

October

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30am - 10:30am Gentle Yoga (V)</p> <p>1:00pm - 2:30pm Art Therapy (V)</p> <p>5:30pm - 7:00pm Forest Bathing (C)</p> <p>6:30pm - 8:00pm African American Cancer Connection Group (V)</p>	<p>4</p> <p>9:30am - 10:30am Coffee Talk with Staff (C)</p> <p>2:30pm - 3:30pm Mindfulness Practice (C)</p> <p>3:00pm - 4:30pm Rare Cancer Support Group (V)</p> <p>3:45pm - 5:00pm Improv for Life™ (C)</p> <p>5:30pm - 6:30pm Candlelight Yoga (V)</p>	<p>5</p> <p>12:30pm - 1:45pm Improv for Life™ (V)</p> <p>4:00pm - 5:30pm Moms of Children Living w/Cancer (V)</p>	<p>6</p> <p>1:00pm - 4:00pm Card Making (C)</p> <p>5:30pm - 6:30pm Circling Hands Qigong (V)</p> <p>6:30pm - 8:00pm Art Therapy Series: Cut Paper 1/3 (H)</p>	<p>7</p> <p>9:00am - 10:00am Coffee Talk (V)</p> <p>10:15am - 11:00am Personal Growth & Relaxation (V)</p>
<p>10</p> <p>9:30am - 10:30am Gentle Yoga (V)</p> <p>10:00am - 10:30am Euro Café Session 1 (C)</p> <p>11:00am - 11:30am Euro Café Session 2 (C)</p> <p>1:00pm - 2:30pm Art Therapy (V)</p>	<p>11</p> <p>10:00am - 12:00pm Art Therapy: Conscious Clay (C)</p> <p>10:30am - 12:00pm Parents w/ Metastatic Cancer (V)</p> <p>11:00am - 12:00pm Writing Through Cancer 1/4 (V)</p> <p>3:45pm - 5:00pm Improv for Life™ (C)</p> <p>6:00pm - 8:00pm Breast Cancer Survival & Prevention (C)</p>	<p>12</p> <p>10:00am - 1:00pm Art Therapy: Open Art (C)</p> <p>11:00am - 12:30pm Moving Through Grief Series 1/11 (H)</p> <p>12:00pm - 1:30pm Self Advocacy for Pain Relief (H)</p> <p>12:30pm - 1:45pm Improv for Life™ (V)</p> <p>1:00pm - 2:30pm Knit Wits (C)</p> <p>3:00pm - 4:00pm New Member Meeting (V)</p>	<p>13</p> <p>4:00pm - 4:00pm Card Making (C)</p> <p>5:30pm - 6:30pm Circling Hands Qigong (V)</p> <p>6:30pm - 8:00pm Art Therapy Series: Cut Paper 2/3 (H)</p>	<p>14</p> <p>9:00am - 10:00am Coffee Talk (V)</p>
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<p>31</p> <p>9:30am - 10:30am Gentle Yoga (V)</p> <p>1:00pm - 2:30pm Art Therapy (V)</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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

Program Areas ●Support Groups ●Education Sessions ●Healthy Lifestyle Classes ●Social Opportunities ●Children, Teen & Family Programs ●Outside Groups

Virtual, Hybrid or Clubhouse (V) - Virtual, Zoom only (H) - Hybrid (C) - Clubhouse, in-person only

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.

10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubTwinCities.org | www.GildasClubTwinCities.org to learn more



An Affiliate of the **CANCER SUPPORT COMMUNITY**

November

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>9:30am - 10:30am Coffee Talk with Staff (C)</p> <p>10:00am - 12:00pm Art Therapy: Conscious Clay (C)</p> <p>10:30am - 11:30am Stress Management Series 1/5 (H)</p> <p>11:00am - 12:00pm Writing Through Cancer 4/4 (V)</p> <p>2:30pm - 3:30pm Mindfulness Practice (C)</p> <p>3:00pm - 4:30pm Rare Cancer Support Group (V)</p> <p>3:45pm - 5:00pm Improv for Life™ (C)</p> <p>5:30pm - 6:30pm Candlelight Yoga (V)</p> <p>6:00pm - 8:00pm Tai Chi & Breathing Techniques (C)</p>	<p>1</p> <p>9:30am - 10:30am Coffee Talk with Staff (C)</p> <p>10:00am - 12:00pm Art Therapy: Conscious Clay (C)</p> <p>10:30am - 11:30am Stress Management Series 1/5 (H)</p> <p>11:00am - 12:00pm Writing Through Cancer 4/4 (V)</p> <p>2:30pm - 3:30pm Mindfulness Practice (C)</p> <p>3:00pm - 4:30pm Rare Cancer Support Group (V)</p> <p>3:45pm - 5:00pm Improv for Life™ (C)</p> <p>5:30pm - 6:30pm Candlelight Yoga (V)</p> <p>6:00pm - 8:00pm Tai Chi & Breathing Techniques (C)</p>	<p>2</p> <p>10:00am - 1:00pm Art Therapy: Open Art (C)</p> <p>11:00am - 12:30pm Moving Through Grief Series 4/11 (H)</p> <p>12:30pm - 1:45pm Improv for Life™ (V)</p> <p>4:00pm - 5:30pm Moms of Children Living w/Cancer (V)</p>	<p>3</p> <p>1:00pm - 4:00pm Card Making (C)</p> <p>5:30pm - 6:30pm Circling Hands Qigong (V)</p> <p>5:30pm - 7:00pm Establishing a Gratitude Practice (V)</p> <p>6:30pm - 8:00pm Art Therapy Series: Abstract Painting 1/3 (H)</p>	<p>4</p> <p>9:00am - 10:00am Coffee Talk (V)</p> <p>10:15am - 11:00am Personal Growth & Relaxation (V)</p> <p>12:00pm - 1:30pm FSAC: Lung Cancer (V)</p> <p>3:30pm - 5:00pm Meaning Centered Support Series 1/8 (V)</p>
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<p>28</p> <p>9:30am - 10:30am Gentle Yoga (V)</p> <p>1:00pm - 2:30pm Art Therapy (V)</p> <p>5:00pm - 7:00pm Food For Life 4/7 (V)</p>	<p>29</p> <p>10:30am - 11:30am Stress Management Series 5/5 (H)</p> <p>3:00pm - 4:30pm Navigating Sexual Health (H)</p> <p>3:45pm - 5:00pm Improv for Life™ (C)</p> <p>6:00pm - 8:00pm Tai Chi & Breathing Techniques (C)</p>	<p>30</p> <p>11:00am - 12:30pm Moving Through Grief Series 8/11 (H)</p> <p>12:30pm - 1:45pm Improv for Life™ (V)</p>	<p>1</p>	<p>2</p>

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December

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			1:00pm - 4:00pm Card Making (C) 5:30pm - 6:30pm Circling Hands Qigong (V) 6:00pm - 7:30pm YSC Meeting (C) 6:30pm - 8:00pm Art Therapy Series: Embroidery 1/3 (H)	9:00am -10:00am Coffee Talk (V) 10:15am - 11:00am Personal Growth & Relaxation (V) 3:30pm - 5:00pm Meaning Centered Support Series 4/8 (V)
9:30am - 10:30am Gentle Yoga (V) 1:00pm - 2:30pm Art Therapy (V) 5:00pm - 7:00pm Food For Life 5/7 (V) 6:30pm - 8:00pm African American Cancer Connection Group (V)	9:30am -10:30am Coffee Talk with Staff (C) 2:30pm - 3:30pm Mindfulness Practice (C) 3:00pm - 4:30pm Rare Cancer Support Group (V) 3:45pm - 5:00pm Improv for Life™ (C) 5:30pm - 6:30pm Candlelight Yoga (V) 6:00pm - 8:00pm Tai Chi & Breathing Techniques (C)	11:00am - 12:30pm Moving Through Grief Series 9/11 (H) 12:30pm - 1:45pm Improv for Life™ (V) 4:00pm - 5:30pm Moms of Children Living w/Cancer (V)	1:00pm - 4:00pm Card Making (C) 5:30pm - 6:30pm Circling Hands Qigong (V) 6:30pm - 8:00pm Art Therapy Series: Embroidery 2/3 (H)	9:00am -10:00am Coffee Talk (V) 3:30pm - 5:00pm Meaning Centered Support Series 5/8 (V)
12	13	14	15	16
9:30am - 10:30am Gentle Yoga (V) 10:00am - 10:30am Euro Café Session 1 (C) 11:00am - 11:30am Euro Café Session 2 (C) 1:00pm - 2:30pm Art Therapy (V) 5:00pm - 6:30pm Parent w/Cancer Support (V) 5:00pm - 7:00pm Food For Life 6/7 (V)	10:30am - 12:00pm Parents w/Metastatic Cancer (V) 3:45pm - 5:00pm Improv for Life™ (C) 6:00pm - 8:00pm Tai Chi & Breathing Techniques (C)	11:00am - 12:30pm Moving Through Grief Series 10/11 (H) 12:30pm - 1:45pm Improv for Life™ (V) 1:00pm - 2:30pm Knit Wits (C) 3:00pm - 4:00pm New Member Meeting (V)	1:00pm - 4:00pm Card Making (C) 5:30pm - 6:30pm Circling Hands Qigong (V) 6:30pm - 8:00pm Art Therapy Series: Embroidery 3/3 (H)	9:00am -10:00am Coffee Talk (V) 10:15am - 11:00am Personal Growth & Relaxation (V) 3:30pm - 5:00pm Meaning Centered Support Series 6/8 (V)
19	20	21	22	23
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26	27	28	29	30
Clubhouse Closed Admin Week	Clubhouse Closed Admin Week	Clubhouse Closed Admin Week	Clubhouse Closed Admin Week	Clubhouse Closed Admin Week

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An Affiliate of the **CANCER SUPPORT COMMUNITY**



Moms of Children Living with Cancer Support - Online with Annie Stone, LMFT

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

(October 5, November 2, December 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 with Annie Stone, LMFT

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

(October 11 & 25, November 8 & 22, December 13)

No Occurrence December 26

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.

Parent with Cancer Support - Online with Annie Stone, LMFT

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

(November 14 & December 12)

No occurrence October 10

In this support series, parents who have been newly diagnosed with cancer can support each other with parenting challenges. We will explore a variety of topics such as changing family dynamics and developing new family roles, reasoning behind children's changing behaviors, finding language to communicate difficult emotions, and difficulties of relying on a bigger family support system. In addition to building a connection with others, parents will have the opportunity to offer insight, tips, and support to fellow parents.

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

**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.**



Gentle Yoga - Online with Betty Christensen

Mondays, October 3 - December 19 from 9:30am - 10:30am

No occurrence Monday, November 28

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.

Suggested Props: yoga mat, water

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

NEW

Breast Cancer Survival and Prevention - Online and In-Person with Jill Erickson

Monday, October 17 from 5:00pm - 7:00pm - Online

Tuesday, October 11 from 6:00pm - 8:00pm - In-Person

October is Breast Cancer Awareness month, and you are invited!

Join Food For Life instructor, Jill Erickson, for a special stand-alone class on Breast Cancer Survival & Prevention. In this class, we will take a look at the research behind increased prevention and survival rates for those individuals diagnosed with breast cancer. Can the food on our plate make a positive impact on our prognosis? The answer is **YES!** Join us for 2 hours packed with the latest in nutrition research, a demonstration of delicious recipes that are easy to add to your menu, and of course, fun and hope in the supportive group setting Gilda's provides!

Food For Life: Cancer Prevention and Survival (7-Part) Series - Online with Jill Erickson

Mondays, November 7 - December 19 from 5:00pm - 7:00pm - **New Day and Time**

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.

Mindfulness Practice - In-Person with Karen Prunty

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

(October 4 & 18, November 1 & 15, December 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.

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All classes and programs are offered FREE of charge.



NEW

Stress Management (5-Part) Series - Hybrid with Barb Clare, MS, LMFT

Tuesdays, November 1 - 29 from 10:30am - 11:30am

Everyone experiences stress no matter what their age, gender, or situation. This 5-session class will cover various ideas to help everyone find some helpful ways to combat stress.

Improv for Life™ - In-Person and Online with Jenni Lilledahl

In-Person: Tuesdays, October 4 - December 20 from 3:45pm - 5:00pm

Online: Wednesdays, October 5 - December 21 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 and 3rd Tuesday of the month from 5:30pm - 6:30pm

(October 4 & 18, November 1 & 15, December 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.

Writing Through Cancer: A Writing Workshop (4-Part) Series - Virtual with Steven Buechler

Tuesdays, October 11 - November 1 from 11:00am - 12:00pm

Writing through Cancer is a writing workshop series offered weekly for a total of four sessions. No prior writing experience is required! The classes will guide participants through hands-on, real-time writing exercises on specified topics. As a participant, you will also have the opportunity to share your writing or reactions to the process. The session topics are "Diagnosis and Initiation to Cancer," "Treatments and Medical Team," "Coping Strategies and Support Systems," and "Outcomes and Resolution." We encourage you to sign up for all four sessions to help build a cohort of writers throughout the series, but you may also sign up for individual sessions. Past attendees in this workshop are warmly invited to re-enroll!

NEW

Tai Chi & Breathing Techniques - In Person with Steven Yang

Tuesdays, October 18 - December 20 from 6:00pm - 8:00pm

Join us and experience the benefits of Tai Chi! This is a relaxing and comfortable class for all. This class will cover Tai Chi and breathing techniques and how we can apply these skills to our daily lives. The Tai Chi form that will be taught is Yang Style 24 Form, a gentle form that can drastically improve balance, flexibility, mobility, and mood. At the end of each class, there will also be a guided meditation session to help participants center and self-reflect.

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Card Making - In-Person with Wendy Peterson

Thursdays, October 6 - December 22 from 1:00pm - 4:00pm

No occurrence October 13, November 10 & 24

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, October 6 - December 22 from 5:30pm - 6:30pm

No occurrence November 24

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.

Establishing a Gratitude Practice - Online with Joan Saunders

Thursdays, October 20 - November 17 from 5:30pm - 7:00pm - New Day

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. No experience with art-making or writing is required. Just bring your favorite pen & paper and an openness to receiving.

NEW

Personal Growth & Relaxation Through Guided Meditation & Expressive Writing - Virtual with Paula Sandberg

Every 1st and 3rd Friday of the month from 10:15am - 11:00am

(October 7 & 21, November 4 & 18, December 2 & 16)

In the comfort of your own space, join us to relax your body, calm your mind and gain personal insight. In each session, you will be led through a different Guided Meditation followed by the opportunity to reflect and write about your experience.

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.



Euro Café - In-Person with Ernie and Bette Ashcroft

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

(October 10 & December 12)

No occurrence in November

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

Coffee Talk with Staff - In-Person with GCTC Staff

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

(October 4, November 1, December 6)

Looking for a chance to informally connect with the staff of Gilda's club? Then join in Coffee Talk with Staff. 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

(October 18, November 15, December 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!

Cranes of Hope Origami Cards - In-Person with Jeanne and Julie Reeve

3rd Tuesday of the month from 3:00pm - 4:30pm

(October 18, November 15, December 20)

Join us for a fun, creative act of community healing and service. Members will learn how to fold origami cranes and create trading cards with a crane attached and a word or two of hope and inspiration. The sky is the limit when it comes to techniques used on the card backgrounds. The cards are given away to others on a healing journey, bringing a little hope and inspiration to those facing a health-related challenge.

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

***Every 2nd and 4th Wednesday of the month from 1:00pm - 2:30pm
(October 12 & 26, November 9 & 23, December 14)***

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!

Birds and Brew - In-Person with Lisa Keitel

***Every 3rd Wednesday of the month from 10:00am - 11:00am
(October 19, November 16, December 21)***

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.

Mocktails and Mingle - In-Person with Paul Gordan

***Every 4th Wednesday of the month from 4:00pm - 5:00pm
(October 26 & November 16)***

No occurrence in December

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.

NEW

Ugly Sweater Social - In-Person with Gilda's Club staff

Wednesday, December 21 from 4:00pm - 6:00pm

Join Gilda's staff at the clubhouse to celebrate the holidays with your ugliest sweater! Appetizers and beverages will be provided.

Coffee Talk - Online with Elaine Wilson

Fridays, October 7 - December 23 from 9:00am - 10:00am

No occurrence November 25

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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Forest Bathing - In-Person with Renee Levesque

Monday, October 3 from 5:30pm - 7:00pm

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.

NEW

Self Advocacy for Pain Relief - Hybrid with Renee Shannon and Dr. Scott Stayner from Nura Pain Clinics

Wednesday, October 12 from 12:00pm - 1:30pm

Renee Shannon, Patient Experience Manager at Nura Pain Clinics, will discuss the five pillars (emotional, career, social, financial & physical) of well-being and how a cancer diagnosis impacts them. She will discuss what questions you should ask your provider and what available resources. Dr. Scott Stayner, a physician at Nura Pain Clinics, will then discuss understanding your pain management options throughout your cancer journey. He will discuss what causes cancer pain, when to look for a second opinion and your options beyond oral medication.

NEW

Back to School with Children's MN - Hybrid with Bonnie Carlson-Green and Lori Ranney from Children's Minnesota

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

Children and teens who have had cancer or are being treated for cancer may need additional supports at school to help them reach their full potential. This presentation is for parents of children or teens who are newly diagnosed, in active treatment, or struggling in school after completing cancer treatment. We encourage parents to invite their child's educational team. Come learn what to look for and how to help support your child or student with a cancer history with a take-home action plan and resources. Early in the school year is a great time to make changes! Bring your questions and a notepad and paper. Experts from Children's MN include pediatric oncology nurse practitioner Lori Ranney, PNP, and pediatric neuropsychologist Dr. Bonnie Carlson-Green.

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NEW

Angel Financial Cancer Care - In-Person In Partnership with Angel Foundation

Tuesdays, October 25, November 22 & December 20 from 6:30pm - 7:30pm

Looking for some financial planning peace of mind? Angel Foundation is hosting its Financial Cancer Care Workshop in person at Gilda's Club. Join Jennifer Schorn, L from Angel Foundation as they present with a Certified Financial Planner™ to provide you with financial information designed to decrease anxiety about managing finances and navigating the overwhelming effects of cancer-related financial toxicity. In addition, attendees will receive a \$250 gift card stipend IF they complete the medical form discussed at the workshop showing that they have been treated for a cancer diagnosis within the last two years, and there will be an opportunity to sign up for 1-3 individual meetings with a volunteer Certified Financial Planner™ for free.

NEW

Frankly Speaking About Lung Cancer - Virtual and Hybrid with Program Director Shaunequa James, MSW, LGSW

Monday, November 21 from 6:00pm - 7:30pm - Hybrid

Friday, November 4 from 12:00 - 1:30pm - Virtual

This free workshop offers information on Lung Cancer. We will discuss traditional treatment options for lung cancer, side effects, the cost of care, and navigating life with the disease, as well as ways to maximize health outcomes and overcome barriers to healthcare. We will also explore ways to cope with the social and emotional challenges of the diagnosis.

NEW

Navigating Sexual Health with Cancer - Hybrid with Dr. Abby Girard and Dr. Kristen Mark

Tuesday, November 29 from 3:00pm - 4:30pm

Just because you have cancer doesn't mean you're no longer a sexual being! However, there are essential considerations when navigating sexual health with and beyond cancer. Dr. Abby Girard and Dr. Kristen Mark from the Institute for Sexual & Gender Health at the University of Minnesota Medical School are sexual health researchers, therapists, and educators with expertise in navigating this.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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African American Cancer Connection Group - Online with Shaunequa James

Every first Monday of the month from 6:30pm - 8:00pm

(October 3, November 7, December 5)

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 Michael Paoli

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

(October 4, November 1, December 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

Moving Through Grief (11-Part) Series- Hybrid with Brittany Squillace

Wednesdays, October 12 - December 21 from 11:00am - 12:30pm

Losing a loved one to cancer can be one of the hardest and most heart-breaking experiences for a person. You do not have to navigate the complexity of grief alone. Join Brittany Squillace, a grief counselor and guru, for an 11-week series about moving through grief. This series will go through topics that aid healing and understanding of grief.

NEW

Meaning Centered Support (8-Part) Series - Online with Dr. Quentin Gabor and Dr. Kanjani Shukla

Fridays, November 4 - January 13 from 3:30pm - 5:00pm

No occurrences November 25 and December 23 & 30

Meaning-centered support is for individuals with life-limiting, advanced and chronic cancer diagnoses. This 8-week series 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. A follow-up call will be made to you before the first session.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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Art Therapy - Online with Karie Amstutz

Mondays, October 3 - December 19 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

Art Therapy: Conscious Clay - In-Person with Zoe Johnson

Tuesdays, October 11 - November 15 from 10:00am - 12:00pm

The beauty of clay is that it encourages a reflective, embodied approach to making, allowing you to learn new skills while relaxing and enjoying the experience. No clay experience is necessary to participate. This group is process-oriented: we'll focus mainly on the activity rather than any specific outcome. However, you will create several simple, elegant pieces over the course of the six-week group sessions representative of your unique presence in the world.

NEW

Art Therapy: Open Art Studio - In-Person with Zoe Johnson

Wednesdays, October 12 - November 16 from 10:00am - 1:00pm

Open Art Studio is a time in which your creative process is neither planned nor directed by facilitators. Instead, it's a venue for you to relax and enjoy the therapeutic aspects of art-making in a space dedicated to the activity. Zoe Johnson, our Art Therapy Intern, will be present to assist with any technical questions you have and/or to offer ideas if you need them, but will primarily work alongside you as a co-creator.

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

October Art Therapy Series: Designing with Cut Paper - Hybrid with Karie Amstutz

Thursdays, October 6, 13, 20 from 6:30pm-8:00pm

Mola and Notan designs have a strong cultural heritage. Molas have been made by the Kuna people of Panama and Columbia and have been part of their textile history. Notans originated in Japan. We'll take a brief look at the cultures where these designs began and explore making our own versions using paper. Hybrid session – you can attend from home or come in person.

Supplies: Virtual attendees will need scissors and glue.

NEW

November Art Therapy Series: Abstract Art for Non-Artists - Hybrid with Karie Amstutz

Thursdays, November 3, 12, 17 from 6:30pm-8:00pm

Abstract painting has no right or wrong. We'll practice courage and boldness in coming to the blank canvas and give ourselves permission to play with paint on 2 -3 canvases. Learn about color and a variety of ways to make your mark. This class is both in-person and virtual.

Supplies: No kit is provided for virtual attendees – please email Karie Amstutz, Karie.Amstutz@gildasclubtwincities.org about supplies if you want to join from home.

NEW

December Art Therapy Series: Embroidered Holiday Trees - Hybrid with Karie Amstutz

Thursdays, December 1, 8, 11 from 6:30pm-8:00pm

Stitch some trees for the holiday season. We'll be embroidering 5- 6 simple decorative trees on paper, but you could easily stitch these on fabric.

Supplies: Embroidery kit to be provided!

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!

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.