with other members? Then join in Coffee Talk! 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! So grab a cup o' joe (or tea and a tasty treat) and let's connect!

Dudes and Donuts - In-Person with Leon Loos and Fred Schommer

Every 3rd Tuesday of the month from 10:00am-11:00am

(July 19, August 16, September 20)

If you are a guy...if you are impacted by cancer...then you are a guy of Gilda's! Swing by the clubhouse to meet other guys in our community and have some coffee, donuts and other treats!

Knit Wits - In-Person

Every 2nd and 4th Wednesday of the month from 1:00pm-2:30pm - In-Person Only

(July 13, 27, August 10, 24, September 14, 28)

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!

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Birds and Brew - In-Person with Lisa Keitel

Every 3rd Wednesday of the month from 10:00am-11:00am

(July 20, September 21)

No occurrence August 17

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders from the comfort of the clubhouse! You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal.

NEW

Mocktails and Mingle - In-Person with Paul Gordan

Every 4th Wednesday of the month from 4:00pm-5:00pm

(July 27, Aug 24, Sept 28)

New to the club? All new members and their families are invited to mingle over fun mocktails and an interactive light dinner and dessert. Join us for fun conversation and connection over activities like pizza making and building your own sundaes!

Made possible by Corporate Caterers Twin Cities.

Coffee Talk - Online with Elaine Wilson

Fridays, July 1 - September 30 from 9:00am-10:00am

Looking for a chance to informally connect with other members? Then join in online Coffee Talk! 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! So grab a cup o' joe (or tea and a tasty treat) and let's connect!

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Frankly Speaking About Cancer: Lung Cancer - Hybrid with Shaunequa James

Monday, July 18 from 5:00pm-6:30pm

Frankly Speaking About Cancer: Lung Cancer: This program is created for people diagnosed with lung cancer. The materials educate patients on the types on lung cancer, potential treatments and side effects, clinical trials, and the emotional concerns of a lung cancer diagnosis.

The Power of Your Story: Using Your Voice to Create Change - Hybrid with Emily Myatt and Britta Babel

Wednesday, August 31 from 11:00am-12:30pm

Join Emily Myatt and Britta Babel from American Cancer Society to talk all things advocacy! Learn about legislative efforts to support cancer patients and survivor and how you can be an active part of advocating for change by using your voice. Attendees will walk away knowing how to connect with lawmakers, have opportunities to take action during the training, and how to share their story with decision makers and the media.

Things I Wish I Had Known About Cancer Survivorship - Online with Dr. Natasha Carlson

Wednesday, August 23 from 2:30pm-4:00pm

Many people are surprised when cancer survivors describe the survivorship period as "difficult". After all - they survived cancer! Shouldn't they be happy? This talk will touch on some of the challenges and unexpected realities of cancer survivorship, including some valuable lessons that might help others along the way. Anyone touched by cancer may attend. No special requirements needed.

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Forest Bathing - In-Person with Renee Levesque

Wednesday, September 7 from 1:00pm - 2:30pm

Join our amazing facilitator, Renee Levesque, LICSW, for a presentation and exploration into the practice of forest bathing. Inspired by the Japanese practice of shinrin yoku, Forest Bathing has been scientifically proven to have a positive impact on physical, emotional, cognitive and mental health. Beyond these benefits, Forest Bathing provides the opportunity to connect with nature and the more-than-human-world by slowing down and utilizing all of our senses to carefully observe and notice how we are interconnected.

Nurturing Your Whole Self: Holistic and Natural Approaches to Cancer Care - Virtual with Helen Healy

Monday, September 12 from 1:00pm-2:30pm

Join Dr. Helen C. Healy, N.D. in a presentation about natural and holistic approaches to managing cancer treatments and side effects. Dr. Helen C. Healy, N.D., is a Registered Naturopathic Doctor with the state of Minnesota and has been serving clients for over thirty-eight years. She is currently the owner and operator of Wellspring Naturopathic Clinic, located in St. Paul.

Fog Zone with Firefly Sisterhood - Hybrid with Melissa Gruber

Tuesday, September 20 from 12:00pm - 1:30pm

Navigating the 'Space' after your diagnosis. We will cover what this fog look and feel like, who is part of your team, how they all work together, and much more.

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African American Cancer Connection Group - Online with Shaunequa James

Monday, August 1 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 support 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. All are welcome!

Rare Cancer Group - Online with Michaele Paoli

Every 1st Tuesday from 3:00pm-4:30pm

(July 5, August 2, and September 6)

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.

NEW

Early Stage Survivorship - Hybrid with Shaunequa James and Annie Stone

Wednesdays, September 7 - 28 from 5:30pm-7:00pm

There is no denying the impact that a cancer diagnosis can have on individuals and families. It can be overwhelming knowing where to start and what to do in those initial days, weeks, even months after diagnosis. Join us for a new series about early stage survivorship and empowerment. This series will explore topics such as advocacy, nutrition and exercise, mental health, how to take control over your care.

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Art Therapy - Online with Karie Amstutz

Mondays, July 11 to September 26 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!

NEW

July Art Therapy Series: Optical Illusions - Online with Karie Amstutz

Thursdays, July 14, 21, and 28 from 3:00pm-4:30pm

Drawing optical illusions is nothing more than spaced lines that are colored in in different ways. The eye and brain then "convince" us that we appear to see something other than what it is. Sometimes we do this to ourselves with worry and anxiety. We tell ourselves stories that may be something other than reality. Let's spend some calming time in relaxing drawing and learn how we talk ourselves into unnecessary worry.

Supplies: You will need black felt tip pens such as Sharpie pens (fine and medium points are helpful), #2 pencil and eraser.

NEW

Open Art Studio- Hybrid with Karie Amstutz

Thursdays, August 4, August 11, and August 18 from 6:30pm-8:00pm

Open art studio is dedicated free time to be creative! Finish one or more art projects begun in an earlier art therapy session or start that art project you have all the supplies for or come play with new-to-you art media in the clubhouse. You'll have lots of encouragement and support for making your art.

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.



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 get the opportunity to connect with other new members while learning about the history of Gilda's Club Twin Cities, our organization's mission, tips for getting started, and the 5-parts of our program:

1. Support
2. Healthy Lifestyles
3. Education
4. Social Opportunities
5. Information & Referral

And...Children, Teen & Family offerings

New Member Meetings occur both in-person and online via Zoom. Visit www.gildasclubtwincities.org/new-member-meeting-sign-up/ to get started!

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