

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Clubhouse Closed New Year's Day	2 Support Groups Only	3 Support Groups Only	4 5:00 - 5:30pm Family Night Dinner (€)
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C)	12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	11:00am - 12:00pm Book Discussion (V) 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 7:30pm Restorative Yoga (V)	12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 4:00 - 5:00pm Blood Cancer Support Group (H) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V)	11
9:30 - 10:30am Gentle Yoga (V)  10:00 - 11:30am Euro Café (C) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00 pm Brain Tumor Support Group (V)	11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 4:00 - 5:00pm The Transformative Power of Volunteering (V)	12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V) 6:30 - 7:30pm Restorative Yoga (V)	3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C) Sponsored in honor of Martha Raid	9:00 - 10:00am Coffee Talk (V)	18 5:00 - 5:30pm Family Night Dinner (C)
20 Clubhouse Closed Dr. Martin Luther King Jr. Day	10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 6:30 - 7:30pm Restorative Yoga (V)	1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V)	25
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00 pm Living with Chronic Cancer (V)	12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 6:30 - 7:30pm Restorative Yoga (V)	12:00 - 1:00pm Sound Healing (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V)	1

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



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27	28	29	30	31	1
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:00 - 7:00pm Cranes of Hope (C)	12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V) 6:00 - 7:30pm Gifts of Gratitude Series Begins (V)	12:30 - 1:45pm Improv for Life (V) 6:00 - 7:30pm The Benefits of Nature in Winter (V) 6:30 - 7:30pm Restorative Yoga (V)	3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V)	5:00 - 5:30pm Family Night Dinner (C)
9:30 - 10:30am Gentle Yoga (V)  10:00 - 11:30am Euro Café (C) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 8:00 pm Brain Tumor Support Group (V)	11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 6:00 - 7:30pm Gifts of Gratitude (V)	11:00am - 12:00pm Book Discussion (V) 12:30 - 1:45pm Improv for Life (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C) 6:30 - 7:30pm Restorative Yoga (V)	12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 4:00 - 5:00pm Blood Cancer Support Group (H) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V)	5:00 - 5:30pm Family Night Dinner (C)
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Gilda's Club Minnesota

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

March

 Wear blue for Colorectal Cancer Awareness Month
 Wear orange for Kidney Cancer Awareness Month

 Wear purple and green for Anal Cancer Awareness Day
 Wear burgundy for Multiple Myeloma Action Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30am Gentle Yoga (V) 3 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C)	12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Restorative Yoga (V)	6:30 - 7:30pm Creative Movement (C)  6	9:00 - 10:00am Coffee Talk (V) 7	8
9:30 - 10:30am Gentle Yoga (V)  10 10:00am - 12:00pm Art with Heart (C) 10:00 - 11:30am Euro Café (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00 pm Brain Tumor Support Group (V)	11:00am - 12:00pm Birds & Brew (C) 11 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	11:00am - 12:00pm Book Discussion (V) 12 12:30 - 1:45pm Improv for Life (V) 3:00 - 4:00pm New Member Meeting (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 4:00 - 5:00pm Mocktails & Mingle (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 7:30pm Restorative Yoga (V)	12:00 - 1:00pm Sound Healing (C) 13 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancer Support Group (H) 6:30 - 7:30pm Creative Movement (C)	9:00 - 10:00am Coffee Talk (V) 14	4:00m - 5:00pm The Kids Can Handle It: Talking to Children about Cancer (C) 5:00 - 5:30pm Family Night Dinner (C) 15
9:30 - 10:30am Gentle Yoga (V) 17 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C)	10:00 - 11:00am Dudes & Donuts (C) 18 12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life (V) 19 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 5:00 - 6:00pm New Member Meeting (V) 6:30 - 7:30pm Restorative Yoga (V)	6:30 - 7:30pm Creative Movement (C)  20	9:00 - 10:00am Coffee Talk (V) 21	22
9:30 - 10:30am Gentle Yoga (V) 24 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00 pm Living with Chronic Cancer (V)	12:00 - 1:00pm Chair Yoga (C) 25 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	12:30 - 1:45pm Improv for Life (V) 26 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V) 6:30 - 7:30pm Restorative Yoga (V)	12:00 - 1:00pm Sound Healing (C) 27 1:00 - 4:00pm Card Making (C) 6:30 - 7:30pm Creative Movement (C) 	9:00 - 10:00am Coffee Talk (V) 28	11:00am - 3:00pm The Power of Storytelling (C) 29
9:30 - 10:30am Gentle Yoga (V) 31 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C)	1	2	3	4	5

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Gentle Yoga - Online with Betty Christensen

Mondays from 9:30 - 10:30 am

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

Yoga Flow - In-Person with Whitney Leming, Sonja Saunders, and Mark Wheat

Mondays from 5:30 - 6:30 pm

Join graduates of the Yoga Center Retreat's teacher training program for Yoga Flow! These weekly yoga classes are suitable for all levels of experience and abilities. Take some time for yourself to experience yoga, move, breathe, and connect. We look forward to spending this time with you.

Yoga Nidra: A Profoundly Deep Rest - In-Person with Zoe Johnson

Mondays from 12:30 - 2:00 pm

Yoga Nidra is a guided meditation practice designed to induce deep relaxation with conscious awareness. The class begins with a brief introduction and some gentle breathwork to help you settle in, after which you'll lie down in a comfortable position on a yoga mat with props like blankets, pillows, and bolsters for support. You'll then be guided through a systematic deep relaxation process, encouraging a state of "yogic sleep," where the body remains at rest while the mind stays aware. This state helps release physical, emotional, and mental tension, promoting a sense of inner calm and clarity. This class is suitable for everyone, and no prior yoga or meditation experience is necessary.

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**GILDA'S CLUB
MINNESOTA**
An Affiliate of the
CANCER SUPPORT COMMUNITY

Healthy Lifestyle January - March 2025



Go back to:
January
February
March

Candlelight Yoga - Online with DeAnn Hoff

First and third Tuesday of each month from 5:30 - 6:30 pm

No occurrence February 18, March 4)

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 guided meditation.

Chair Yoga - In-Person with Dawn Jenkins

Tuesdays from 12:00 - 1:00 pm

This chair yoga practice warms the body in preparation to move before easing into flexibility work and relaxation. The addition of a chair in this yoga practice allows for extra support without the need to be on the floor. Classes will include breathwork, intention, bits of yoga lore, and wisdom. Suitable for people seeking relaxation, stress management, comfort in the body, ease back into movement, gentle strength-building, and increased balance and flexibility.

Please come dressed in clothes in which you can move comfortably.

NEW

Restorative Yoga: A Gentle Practice for All - Online with Aria Martin


Wednesdays from 6:30 - 7:30 pm

Unwind and recharge with Restorative Yoga, a calming practice designed to meet you where you are. Led by an experienced instructor skilled in adapting movements to your unique needs, this class invites you to explore yoga on a mat or from the comfort of a chair. Through gentle poses and mindful breathing, you'll create space for relaxation and renewal, leaving you feeling centered and restored. Perfect for beginners and seasoned yogis alike.

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Transformational Sound Healing - In-person with Kate Jackson

Various Thursdays from 12:00 - 1:00 pm

(January 9 & 30, February 13 & 27, March 13 & 27)

Experience soothing self-healing through the gentle vibrations of different instruments designed to relax and balance your nervous system while releasing pain, inflammation, and fatigue to boost your body's natural capacity to heal. Sound healing has also been shown to promote blood and lymph circulation. Choose to sit or lie down while sounds are played around you. Comfortable clothing is encouraged.

Please note: Sound healing is not suitable for individuals experiencing epilepsy, pregnancy, or anyone with cardiac or brain implants, or severe mental health conditions.

Beginner Qigong - Online with Marie Mathay

Wednesdays in January from 1:00 - 2:00 pm

For centuries, the Chinese have recognized the beneficial effects of Tai Chi and Qigong to improve health and wellbeing. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient healing exercises based on Traditional Chinese Medicine. Experience the calming harmony of balancing body, mind, and breath. No experience is necessary. Everyone is welcome!

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Healthy Lifestyle January - March 2025



Go back to:
January
February
March

Creative Movement - In-person with Aileen Norris

Thursdays from 6:30 - 7:30 pm

Creative movement starts with a simple premise: ALL bodies are dancing bodies. Class starts with gentle prompts aimed at unlocking self-expression, play, and curiosity. Throughout, we'll have the chance to try out different movements, discuss how moving feels, and enjoy one another's company. Prompts are phrased in a way that allows for each person to explore what feels good to them. Class can give you space to release some stress, (re)connect with your body, build movement skills, or make space for joy and delight in your day. No experience necessary; all are welcome. Come once or every week.

Please wear clothes that are comfortable to move in.

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

In-Person: Tuesdays from 3:45 - 5:00 pm


Online: Wednesdays from 12:30 - 1:45 pm

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 is necessary and all are welcome!

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Card Making - In-Person with Wendy Peterson

Various Thursdays from 1:00 - 4:00 pm

(January 9 & 23, February 13 & 27, March 13 & 27)

Enjoy learning the fun of stamping cards! Whatever your skill level, you'll enjoy creating cards with fellow Gilda's Club members. Learn how to use a variety of 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 to create works of art you can share with friends and family!

The Gifts of Gratitude - Online with Joan Saunders

Tuesdays in February from 6:00 - 7:30 pm

4-class Series

This multi-session class explores how gratitude practices can bring us more peace and joy, even during the tough times. We'll take our inspiration from short readings and quotations, as well as class exercises involving music, movement, awareness-raising, and discussion. Participants will write and decorate pages in a gratitude journal to help deepen awareness of all there is to be grateful for and to enhance the depth of feelings. Participants are encouraged to bring a journal or sheets of paper (unlined is suggested) and their favorite art supplies to supplement those available at the Clubhouse. No special ability in writing or art is required - our emphasis will be on experimenting and playing with different exercises to discover the ones that open you up the most to gratitude. Gifts of Gratitude is a series, so attendees should plan on attending all four sessions if possible.

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Social Opportunities January - March 2025



Go back to:
January
February
March

Art with Heart - In-person with Chaiya Isenberg

Mondays, 10:00am - 12:00 pm

No occurrence February 3

Art with Heart gives members open art studio time. Your creative process is neither planned nor directed by facilitators. Instead, it's a space for you to simply relax and enjoy the therapeutic aspects of art-making in a space dedicated to the activity. Feel free to use our art supplies and enjoy being creative with other Gilda's Club members. If you attend, we appreciate your attempt to leave the space neater than you found it.

NEW

Book Discussion - Online with Cindy Fandel

Second Wednesday of each month from 11:00 am - 12:00 pm

(January 8, February 12, March 12)

Join us for a lively and engaging virtual book discussion! This is a wonderful opportunity to connect with others, share your thoughts, and hear different perspectives on the books you're reading. Whether you've just started a new novel or have a favorite book you'd love to talk about, this is a perfect space to relax, socialize, and enjoy great conversations about literature.

Birds and Brew - In-Person with Lisa Keitel

Second Tuesday of each month from 11:00 am - 12:00 pm

(January 14, February 11, March 11)

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders! On cold days, groups will observe from the warmth of the Clubhouse, venturing out to the gardens on warmer days. You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal.

Coffee Talk - Online with Gilda's Club Volunteers


Fridays, 9:00 - 10:00 am

Looking for a chance to informally connect with other members? 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 connect!

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Dudes and Donuts - In-Person with Fred Schommer

Third Tuesday of each month from 10:00 - 11:00 am

(January 21, February 18, March 18)

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 over coffee and donuts.

Euro Café - In-Person with Ernie and Bette Ashcroft

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

(January 13, February 10, March 10)

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! Sign up for one of three 30-minute sessions.

Knit Wits - In-Person and Online

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

Online: Every 1st, 3rd, and 5th Tuesday of the month from 1:30 - 3:00 pm

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

Mocktails and Mingle - In-Person with Paul Gordon

Second Wednesday of each month from 4:00 - 5:00 pm

(January 8, February 12, March 12)

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!

Made possible by Corporate Caterers Twin Cities.

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NEW

Cranes of Hope - In-Person with Jeanne Reeve

Monday, February 3 from 6:00 - 7:00 pm

Join us for a fun, creative act of community healing and service! Participants will 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 when creating these cards! Cards are given to others on a healing journey, bringing a little hope and inspiration to those facing health-related challenges. Invite your friends and family to join you for an evening of creativity!

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NEW

The Transformative Power of Volunteering - Online with Renee Anderson

Tuesday, January 14 from 4:00 - 5:00pm

Discover how volunteering can uplift not only the lives of those you help but also your own. This workshop explores the profound mental, physical, and emotional benefits of giving back, particularly for individuals impacted by cancer. Learn how small acts of service can reduce stress, improve well-being, and foster a sense of purpose and connection. Whether you're seeking ways to heal, thrive, or simply make a difference, this session will provide actionable steps to integrate volunteering into your life in meaningful ways. Open to all who are interested in the life-changing power of service.

NEW

The Benefits of Nature in Winter - Online with Erica Timko Olson, PhD, RN

Wednesday, February 5 from 6:00 - 7:30 pm

Learn how utilizing nature during the winter months offers a variety of physical, mental, and emotional benefits. Whether through physical activity, emotional healing, or simply enjoying the peace and beauty of the natural world, connecting with nature can play a vital role in supporting both the mind and body during treatment, recovery, and caregiving.

Cancer & Illness: Intimacy, Body Image, and Sexual Dysfunction - Online with Jen Fecher

Wednesday, February 19 from 6:30 - 8:00 pm

Experiencing body image issues along with intimacy challenges and sexual dysfunction is very common for cancer patients and their partners in survivorship. Knowing how to better improve your self-view for a better self-connection can help you face the challenges that might be holding you or your relationship back. Empowering Intimacy is here to support and educate you to help you to learn about healing body image issues, self-connection, embracing intimacy, and combating common intimacy and sexual dysfunction issues faced by people with male and female bodies. Empower yourself with knowledge and get yourself back on track!

This presentation will be recorded. Participation identification information will be removed/obscured.

Presented in partnership with Empowering Intimacy.

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



NEW

The Kids Can Handle It: Talking to Children about Cancer - In person with Shannon Meland and Sam Schackman

Saturday, March 15 from 4:00 pm - 5:00 pm

There are so many different things to think about when it comes to your cancer journey, whether you are newly diagnosed or have been living with cancer for years. The child life specialists of Empowered Kids are here to help support one important part of your life – your kids. Kids continue to grow and develop and may need different information depending on their age and where you are in your cancer journey. This presentation will share insights and tools into how to feel ready for the different conversations that may, and should, come up. It's never too early or too late to have honest conversations with your kids.

Presented in partnership with Empowered Kids.

NEW

The Power of Storytelling - In person with Mary Gossett, MSW, LICSW

Saturday, March 29 from 11:00 am - 3:00 pm

Everyone who walks through the doors of Gilda's Club has a unique story to tell. A cancer diagnosis affects not only the individual but their entire family, and the way we remember and talk about these experiences can sometimes be confusing or different from what actually happened. How we recall our story shapes how we see the world, and sometimes the memories of trauma don't match up with the reality of our experiences.

In this workshop, you'll have the chance to share your cancer story using a "life-line" structure, which helps frame your story in a clear and balanced way — one that includes both the challenges and the moments of hope. You'll be guided through a simple structure to tell your story, experience validation and support and then listen to another member's story, offering the same validation and support. By the end of the workshop, you will have the tools to understand and remember your story, not as a story of trauma, but as a testimony of strength.

This workshop is appropriate for all Gilda's Members - living with cancer, friends and family, and those living with the loss of a loved one to a cancer diagnosis. Lunch will be provided.

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**GILDA'S CLUB
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CANCER SUPPORT COMMUNITY

Support January - March 2025



Go back to:
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Art Therapy

Nervous System Reboot - Online with Zoe Johnson, MA

Thursdays from 3:00 - 5:00 pm

In this virtual class, you'll experience a unique blend of deep meditation, and mindful creativity. The sessions begin with a demonstration of a simple, mindful art or creativity technique designed to facilitate inner exploration. Following the demo, you'll be guided through a deeply restful meditation allowing for the release of tension and fostering embodied stillness. As you emerge from your meditation, you're encouraged to engage with creativity, following the earlier demonstration, or your own intuitively guided process in which you're encouraged to focus mostly on the process vs. the outcome. The session concludes with group sharing, where you're invited to share your experiences in a supportive and non-judgmental environment. This class offers a holistic experience, combining creativity, relaxation, and community, leaving you feeling refreshed and creatively inspired.

Meditative Art for the Non-Artist - In-Person with Zoe Johnson, MA


Mondays from 2:30 - 4:00 pm

If you've shied away from trying anything called "art" or "art therapy" thinking perhaps "I can't even draw a stick figure" - this group is for you. Each session begins with a brief, centering meditation, followed by an easy-to-follow demonstration of a calming, meditative art process. Sometimes, you'll create pieces you wish to bring home with you, yet often the art process serves simply as a vehicle guiding you towards embodied presence and mindfulness in which outcome becomes completely irrelevant. This group is for all Gilda's members, in any stage of treatment or caregiving. Expect to leave each session refreshed, embodied, renewed - you deserve it.

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Open Monthly Groups

Brain Tumor Monthly Support Group - Online with Nicole Stepan, MSW, LICSW

Second Monday of each month from 6:30pm - 8:00 pm

(January 13, February 10, March 10)

This monthly drop-in meeting is for adult patients and caregivers impacted by brain tumors (primary or metastasized). Attendees will share their experiences and can learn firsthand how others manage side effects, symptoms, and the day-to-day of cancer.

Recently Diagnosed Social Support - Online with Dr. Tasha Carlson

January 15, February 17, & March 26 from 6:00 - 7:30 pm

Have you just been diagnosed with cancer in past few months? Do you feel like a deer in headlights? Is your head swimming with the possibilities and the meaning of it all? This monthly group will give you some support. Come normalize your situation by talking to others in a similar situation, validate the feelings you are having, and hopefully leave with less anxiety.

Living with Chronic Cancer Monthly Support Group - Online with Sam North, MA, LPC

Fourth Monday of each month from 6:30 - 8:00 pm

(January 27, February 24, March 24)

This monthly drop-in group is meant for members who do not feel the need to attend one of our weekly Living with Cancer groups, but need some support around living their life with the chronic condition of cancer. Members are welcome to attend intermittently or every month for a chance to talk to others in a similar life situation.

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Weekly Support Groups

Our weekly support groups provide a consistent and supportive space for members to connect with others who understand their journey. These small, ongoing groups focus on circumstances rather than diagnoses and require a commitment to regular attendance. To join, members must first attend a New Member Meeting to learn about Gilda's Club programs and then schedule a one-on-one Customized Membership Plan (CMP) session with a licensed mental health professional. Lasting up to an hour, the CMP session allows members to share their experiences, determine the best group fit, explore additional programs, and identify helpful external resources. For more information, visit GildasClubMN.org/Find-Support/Getting-Started or call 612-227-2147.

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Children, Teen, & Family Programming January - March 2025



Go back to:
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Family Night Dinner - In-person with GCMN Volunteers
First and third Saturday of each month from 5:00 - 5:30 pm
(January 18, February 1 & 15, March 1 & 15)
No occurrence January 4


Join us for a free, family-friendly dinner! This event offers a warm and welcoming space for families to enjoy a delicious meal together, connect with others, and take a break from their daily routine. Come as you are, and let us take care of dinner!

All family members who plan to attend must register. If they don't have an account, they can be registered as a guest.

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New Member Meeting



Behind the red doors of Gilda's Club 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 Minnesota, our organization's mission, tips for getting started, and our five-part supportive programming:

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 GildasClubMN.org/New-Member-Meeting-Sign-Up to get started!

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Community Partners



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Gilda's Club occasionally hosts programming by other community organizations. Learn more about the external organizations hosting support groups and more at Gilda's Club, and find out how you can get involved:

Twin Cities All Blood Cancers Group - In-person and Online with Michelle Johnson, LSW, ACM and Kimberly Odden, LSW
Second Thursday of each month from 4:00 - 5:00 pm
(January 9, February 13, March 13)

The Leukemia & Lymphoma Society's Twin Cities All Blood Cancers group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment and other related issues. The meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own. They are a resource to support coping, in conjunction with your or a loved one's medical treatment.

Participation is free, but pre-registration is required. Learn more and register at LLS.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025.

Young Survival Coalition - In-person with Dr. Tasha Carlson
Wednesday, January 8, Tuesday, February 10, and Wednesday, March 12 from 6:00 - 7:30 pm


Young Survival Coalition is a support and networking group for women diagnosed with breast cancer prior to their 41st birthday, dealing with challenges unique to this age group such as such as navigating cancer while having young children or getting started in a career and dealing with survivorship issues which can have long-lived effects on one's life. YSC is a national organization which has local chapters throughout the country. MN YSC - Twin Cities is run by volunteer peer state leaders who themselves have been through breast cancer. YSC meets once a month in person to provide support and maintains an active Facebook group with digital resources, which serves as a place to ask questions, get suggestions, and more.

Learn more by searching Facebook for "MN Young Survival Coalition" or email YoungSurvivalCoalitionMN@gmail.com.

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