

GILDA'S CLUB MINNESOTA

SO THAT NO ONE FACES
CANCER ALONE®

NO ONE SHOULD HAVE TO FACE CANCER ALONE.

And thanks to Gilda's Club Minnesota, no one has to.

An independent and locally-funded affiliate of the worldwide Cancer Support Community, Gilda's Club Minnesota provides support, education, hope, and healing to anyone currently impacted by cancer.

What's more, all our services are **free of charge**.

Free support is a critical component of the Gilda's Club philosophy. We know that the last thing anyone dealing with cancer needs is another expense.



GILDA'S LEGACY

Comedian Gilda Radner said "Cancer gave me membership in an elite club I'd rather not belong to." **That club is Gilda's Club Minnesota**, a warm and welcoming community where membership means connecting with people who truly understand.

Membership in this club gives you free access to a wide range of **emotional and social support** services – from nutrition classes to support groups to art therapy – that are proven to help those dealing with cancer and, importantly, improve health outcomes.

ABOUT US



A COMPREHENSIVE PROGRAM OF SUPPORT

What people impacted by cancer need, and what we offer, is a program that fills the number one gap in cancer care – social and emotional support. Without such support, people often experience isolation, depression, anxiety, and loss of identity and control – all of which impede health outcomes.

The Gilda's Club five-part program is a free and comprehensive complement to medical care for individuals impacted by all types of cancer.

Our supportive programming is led by licensed mental health professionals and subject-matter experts, but it's the shared experience of our members – of those who know what living with cancer's impact means – that makes Gilda's Club a special place.



SUPPORT

Professionally facilitated weekly groups



EDUCATION

Members gather info and learn new skills on a variety of cancer-related topics



HEALTHY LIFESTYLE

Nutrition, exercise, expressive arts, and mind/ body practices including yoga



SOCIAL OPPORTUNITIES

Fun clubs and activities for all ages



INFORMATION & REFERRAL

A resource library and referral services

WHO WE SERVE

Gilda's Club is open to all individuals currently impacted by cancer – adults of all ages, teens, and kids – those with cancer and those who care for, and about, them. No matter how cancer has entered your life, you'll find the support you need at Gilda's Club.

In our welcoming clubhouse the hopeful, humorous, and generous spirit of Gilda is everywhere, creating a healing oasis from the daily challenges of cancer.



Our **Children and Teen Program** provides supportive and fun activities for younger members who are living with cancer themselves or whose lives have been turned upside down because of a loved one's diagnosis.

WAYS TO GIVE

Our community of donors and volunteers has made this valuable, life-enhancing program available for those who need it – the more than 26,000 Minnesotans diagnosed with cancer each year – as well as their families, friends, and colleagues. Help us help them by getting involved or making a donation today.

WAYS TO HELP GILDA'S CLUB:

- Make a donation • Sponsor a program
- Volunteer • Join our Legacy Society • Host a fundraiser

Donate today at GildasClubMN.org/Donate

JOIN THE CLUB

Membership is free. We invite you to sign up to attend a New Member Meeting and get involved.

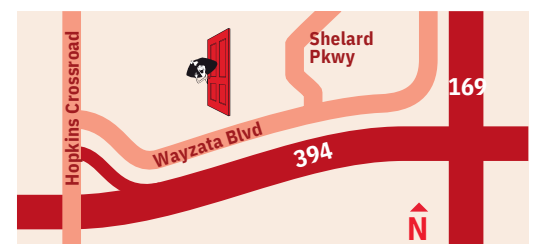
Call **612-227-2147** or sign up online at GildasClubMN.org

CONTACT US

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Cancer Support Helpline®: 1-888-793-9355



Gilda's Club Minnesota is a 501(c)3 nonprofit organization. Our Federal Tax ID number is 20-4265823.

