



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

# Program Calendar

April, May and June 2022

## Free Cancer Support for Individuals and Families



Clubhouse is now **Modified Open** for members

To ensure that **No One Faces Cancer Alone**, we offer **free**, professional-level social and emotional services as a complement to medical health care.

Our evidence-based Cancer Support Program is shown to reduce cancer-related isolation and difficult emotions, and increase overall wellness for children, youth, & adults who are impacted by cancer.

**Gilda's Club Simcoe Muskoka**

10 Quarry Ridge Road | Barrie ON | L4M 7G1 | TEL: 705-726-5199  
[program@gildasclubsm.org](mailto:program@gildasclubsm.org) | [www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)

# IN-PERSON POLICY



*We are not able to offer any exceptions, for any reason. Our virtual services remain a safe and inclusive option for you.*

**1.** Participants age 12+ must show proof of full vaccination

**2.** All participants must pass our health screening questionnaire

**3.** All participants age 4+ must wear a mask that covers the nose & chin

## Networking Groups



Networking Groups are a monthly meeting space to connect with other Members who share a similar diagnosis. All Networking Groups at Gilda's Club Simcoe Muskoka are professionally facilitated by a registered Mental Health Professional. For more details or to see our Group Guidelines, contact us or check our Website!

### Metastatic Networking

The second Thursday of each month, 1:00pm - 2:30pm  
(April 14; May 12; June 9) **VIRTUAL**

### Blood Cancer Networking

The third Wednesday of each month, 6:00pm - 7:00pm  
(April 20; May 18; June 15) **VIRTUAL**

### Breast Cancer Networking

The last Tuesday of each month, 7:00pm - 8:30pm  
(April 26; May 31; June 28) **VIRTUAL**

## Support Groups



Support Groups are a chance for Members to talk, find mutual support, and share wisdom with others who truly get it. All Support Groups at Gilda's Club are professionally facilitated by a registered Mental Health Professional. For more information or to see our Group Guidelines, contact us or visit our Website!

### Circle of Life Support

This hopeful, inspiring group is sure to fill you with comfort as you connect with others who truly understand what you're going through. For Members with any late-stage and/or terminal cancer diagnosis.  
**First and third Monday of each month VIRTUAL**  
**3:00pm - 4:15pm**

### Family and Friends Support

A biweekly group for Members who are caregiving for someone with any cancer diagnosis. Express feelings, gain insights, and get support from other caregivers.  
**First and third Monday of each month VIRTUAL**  
**7:00pm - 8:15pm**

## Facing Forward Support

A biweekly group for Members who are finished treatment for any type of cancer, and are looking for new skills and strategies for life after cancer.

**First and third Wednesday of each month**  
**1:00pm - 2:30pm VIRTUAL**

## Living With Loss Support *EIGHT-WEEK SERIES*

Open to Members who have had a family member or friend die from cancer. Find bereavement support with others who truly "get it", learn coping strategies, and share your own grief journey.

### Mondays

**7:00pm - 8:15pm**

**First session: May 2**

**VIRTUAL**

**Last session: June 27**

*Note there is no session on May 23*

## Individual Counselling



Members of Gilda's Club Simcoe Muskoka can receive **free**, short-term counselling with a registered mental health professional. We provide counselling to:

- ◆ Members who have a cancer diagnosis
- ◆ Members who have completed cancer treatment
- ◆ Members who are caregiving for someone with a cancer diagnosis
- ◆ Members who have had a family member or friend die from cancer (grief counselling)

Sessions are available on Zoom, or in-person (limited capacity and subject to our In Person Guidelines).

Preference will be given to those who are not eligible for the Counselling and Support Services at the Simcoe Muskoka Regional Cancer Centre and/or their affiliated cancer centre. For more information, please contact us!



## Creative Expression Classes

Classes marked with a  have materials kits available for pickup at the Clubhouse. Please enquire when registering.

### Sewing and Quilting

Do you enjoy sewing or quilting? Members are welcome to join this weekly group anytime between 10:00am - 3:00pm! Be you beginner or expert; join us for a lovely day of spinning a yarn or in conversation with others. Bring a project you are working on or start something new! Most materials are supplied.

**Every Tuesday**

**IN-PERSON**

**10:00am - 3:00pm**

*Note there are no sessions on April 12 and June 14*

### Journaling

This weekly class will highlight the benefits of journaling and feature both public and private journaling prompts. Each class will require a pen and a notebook.

**Every Wednesday**

**VIRTUAL**

**First Wednesday of each month: 6:30pm-7:30pm**

**All other Wednesday of each month:**

**10:00am - 11:00am** *Note there is no session on May 11*

### Dynamic Drumming

Come participate in organized group drumming activities, which introduce basic drumming and performance skills.

**Every Friday**

**IN-PERSON**

**11:30am - 12:30pm** *Note there is no session on April 15*

### Let's Fly a Kite

Let your spirit soar as you create a decorative kite using Japanese rice paper and watercolour paints. This art workshop begins with a positive mindset brainstorming activity, which will be incorporated into your design.

**Tuesday, April 12**

**IN-PERSON**

**1:00pm - 3:00pm**

### Step-By-Step Painting Class

Join Vivian for a guided paint lesson, no experience necessary! You will be amazed at the final result - a beautiful creation of your very own upon a piece of canvas! Open to adults and families!

**Monday, April 25**

**VIRTUAL**



**6:00pm - 8:00pm**

### Hug a Tree

This class will focus on creating trees to enhance our landscapes. Colour mixing and brush strokes will guide you to create trees worth hugging.

**Wednesday, April 27**

**VIRTUAL**

**6:00pm - 7:30pm**

### Make it Pop!

Spring flowers are here. Join us as we create floral images inspired by American pop artist Andy Warhol. This activity will focus on BIG images and BOLD, BRIGHT colours.

**Tuesday, May 10**

**IN-PERSON**

**6:00pm - 8:00pm**

### Bold and Beautiful

Creating paintings with vibrant colours is the focus of this lesson. It's fun, fast with the emphasis on contrast. No experience necessary!

**Wednesday, May 25**

**VIRTUAL**



**6:00pm - 7:30pm**

## True North Canada

It is time to celebrate Canada's birthday by admiring the diverse landscapes of our vast nation that were created by the Group of Seven artists. Participants will use a variety of textured lines and paint to create funky landscapes.

**Tuesday, June 14**

**IN-PERSON**

**1:00pm - 3:00pm**

### Mountains and Rocks

Creating neutrals and grey's from basic primary colours helps you discover the values needed to render mountains, rocks and cliffs. Join me for this technique-filled class with the basics in colour mixing. Practice is good!

**Wednesday, June 22**

**VIRTUAL**



**6:00pm - 7:30pm**

## Movement Classes



All movement classes are led by certified instructors, are restorative and rehabilitative in nature, and are ideal for total beginners and/or those in any stage of cancer treatment.

### Hatha Yoga

Discover the beauty of yoga, calming the body... calming the mind. A gentle practice suited to those on active cancer treatment and/or those who are brand new to yoga.

**Every Monday**

**IN-PERSON**

**11:00am - 12:00pm**

*Note there are no sessions on May 23 and June 20*

### Chair Yoga and Meditation

Enjoy gentle movement to awaken the spine, shoulders, and hips using the support of the chair, followed by a guided meditation to decrease stress and anxiety.

You will need a hard chair without arms Ex: kitchen or folding chair.

**Fourth Wednesday of each month**

**1:00pm - 2:00pm**

**VIRTUAL**

### Pilates

Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, & overall wellness.

**Every Thursday**

**VIRTUAL**

**11:30am - 12:15pm**

**Between May 19 - June 30**

### QigongYoga

An ancient Chinese practice uniting body, mind and spirit through conscious breath and gentle movement. The practice of Qigong (pronounced chee-gung) has the potential to benefit everyone, regardless of age, ability, life circumstances or belief systems.

**Every Friday**

**VIRTUAL**

**10:00am - 11:00am**

*Note there is no session on April 15*

### NEW Movement for Arthritis FOUR-WEEK SERIES

Certain cancer treatments can be hard on joints and muscles. Wake up your joints with this arthritis-focused movement series! This 4-week series is designed to get the joints moving and body feeling invigorated.

**Tuesdays**

**VIRTUAL**

**9:30am - 10:15am**

**First session: June 7**

**Last session: June 28**





## Educational Workshops

### Coping with Emotions

Please join us for this discussion on how to cope with emotions when they become too overwhelming. Using the Dialectical Behavioural Therapy (DBT) model, you will leave this virtual workshop with new skills on how to make your emotions work for you, instead of against you! Whether you are coping with anger, guilt, sadness, anxiety, or any other painful emotion, this workshop is for you. Presented by Sara, RSW, MSW.

**Tuesday, April 26**  
**10:00am - 11:30am**

**VIRTUAL**

### The Importance of Gut Health

We are what we eat and absorb! Please join Carol, Registered Nutritional Consulting Practitioner and Registered Orthomolecular Health Practitioner, for this presentation on digestion, food and how these affect our health. We will learn more about the digestive system and how to feel your best from the inside out! Members will leave with new knowledge and some food samples!

**Tuesday, May 17**  
**1:00pm - 2:30pm**

**IN-PERSON**

### Coping With Guilt, Regret, and Self-Criticism

Learn skills for how combat self-critical thoughts and self-talk. Using some Dialectical Behavioural Therapy (DBT), and some Self Compassion, you will leave this workshop equipped with skills to be kinder to yourself, increase motivation, and achieve overall more positive mental health. Presented by Sara, RSW, MSW.

**Tuesday, June 14**  
**10:30am - 12:00pm**

**VIRTUAL**

### Mindfulness For Beginners

Come and learn about the science behind mindfulness meditation. This workshop will teach you about the benefits of practicing mindfulness techniques such as breathing methods, guided imagery, and other practices to relax the body and mind, and help reduce stress. Presented by Shannon, RSW, MSW.

**Thursday, June 16**  
**6:00pm - 7:30pm**

**VIRTUAL**

## Social Activities



### Member Social **NEW DATE AND TIME**

Join your Program Staff and fellow members as we virtually say 'hello', connect and check in. We may have to be physically distant but that does not mean that we have to be socially distant. Join us and keep connected with your Gilda's Club Community!

**Second and fourth Mondays of each month** **VIRTUAL**  
*Note there is no session on May 23*

**First and third Thursdays of each month** **IN-PERSON**  
**1:30pm - 2:30pm**

### Men With Cancer Connect

Open to male-identified Members who have a current cancer diagnosis, or are post-treatment.

A gathering of guys who are on a cancer journey and/or have been through it, where the conversation goes wherever the group chooses.

**Second Thursday of each month** **VIRTUAL**  
**Fourth Thursday of each month** **IN-PERSON**  
**6:30pm - 7:30pm**

### Let's Get Quizzical: Trivia Social

This informal, fun trivia social will be sure to test your knowledge! Our light-hearted competition will have questions for everyone. Join as an individual or invite the whole household. You might just leave with the top prize: bragging rights!

**Second and fourth Thursdays of each month**  
**3:00pm - 4:00pm** **VIRTUAL**



**NOT A  
MEMBER?**

**JOINING  
IS FREE &  
EASY!**



Visit our website:

<https://gildasclubsimcoemuskoka.org/become-a-member/>



**HOW TO  
REGISTER FOR  
ACTIVITIES**

Gilda's Club Members can now register you & your family members online!

Visit your Member Portal at:  
<https://gscm.gnosishosting.net/Portal>

Use your e-mail that you have on file with us to log in!

Kindly note you can not register for Support or Networking groups through your Portal. To register for a Support or Networking Group, email [program@gildasclubsm.org](mailto:program@gildasclubsm.org)

Should you require any technical assistance, e-mail or call us!

# CHILD, YOUTH & FAMILY PROGRAM

AT GILDA'S CLUB SIMCOE MUSKOKA



## Support Groups

### Teens Connect

**Teens ages 12-17 who have/had a loved one living with cancer.**

Calling all youth 12-17! Teens Connect is a group where you can meet and chat with others who are touched by cancer. Each group we will explore a new topic related to cancer, emotions, coping etc. In addition to having a space where you can talk with others who "get it", you'll also be introduced to creative activities that allow you to express yourself and that promote healthy coping.

**Every other Wednesday** **VIRTUAL**  
**7:00pm - 8:00pm** *Note there is no session on May 11*

### Youth With Cancer Connect

**Youth ages 9-13 who are living with cancer or are recently post treatment.**

Youth with Cancer Connect is a weekly group where you can meet and chat with others who have/had cancer. On our calls we connect through fun games/activities and also discuss topics related to cancer.

**Every other Thursday** **VIRTUAL**  
**6:30pm - 7:30pm**



### Kid Support Six-week series

**Children ages 5-11 who have had a loved one living with cancer.**

This group, just for kids, is designed to provide education, creative expression, relaxation techniques, healthy communication and socialization for children who have a family member or friend living with cancer.

**Wednesdays** **IN-PERSON**  
**6:00pm - 6:45pm**

**First session: April 20** **Last session: June 1**  
*Note there is no session on May 11*

### Teens Express Through Music Six-week series

**Teens ages 13-17.**

Back by popular demand, but for teens! Join Music Therapist Kimi for a new series just for teens. This group will focus on utilizing music as a modality for self-expression and connection.

**Tuesdays** **IN-PERSON**  
**4:30pm - 5:15pm**

**First session: April 26** **Last session: May 31**

### Parent Support Series Six-week series

**Adults who are supporting children and teens.**

Check out this new and exciting support series geared towards adults supporting children and teens when there is cancer in the family, regardless of the specific connection. This new group will explore an array of topics that relate to supporting children impacted by a cancer diagnosis including those related to behaviour guidance/managing expectations, sleep, mindfulness, self-care and so much more. There will also be plenty of time to share and connect with other adults in a parenting role.

**Tuesdays** **VIRTUAL**  
**6:30pm - 8:00pm**  
**First session: April 26** **Last session: June 7**  
*Note there is no session on May 3*

## Wellness Activities

### Youth Advocacy Group Youth ages 12-17

Join us as we plan new, innovative projects like our upcoming podcast, you'll help to advocate, share your voice about your experience, raise awareness about Gilda's etc. Our calls also give you a space to connect with others and share your ideas about programs you'd like to see. From these calls you may branch off and work on your own projects and opportunities may present for you to come work on them in person.

**Last Monday of each month** **VIRTUAL**  
**4:30pm - 5:00pm**

### Martial Arts Children ages 6-12

Join us for our monthly martial arts session with Ms. Nicole where you'll have the opportunity to engage in this fun movement class that serves as an excellent physical outlet.

**Monday, April 11; May 9; June 6** **IN-PERSON**  
**6:15pm - 7:00pm**

### Kids Mindfulness Series Children ages 4-10

Check out our monthly program designed to create a space where children can engage in a fun and playful activity that promotes the practice of mindfulness.

**Wednesday, April 13; June 8** **VIRTUAL**  
**Thursday, May 19** **VIRTUAL**  
**4:30pm - 5:00pm**

### Teen Social Teens ages 13-17

Come out for an evening of fun with friends and food! Each teen night will have a specific theme with activities to fit.

**Friday, April 8; May 13; June 3** **IN-PERSON/OFFSITE**  
**6:00pm - 8:00pm**

### Kids in the Kitchen Children ages 6-12

Join us for a Saturday morning of fun in the kitchen with Jocelyn and Lisa. Lisa will be guiding the group through cooking delicious home-made pizza. To complement this savory creation, we will also bake a sweet treat for dessert. We will be cooking from 10-12 and welcome caregivers to join the group to enjoy the meal together from 12-1pm.

**Saturday, May 7** **IN-PERSON**  
**10:00am - 1:00pm**

### Dynamic Drumming Youth Edition ages 7-17

Come for the PA Day fun with our instructor Joe! This group session will serve as an introduction to rhythm through group drumming.

**Friday, June 3** **IN-PERSON**  
**10:00am - 11:00am**

### Worry Creatures in the Community

**Families and community members with children under 12 years old.**

This workshop will begin with a story about worries and will follow with discussion to normalize, express, and validate worries that people can experience. We will also discuss and practice coping strategies, including decorating your very own worry creature.

**Saturday, June 11** **VIRTUAL**  
**11:30am - 12:30pm**

# Families Connect

Families Connect activities are for children who are impacted by cancer, plus their family members. See description for specific age requirements.

## Feelings BINGO

**Families with children under 18 years old.**

Join us for a classic game of BINGO with a specific theme. April's theme is all about emotions! In addition to the fun, you'll get to connect with others and have the chance at winning a prize.

**Saturday, April 2  
12:00pm - 12:45pm**

**VIRTUAL**



## Medical Play Monday

**Families with children between ages of 4-12.**

Join us at the clubhouse for an opportunity to engage in medical play with our Certified Child Life Specialist Jocelyn. Children will get to have hands on experience learning about medical experiences related to cancer through both facilitated and non-directed play.

**Monday, April 4; May 2; June 13  
4:00pm - 5:30pm**

**IN-PERSON**

## Family Scrapbooking Series

**Families with children under 18 years old.**

Join us to work on your very own scrapbook! It could be a creative piece to resemble your family, your experience with cancer, the major milestones in your life, or to honour a family member or friend who has died from cancer. We have the supplies-all we need is you and your creative ideas....and any sentimental photos/items of yours you'd like! The following times are set up for you and your children/teens to come by the clubhouse to create. This is drop in as you are not required to attend all sessions or for the full length of time, but registration is required each week, so we know to expect you.

**Tuesday, April 5; April 19**

**IN-PERSON**

**Wednesday, April 13; April 27**

**IN-PERSON**

**Tuesday, May 3; May 17**

**IN-PERSON**

**Wednesday, May 25**

**IN-PERSON**

**5:00pm - 7:00pm**

## Gilda's Story Time

**Families with children under 10 years old.**

Cozy up and join us for a story. Each story selected relates to a topic/theme that can be connected to one's experience when they are touched by Cancer. In addition to listening along to a good read we will engage in a discussion and do a hands-on activity that relates to the book and aims to normalize/validate experiences while also support coping, self-expression, and understanding.

**Tuesday, April 5; Wednesday, April 20**

**VIRTUAL**

**Wednesday, May 4; Wednesday, May 18**

**VIRTUAL**

**Monday, June 6; Thursday, June 23**

**VIRTUAL**

**4:30pm - 5:00pm**

## Family Games Night

**Families with children under 18 years old.**

Join us at the clubhouse for an evening of pizza, connection, and some friendly competition as you play some classic games with your loved ones while getting to meet new friends too.

**Thursday, April 21**

**IN-PERSON**

**5:00pm - 7:00pm**

## Preschool Play Time

**Families with children under 5 years old.**

Are you eager for your little ones to engage in some fun while also having the chance to make new friends in a small group setting? Join us for designated drop in playtime during any of the below times/dates. An adult caregiver is required to be in the building but is welcome to enjoy a break while Jocelyn engages in play-based activities with the kids.

Registration is required 24 hours in advance. Note that this session will be capped at a maximum of 5 children to keep numbers small.

**Tuesday, April 12; April 19; April 26**

**IN-PERSON**

**1:00pm - 3:00pm**

**Monday, May 9; May 16; May 30**

**IN-PERSON**

**10:00am - 12:00pm**

**Thursday, June 2; June 16; June 23**

**IN-PERSON**

**1:00pm - 3:00pm**

## Spring Sculpture

**Families with children under 18 years old.**

This art workshop will explore spring themes while working with various sculpting mediums. Creations will also be painted and mounted for a lovely finished work of art.

**Wednesday, May 4**

**IN-PERSON**

**6:30pm - 8:00pm**

## Family Print Making

**Families with children under 18 years old.**

This fun filled program introduces the basics of printmaking and exploration of colour Using brayers and multiple inks. Participants will create through use of texture, colour, and composition. Prepare to get messy!

**Wednesday, June 15**

**IN-PERSON**

**6:30pm - 8:00pm**



## TelePlay Project Sunshine

We are so eager to partner with Project Sunshine to offer fun- virtual diversional activities for children and teens over zoom! Activities are primarily hosted by Project Sunshine volunteers and require a separate registration process. Details for each activity are shared a week prior. Keep your eyes out for these exciting activities!

**Dates to be shared via link on our website**

**VIRTUAL**

### INDIVIDUAL SERVICES FOR CHILDREN & TEENS: CHILD LIFE SESSIONS AT GILDA'S CLUB SIMCOE MUSKOKA

Individual Child Life Sessions provide **developmentally appropriate education** about cancer, treatment, and medical experiences;

Help children & teens **learn about medical experiences** they or their loved ones may experience;

Use **play and expressive activities** to help children and teens learn about, and develop, healthy coping strategies and express feelings;

Provide **guidance and support** to adults supporting children with information-sharing, talking about cancer, coping, etc.

**Interested in individual services for your child who is impacted by cancer?**

**E-mail [jocelyn@gildasclubsm.org](mailto:jocelyn@gildasclubsm.org)**

MON	TUE	WED	THURS	FRI	SAT
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# April

**LEGEND**

In-person, at our Clubhouse in Barrie

Virtually, on Zoom.

				1 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	2 <div>  12:00-12:45 Feelings BINGO       </div>
4 <div>  11-12 Hatha Yoga          3-4:15 Circle of Life Support          7-8:15 Family &amp; Friends Support          4-5:30 Medical Play Monday       </div>	5 <div>  10-3 Sewing &amp; Quilting          4:30-5 Gilda's Story Time          5-7 Family Scrapbooking       </div>	6 <div>  1-2:30 Facing Forward Support          6:30-7:30 Journaling       </div>	7 <div>  1:30-2:30 Member Social       </div>	8 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming          6-8 Teen Social       </div>	
11 <div>  11-12 Hatha Yoga          1:30-2:30 Member Social          6:15-7:00 Kids Martial Arts       </div>	12 <div>  1-3 Let's Fly a Kite          1-3 Preschool Playtime       </div>	13 <div>  10-11 Journaling          4:30-5:00 Kids Mindfulness          5-7 Family Scrapbooking          7-8 Teens Connect       </div>	14 <div>  1-2:30 Metastatic Networking          3-4 Let's Get Quizzical!          6:30-7:30 Men With Cancer Connect          6:30-7:30 Youth With Cancer Connect       </div>	15 <div> <b>CLOSED</b>  <b>STAT HOLIDAY</b> </div>	
18 <div>  11-12 Hatha Yoga          3-4:15 Circle of Life Support          7-8:15 Family &amp; Friends Support       </div>	19 <div>  10-3 Sewing &amp; Quilting          1-3 Preschool Playtime          5-7 Family Scrapbooking       </div>	20 <div>  10-11 Journaling          1-2:30 Facing Forward Support          6-7 Blood Cancer Networking          4:30-5 Gilda's Story Time          6-6:45- Kid Support       </div>	21 <div>  1:30-2:30 Member Social          5-7 Family Games Night       </div>	22 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	
25 <div>  11-12 Hatha Yoga          1:30-2:30 Member Social          4:30-5:00 Youth Advocacy Group          6-8 Step by Step Painting Class       </div>	26 <div>  10-3 Sewing &amp; Quilting          10:00-11:30 Coping with Emotions          1-3 Preschool Playtime          4:30-5:15 Teens Express Through Music          6:30-8:00 Parent Support Series          7:00-8:30 Breast Cancer Networking       </div>	27 <div>  10-11 Journaling          1-2 Chair Yoga &amp; Meditation          6:00-7:30 Hug a Tree          5-7 Family Scrapbooking          6-6:45- Kid Support          7-8 Teens Connect       </div>	28 <div>  3-4 Let's Get Quizzical!          6:30-7:30 Youth With Cancer Connect          6:30-7:30 Men With Cancer Connect       </div>	29 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	

# May

MON	TUE	WED	THURS	FRI	SAT
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2 <div>  11-12 Hatha Yoga          3-4:15 Circle of Life Support          4-5:30 Medical Play Monday          7-8:15 Family &amp; Friends Support          7-8:15 Living With Loss Support       </div>	3 <div>  10-3 Sewing &amp; Quilting          4:30-5:15 Teens Express Through Music          5-7 Family Scrapbooking       </div>	4 <div>  1-2:30 Facing Forward Support          4:30-5 Gilda's Story Time          6:30-7:30 Journaling          6:30-8 Spring Sculpture          6-6:45- Kid Support       </div>	5 <div>  1:30-2:30 Member Social       </div>	6 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	7 <div>  10-1 Kids in the Kitchen       </div>
9 <div>  11-12 Hatha Yoga          10-12 Preschool Playtime          1:30-2:30 Member Social          6:15-7:00 Kids Martial Arts          7-8:15 Living With Loss Support       </div>	10 <div>  10-3 Sewing &amp; Quilting          4:30-5:15 Teens Express Through Music          6:00-8:00 Make it Pop          6:30-8:00 Parent Support Series       </div>	11 <div> <b>CLOSED</b>  <b>STAFF PD DAY</b> </div>	12 <div>  1-2:30 Metastatic Networking          3-4 Let's Get Quizzical!          6:30-7:30 Men With Cancer Connect          6:30-7:30 Youth With Cancer Connect       </div>	13 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming          6-8 Teen Social       </div>	
16 <div>  11-12 Hatha Yoga          10-12 Preschool Playtime          3-4:15 Circle of Life Support          7-8:15 Family &amp; Friends Support          7-8:15 Living With Loss Support       </div>	17 <div>  10-3 Sewing &amp; Quilting          1:00-2:30 The Importance of Gut Health          4:30-5:15 Teens Express Through Music          6:30-8:00 Parent Support Series          5-7 Family Scrapbooking       </div>	18 <div>  10-11 Journaling          1-2:30 Facing Forward Support          4:30-5 Gilda's Story Time          6-7 Blood Cancer Networking          6-6:45 Kid Support       </div>	19 <div>  11:30 -12:15 Pilates          1:30-2:30 Member Social          4:30-5 Kids Mindfulness       </div>	20 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	
23 <div> <b>CLOSED</b>  <b>STAT HOLIDAY</b> </div>	24 <div>  10-3 Sewing &amp; Quilting          4:30-5:15 Teens Express Through Music          6:30-8:00 Parent Support Series       </div>	25 <div>  10-11 Journaling          1-2 Chair Yoga &amp; Mediation          5-7 Family Scrapbooking          6-7:30 Bold &amp; Beautiful          6-6:45- Kid Support          7-8 Teens Connect       </div>	26 <div>  11:30 -12:15 Pilates          3-4 Let's Get Quizzical!          6:30-7:30 Men With Cancer Connect          6:30-7:30 Youth With Cancer Connect       </div>	27 <div>  10-11 QigongYoga          11:30-12:30 Dynamic Drumming       </div>	



# June

MON	TUE	WED	THU	FRI	SAT
<b>MAY 30</b> <b>11-12 Hatha Yoga</b> <b>10-12 Preschool Playtime</b> <b>4:30-5:00 Youth Advocacy Group</b> <b>7-8:15 Living With Loss Support</b>	<b>MAY 31</b> <b>10-3 Sewing &amp; Quilting</b> <b>4:30-5:15 Teens Express Through Music</b> <b>6:30-8:00 Parent Support Series</b> <b>7:00-8:30 Breast Cancer Networking</b>	<b>1</b> <b>1-2:30 Facing Forward Support</b> <b>6-6:45- Kid Support</b> <b>6:30-7:30 Journaling</b>	<b>2</b> <b>11:30 -12:15 Pilates</b> <b>1:30-2:30 Member Social</b> <b>1-3 Preschool Playtime</b>	<b>3</b> <b>10-11 QigongYoga</b> <b>10:00-11:00 Dynamic Drumming- Youth</b> <b>11:30-12:30 Dynamic Drumming</b> <b>6-8 Teen Social</b>	
<b>6</b> <b>11-12 Hatha Yoga</b> <b>3-4:15 Circle of Life Support</b> <b>4:30-5 Gilda's Story Time</b> <b>6:15-7:00 Kids Martial Arts</b> <b>7-8:15 Family &amp; Friends Support</b> <b>7-8:15 Living With Loss Support</b>	<b>7</b> <b>9:30-10:15 Movement for Arthritis</b> <b>10-3 Sewing &amp; Quilting</b> <b>6:30-8:00 Parent Support Series</b>	<b>8</b> <b>10-11 Journaling</b> <b>4:30-5:00 Kids Mindfulness</b> <b>7-8 Teens Connect</b>	<b>9</b> <b>11:30 -12:15 Pilates</b> <b>1-2:30 Metastatic Networking</b> <b>3-4 Let's Get Quizzical!</b> <b>6:30-7:30 Men With Cancer Connect</b> <b>6:30-7:30 Youth With Cancer Connect</b>	<b>10</b> <b>10-11 QigongYoga</b> <b>11:30-12:30 Dynamic Drumming</b>	<b>11</b> <b>11:30-12:30 Worry Creatures in the Community</b>
<b>13</b> <b>11-12 Hatha Yoga</b> <b>1:30-2:30 Member Social</b> <b>1-3 Preschool Playtime</b> <b>4-5:30 Medical Play Monday</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>14</b> <b>9:30-10:15 Movement for Arthritis</b> <b>10:30-12:00- Coping with Guilt, Regret, &amp; Self-Criticism</b> <b>1-3 True North Canada</b>	<b>15</b> <b>10-11 Journaling</b> <b>1-2:30 Facing Forward Support</b> <b>6-7 Blood Cancer Networking</b> <b>6:30-8 Family Print Making</b>	<b>16</b> <b>11:30 -12:15 Pilates</b> <b>1-3 Preschool Playtime</b> <b>1:30-2:30 Member Social</b> <b>6-7:30 Mindfulness for Beginners</b>	<b>17</b> <b>10-11 QigongYoga</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>20</b> <b>3-4:15 Circle of Life Support</b> <b>7-8:15 Family &amp; Friends Support</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>21</b> <b>9:30-10:15 Movement for Arthritis</b> <b>10-3 Sewing &amp; Quilting</b>	<b>22</b> <b>10-11 Journaling</b> <b>1-2 Chair Yoga &amp; Meditation</b> <b>6-7:30 Mountains &amp; Rocks</b> <b>7-8 Teens Connect</b>	<b>23</b> <b>11:30 -12:15 Pilates</b> <b>1-3 Preschool Playtime</b> <b>3-4 Let's Get Quizzical!</b> <b>4:30-5 Gilda's Story Time</b> <b>6:30-7:30 Men With Cancer Connect</b> <b>6:30-7:30 Youth With Cancer Connect</b>	<b>24</b> <b>10-11 QigongYoga</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>27</b> <b>11-12 Hatha Yoga</b> <b>1:30-2:30 Member Social</b> <b>7-8:15 Adult Living With Loss Support</b> <b>4:30-5:00 Youth Advocacy Group</b>	<b>28</b> <b>9:30-10:15 Movement for Arthritis</b> <b>10-3 Sewing &amp; Quilting</b> <b>7:00-8:30 Breast Cancer Networking</b>	<b>29</b> <b>10-11 Journaling</b>	<b>30</b> <b>11:30 -12:15 Pilates</b>	<div> <div>LEGEND</div> <div>  In-person, at our Clubhouse in Barrie         </div> <div>  Virtually, on Zoom.         </div> </div>	

Call 705-726-5199 for support, education, and hope.



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We thank you for your support.

