



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



## Cancer Support for Individuals & Families

*To ensure That No One Faces Cancer Alone, we offer free, professional-level social and emotional services as a compliment 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.*

*To meet the needs of our community throughout the ongoing COVID-19 Pandemic, we offer both virtual and in-person services.*

Gilda's Club Simcoe Muskoka  
10 Quarry Ridge Road, Barrie ON L4M 7G1  
TEL: 705-726-5199 FAX: 705-726-7101  
program@gildasclubsm.org  
www.gildasclubsimcoemuskoka.org

# IN-PERSON i 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 others 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!

**Breast Cancer Networking**  
*The last Tuesday of each month, 7:00— 8:30pm*  
(January 25; February 22; March 29)

**Blood Cancer Networking** **NEW DAY & TIME**  
*The third Wednesday of each month, 6:00 — 7:00pm*  
(January 19; February 16; March 16)

**Metastatic Networking** **NEW TIME**  
*The second Thursday of each month, 1:00 — 2:30pm*  
(January 13; February 10; March 10)

## 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 Simcoe Muskoka are professionally facilitated by a registered Mental Health Professional. For more information or to see our Group Guidelines, contact us or visit our Website!

**Family & Friends Support**  
A biweekly group for those caregiving for someone with any cancer diagnosis. Express feelings, gain insights, and get support from other caregivers.  
1st & 3rd Monday of each month  
7:00 — 8:15pm  
*Note there is no session on Feb 21*

**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 those with any late-stage and/or terminal cancer diagnosis.  
1st & 3rd Monday of each month  
3:00 — 4:15pm  
*Note there is no session on Feb 21*

**Facing Forward Support**  
A biweekly group for those who are finished treatment for any type of cancer, and are looking for new skills and strategies for life after cancer.  
1st & 3rd Wednesday of each month  
1:00 — 2:30pm

**Support During Cancer Treatment** **EIGHT-WEEK SERIES**  
A group for those with any type of cancer, in any type of treatment (including Western, non-traditional, homeopathic, alternative treatment and more). Connect with others who know what it's like to go through cancer treatment while we still navigate a COVID-19 world, and gain skills & knowledge to cope.  
Tuesdays, 2:30 — 3:45pm  
First session: February 1  
Last session: March 29  
*Note there is no session on March 1*

**Living With Loss Support** **EIGHT-WEEK SERIES**  
For those ages 35+, 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, 7:00 — 8:00pm  
First session: February 7  
Last session: March 28  
*Note there is no session on February 21*

**NEW Anticipatory Grief Support** **EIGHT-WEEK SERIES**  
For those who have a family member or friend with a late stage/terminal cancer. Make connections and have conversations with others who understand the unique experience of watching a loved one go through a terminal cancer diagnosis, and learn skills to cope as you go through "pre-grief."  
Wednesdays, 7:00 — 8:15pm  
First session: February 2  
Last session: March 23

**LEGEND**



In-person, at our Clubhouse in Barrie



Virtually, on Zoom.

## Creative Expression Classes

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

### 📍 Winter Landscapes

Inspired by Canadian artist Maud Lewis, participants will paint winter landscapes on wooden panels. The instructor will guide everyone to a successful creation using simple designs and colour mixing techniques.

Tuesday, January 11 **IN PERSON**  
1:00 — 3:00pm

### 📺🎨 Painting Muskoka Landscapes

This class features painting techniques which will help you create vibrant landscapes. Bring a photo, or just your imagination, for inspiration!

Wednesday, January 26  
6:00 — 7:30pm

### 📍 Notan Designs

Have fun creating colourful designs inspired by the Japanese concept of Notan which focuses on the harmonious use of light and dark in a composition. We will be working with a variety of coloured papers as we incorporate heart shapes into our work.

Tuesday, February 8 **IN PERSON**  
6:00 — 8:00pm

### 📺🎨 Painting Skies, Trees, Water & Rock

Creating background, middle ground, and foreground helps establish depth in your painting. In this class you will learn how vibrant skies, trees, water & rocks can enhance and help create beautiful compositions.

Thursday, February 24  
6:00 — 7:30 pm

### 📍 Hand-Painted Dream Photographs

Unleash your imagination as we explore the work of Surrealist artist Salvador Dali. Participants will use magazines, and watercolour pencils and crayons to create their own "dream" photographs.

Tuesday, March 8 **IN PERSON**  
1:00 — 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!

Wednesday, March 23 **IN PERSON**  
6:00 — 8:00pm

### 📺🎨 Colour Mixing & Movement

This class will help with your confidence in mixing colours. You will learn techniques that create movement in this fun-filled painting class!

Wednesday, March 30  
6:00 — 7:30pm

### 📺 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  
10:00 — 10:45am

### 📍 Dynamic Drumming SIX WEEK SERIES

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

Fridays, 11:30 — 12:30pm **IN PERSON**  
First session: February 11  
Last session: March 18

## 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** *Note there is no session on Feb 21*  
11:00am — 12:00pm

### 📺 Yin Yoga

This slow-paced and relaxing class allows for restoration of the mind, body, and spirit. With the aid of props and cushions, you will be supported and relaxed, as we work to gently stretch the muscles and deeper fascia of the body. Be ready to find stillness in our postures for several minutes at a time and allow your breath to guide you deeper into the stretch.

Every Tuesday *Note there is no session on March 1*  
6:00 — 7:00pm

### 📺 Chair Yoga & 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.*  
The fourth Wednesday of each month  
1:00 — 2:00pm

### 📺 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  
11:30am — 12:15pm

### 📺 Qigong

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  
10:00 — 11:00am

### 📺 NEW Reconnect To Your Core FOUR WEEK SERIES

Gain understanding of what core actually is and why we need strong core for everyday movements. These targeted exercises will help you gain control, strength, power and flexibility. You will see and feel your "core" get stronger each class and you will gain an renewed sensation of support in your leg and arms.

**THIS CLASS IS NOT SUITABLE FOR THOSE WITH DIAPHRAGMATIC RECTI, AND/OR OSTEOPOROSIS.**

Tuesdays, 9:30 — 10:30am

First session: February 15

Last session: March 15 *Note there is no session on March 1*





## Educational Workshops

### Mental Health Wellness FIVE WEEK SERIES

Learn concrete skills for managing symptoms of anxiety, depression, or other mental health concerns, in the specific context of being impacted by both cancer and COVID-19. Content will focus on building long-term, sustainable practices that benefit both mental and emotional wellness.

*Open to those with an active cancer diagnosis, cancer survivors, and/or those caregiving for someone with cancer.*

Thursdays, 7:30 — 8:30pm

First session: January 13

Last session: March 10

### Eating To Thrive After Cancer

If you eat to thrive you can help your body recover faster after treatments, feel more energy, improve digestion, minimize hot flashes and other menopause symptoms, improve brain function, optimize your hormones and immune system and lower your risks for recurrence.

Come and learn: Why anti-cancer diets don't work; Why certain diets may be harmful; What the goals of your diet should be and why you might feel like you're eating healthy but still don't feel like your best; and more!

Thursday, February 24

## 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:

- ♦ Those who have a cancer diagnosis
- ♦ Those who have completed cancer treatment
- ♦ Those who are caregiving for someone with a cancer diagnosis
- ♦ Those 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!*

## Social Activities

### Let's Get Quizzical: Trivia Social NEW DATE & TIME

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!

First & third Thursdays of each month  
3:00 — 4:00pm

### Member Social NEW DATE & 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!

Every Tuesday, 1:30 — 2:30pm (VIRTUAL)

First & third Thursdays/month, 1:30 — 2:30pm (IN PERSON)

### Men With Cancer Connect

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

New name— same great group! 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/ month, 6:30 — 7:30pm (VIRTUAL)

Fourth Thursday/ month, 6:30 — 7:30pm (IN PERSON)

Gilda's Club Simcoe Muskoka

## IN-PERSON POLICY

1. All participants age 12 and up must show proof of vaccination

2. All participants must pass our health screening questionnaire

3. All participants age 4 and up must wear a mask that covers the nose and chin, the entire time you are in the building.

*At this time we are not able to offer any accommodations, for any reason. Our virtual services remain a safe and inclusive option for you.*

## HOW TO REGISTER FOR ACTIVITIES

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

Visit your Member Portal at:

<https://gcsim.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!*

## NOT A MEMBER?

## JOINING IS FREE & EASY!

Visit our website:

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

# 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.*

A biweekly group where teens can meet and chat with others their age who are touched by cancer. Each group 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 promote healthy coping.

Wednesdays, 7:00 — 8:00pm

Jan 5, Jan 19, Feb 2, Feb 16, Mar 2, Mar 16, Mar 30

### Youth With Cancer Connection

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

This biweekly group allows youth to meet and chat with others their age who are impacted by cancer. 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 promote healthy coping.

Thursdays, 6:30 — 7:30pm

Jan 6, Jan 20, Feb 3, Feb 17, Mar 3, Mar 17, & Mar 31

## Wellness Activities

### TelePlay Project Sunshine

Various ages

We are so eager to partner with Project Sunshine to offer fun, virtual activities for children & teens over Zoom! Activities will require a separate registration process, and details will be shared a week in advance, so keep your eyes peeled!

Dates TBA- contact Jocelyn ([jocelyn@gildasclubsm.org](mailto:jocelyn@gildasclubsm.org)) for more info!



### Kids' Mindfulness Series

Youth ages 4-10

A space where children can engage in fun and playful activity that promotes mindfulness.

Wednesday January 12, 4:30 — 5:00pm

Wednesday February 9, 4:30 — 5:00pm

Wednesday March 9, 4:30 — 5:00pm



### Cancer 101 For Kids

Youth ages 5-12

This play-based workshop will help children learn about cancer in a fun and developmentally appropriate way. Kids can ask questions & connect with other children who have been impacted by cancer.

Wednesday January 12, 5:30 — 6:15pm **VIRTUAL**

Tuesday February 1, 5:30 — 6:15pm **IN-PERSON**

### Teen Drop-In

Youth ages 13-17

Drop in & join Jocelyn for snacks, connection with others, and the opportunity to chat. Activities may include expressive projects, games, baking or simply hanging out!

Tuesday January 11, 3:00 — 5:30pm **IN-PERSON**

Tuesday February 8, 3:00 — 5:30pm **IN-PERSON**

Tuesday March 8, 3:00 — 5:30pm **IN-PERSON**

### Youth Advocacy Group

Youth ages 12-17

Join us on the last Monday of each month on Zoom as we plan new, innovative projects like our upcoming podcast! You'll help advocate, share your experiences, raise awareness about Gilda's Club, and more. This call also gives teens a space to connect with others.

Monday January 31, 4:00 — 4:45pm

Monday February 28, 4:00 — 4:45pm

Monday March 28, 4:00 — 4:45pm



### Youth Vision Board Making

Youth ages 7-12, and youth ages 13-17

Come to the Clubhouse and make your very own vision board! We will use various prompts, pictures, quotes, and all things inspiring that can be used as a tool for daily motivation!

Saturday February 5, 12:00 — 1:30pm **AGES 7-12**

Saturday February 5, 1:30 — 3:00pm **13-17**

### Teddy Bear Clinic

Families with children/youth ages 3-12

The Teddy Bear Clinic is a guided play experience that allows children to gain an understanding and sense of mastery over medical experiences related to cancer. Children will move through "clinic stations", where they will learn through guided play.

Saturday March 5, 10:00 — 2:00pm

Families will be invited to select a specific, private timeslot.

### Worry Creature Workshop

**OFFSITE; REGISTER THROUGH [HTTPS://WWW.INNISFILIDEALAB.CA/](https://www.innisfilidealab.ca/)**

Youth ages 5-12

This workshop will begin with a story about worries, and follows with a discussion to normalize, express, and validate worries. We will also discuss and practice coping strategies, including decorating your very own Worry Creature!

Saturday January 8, 1:30pm

**AT INNISFIL PUBLIC LIBRARY**

Tuesday March 15, 10:30am

**AT THE ALCONA BRANCH**

Tuesday March 15, 1:00pm

**AT THE COOKSTOWN BRANCH**



## 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)

# Families Connect

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

## Story Time

Families with children ages 0-10

Cozy up and join us for a story! Each story selected relates to a topic or theme that connects to a child's experience when they are touched by cancer, followed by discussion and a hands-on activity. This program normalizes and validates experiences while supporting coping, self-expression, and understanding.

Tuesday January 4, 4:30 — 5:00pm  
Tuesday February 1, 4:30 — 5:00pm  
Tuesday March 1, 4:30 — 5:00pm



## Family Games Night

Families with children ages 0-17

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 meeting new friends too!

Tuesday January 13, 5:30 — 6:30pm

## Medical BINGO

Families with children ages 0-17

Join us for a classic game of BINGO, with a medical theme! In addition to the fun, you'll get to connect with others and have the chance to win a prize.

Saturday January 8, 11:00 — 11:45am



## Medical Play Monday

Families with children ages 4-12

An opportunity to engage in medical play with our Certified Child Life Specialist, Jocelyn! Children will get hands-on experience and learn about medical experiences related to cancer through play.

Monday, January 17, 4:00-5:30  
Monday, February 7, 4:00-5:30  
Monday, March 14, 10:00-12:00

## Family Scrapbooking Series

Families with children 0-17

Join us to work on your very own scrapbook! It could be a creative piece to represent your family, your experience with cancer, major life milestones, or honour a family member or friend who died from cancer. We have all the supplies you need— just bring creative ideas, and any sentimental photos/items.

**You are not required to attend every session**

Monday January 31, 3:30- 6:00 pm  
Tuesday February 8, 5:00- 7:00 pm  
Monday February 14, 3:30- 6:00 pm  
Tuesday February 22, 5:00- 7:00 pm  
Monday February 28, 3:30- 6:00 pm



## Family Trivia Night

Families with children ages 0-17

Time to test your Disney knowledge in this special edition of virtual family trivia!

Thursday February 10, 5:30 — 6:30pm

## Families Create

Families with children ages 0-17

It's time to get creative! Join us at the Clubhouse for this fun expressive art activity and connect with others as you create!

Thursday March 24, 5:30 — 7:30pm

## March break 2022

Tuesday, March 15

6-8pm Teens Night Out  
(ages 13-17); location TBD

Thursday March 17

Kids In The Kitchen (ages 6-12); at the Clubhouse

Wednesday March 16

1-3pm Kids Community  
Outing (ages 5-12); location TBD  
6:30-7:30 Youth With Cancer Connect  
5-7pm Teen Bake Night  
(ages 13-17); at Clubhouse

Friday March 18

Slime Making  
SPECTACULAR! (ages 5-17)  
11-12pm: Virtual  
1-2pm: At the Clubhouse

# January

Mon	Tue	Wed	Thu	Fri	Sat
3 11-12 Hatha Yoga 3-4:15 Circle of Life Support 7-8:15 Family & Friends Support	4 1:30-2:30 Member Social 4:30-5 Story Time 6-7 Yin Yoga	5 10-10:45 Journaling 1-2:30 Facing Forward Support 7-8 Teens Connect	6 11:30-12:15 Pilates 1:30-2:30 Member Social 3-4 Let's Get Quizzical! 6:30-7:30 Youth With Cancer Connect	7 10-11 Qigong	8 11-11:45 Medical BINGO 1:30 Worry Creature Workshop (offsite at Innisfil Public Library)
10 11-12 Hatha Yoga	11 1-3 Winter Landscapes 1:30-2:30 Member Social 3-5:30 Teen Drop-In 6-7 Yin Yoga	12 10-10:45 Journaling 4:30-5:00 Kids Mindfulness Series 5:30-6:15 Cancer 101 For Kids	13 11:30-12:15 Pilates 1-2:30 Metastatic Networking 5:30-6:30 Family Games Night 6:30-7:30 Men With Cancer Connect 7:30-8:30 Mental Health Wellness	14 10-11 Qigong	15
17 11-12 Hatha Yoga 3-4:15 Circle of Life Support 4-5:30 Medical Play Monday 7-8:15 Family & Friends Support	18 1:30-2:30 Member Social 6-7 Yin Yoga	19 10-10:45 Journaling 1-2:30 Facing Forward Support 6-7 Blood Cancer Networking 7-8 Teens Connect	20 11:30-12:15 Pilates 1:30-2:30 Member Social 3-4 Let's Get Quizzical! 6:30-7:30 Youth With Cancer Connect 7:30-8:30 Mental Health Wellness	21 10-11 Qigong	22
24 11-12 Hatha Yoga	25 1:30-2:30 Member Social 6-7 Yin Yoga	26 10-10:45 Journaling 1-2 Chair Yoga & Meditation 6-7:30 Muskoka Landscapes	27 11:30-12:15 Pilates 6:30-7:30 Men With Cancer Connect 7:30-8:30 Mental Health Wellness	28 10-11 Qigong	29
31 11-12 Hatha Yoga 3:30-6 Family Scrapbooking 4-4:45 Youth Advocacy Group	7:00-8:30 Breast Cancer Networking				



# February

Mon	Tue	Wed	Thu	Fri	Sat
	<b>2:30-3:45 Support During Cancer Treatment</b> <b>1:30-2:30 Member Social</b> <b>4:30-5 Story Time</b> <b>5:30-6:15 Cancer 101 For Kids</b> <b>6-7 Yin Yoga</b>	<b>10-10:45 Journaling</b> <b>1-2:30 Facing Forward Support</b> <b>7-8:15 Anticipatory Grief Support</b> <b>7-8 Teens Connect</b>	<b>11:30-12:15 Pilates</b> <b>1:30-2:30 Member Social</b> <b>3-4 Let's Get Quizzical!</b> <b>6:30-7:30 Youth With Cancer Connect</b> <b>7:30-8:30 Mental Health Wellness</b>	<b>10-11 Qigong</b>	<b>12-1:30 Youth Vision Board Making (ages 7-12)</b> <b>1:30-3 Youth Vision Board Making (ages 13-17)</b>
<b>11-12 Hatha Yoga</b> <b>3-4:15 Circle of Life Support</b> <b>4-5:30 Medical Play Monday</b> <b>7-8:15 Family &amp; Friends Support</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>3-5:30 Teen Drop-In</b> <b>5-7 Family Scrapbooking</b> <b>6-7 Yin Yoga</b> <b>6-8 Notan Designs</b>	<b>10-10:45 Journaling</b> <b>4:30-5:00 Kids Mindfulness Series</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>1-2:30 Metastatic Networking</b> <b>5:30-6:30 Family Trivia Night</b> <b>6:30-7:30 Men With Cancer Connect</b> <b>7:30-8:30 Mental Health Wellness</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>11-12 Hatha Yoga</b> <b>3:30-6 Family Scrapbooking</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>9:30-10:30 Reconnect To Your Core</b> <b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>6-7 Yin Yoga</b>	<b>10-10:45 Journaling</b> <b>1-2:30 Facing Forward Support</b> <b>6-7 Blood Cancer Networking</b> <b>7-8 Teens Connect</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>1:30-2:30 Member Social</b> <b>3-4 Let's Get Quizzical!</b> <b>6:30-7:30 Youth With Cancer Connect</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>CLOSED FAMILY DAY</b>	<b>9:30-10:30 Reconnect To Your Core</b> <b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>5-7 Family Scrapbooking</b> <b>6-7 Yin Yoga</b> <b>7:00-8:30 Breast Cancer Networking</b>	<b>10-10:45 Journaling</b> <b>1-2 Chair Yoga &amp; Meditation</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>1-2:30 Eating To Thrive After Cancer</b> <b>6-7:30 Painting Skies, Trees, Water &amp; Rocks</b> <b>6:30-7:30 Men With Cancer Connect</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>11-12 Hatha Yoga</b> <b>3:30-6 Family Scrapbooking</b> <b>4-4:45 Youth Advocacy Group</b> <b>7-8:15 Adult Living With Loss Support</b>					

# March

Mon	Tue	Wed	Thu	Fri	Sat
	<b>CLOSED PROFESSIONAL DEVELOPMENT DAY</b> <b>4:30-5 Story Time</b>	<b>10-10:45 Journaling</b> <b>1-2:30 Facing Forward Support</b> <b>7-8 Teens Connect</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>1:30-2:30 Member Social</b> <b>3-4 Let's Get Quizzical!</b> <b>6:30-7:30 Youth With Cancer Connect</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	<b>10-2 Teddy Bear Clinic Specific timeslots to be given</b>
<b>11-12 Hatha Yoga</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>9:30-10:30 Reconnect To Your Core</b> <b>1-3 Hand-Painted Dream Photographs</b> <b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>3-5:30 Teen Drop-In</b> <b>6-7 Yin Yoga</b>	<b>10-10:45 Journaling</b> <b>4:30-5:00 Kids Mindfulness Series</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>1-2:30 Metastatic Networking</b> <b>6:30-7:30 Men With Cancer Connect</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>11-12 Hatha Yoga</b> <b>4-5:30 Medical Play Monday</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>9:30-10:30 Reconnect To Your Core</b> <b>10:30 Worry Creature Workshop (offsite at Alcona Branch Library)</b> <b>1:00 Worry Creature Workshop (offsite at Cookstown Branch)</b> <b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>6-7 Yin Yoga</b>	<b>10-10:45 Journaling</b> <b>1-2:30 Facing Forward Support</b> <b>6-7 Blood Cancer Networking</b> <b>7-8 Teens Connect</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>3-4 Let's Get Quizzical!</b> <b>1:30-2:30 Member Social</b> <b>6:30-7:30 Youth With Cancer Connect</b>	<b>10-11 Qigong</b> <b>11:30-12:30 Dynamic Drumming</b>	
<b>11-12 Hatha Yoga</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>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>6-7 Yin Yoga</b>	<b>10-10:45 Journaling</b> <b>1-2 Chair Yoga &amp; Meditation</b> <b>6-8 Step-By-Step Painting Class</b> <b>7-8:15 Anticipatory Grief Support</b>	<b>11:30-12:15 Pilates</b> <b>5:30-7:30 Families Create</b> <b>6:30-7:30 Men With Cancer Connect</b>	<b>10-11 Qigong</b>	
<b>11-12 Hatha Yoga</b> <b>4-4:45 Youth Advocacy Group</b> <b>7-8:15 Adult Living With Loss Support</b>	<b>1:30-2:30 Member Social</b> <b>2:30-3:45 Support During Cancer Treatment</b> <b>6-7 Yin Yoga</b> <b>7:00-8:30 Breast Cancer Networking</b>	<b>10-10:45 Journaling</b> <b>6-7:30 Colour Mixing &amp; Movement</b> <b>7-8 Teens Connect</b>	<b>11:30-12:15 Pilates</b> <b>6:30-7:30 Youth With Cancer Connect</b>		

**LEGEND**

In-person, at our Clubhouse in Barrie

Virtually, on Zoom.



Gilda's Club Simcoe Muskoka

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



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

We thank you for your support.



THE COMMUNITY  
FOUNDATION  
OF ORILLIA AND AREA