

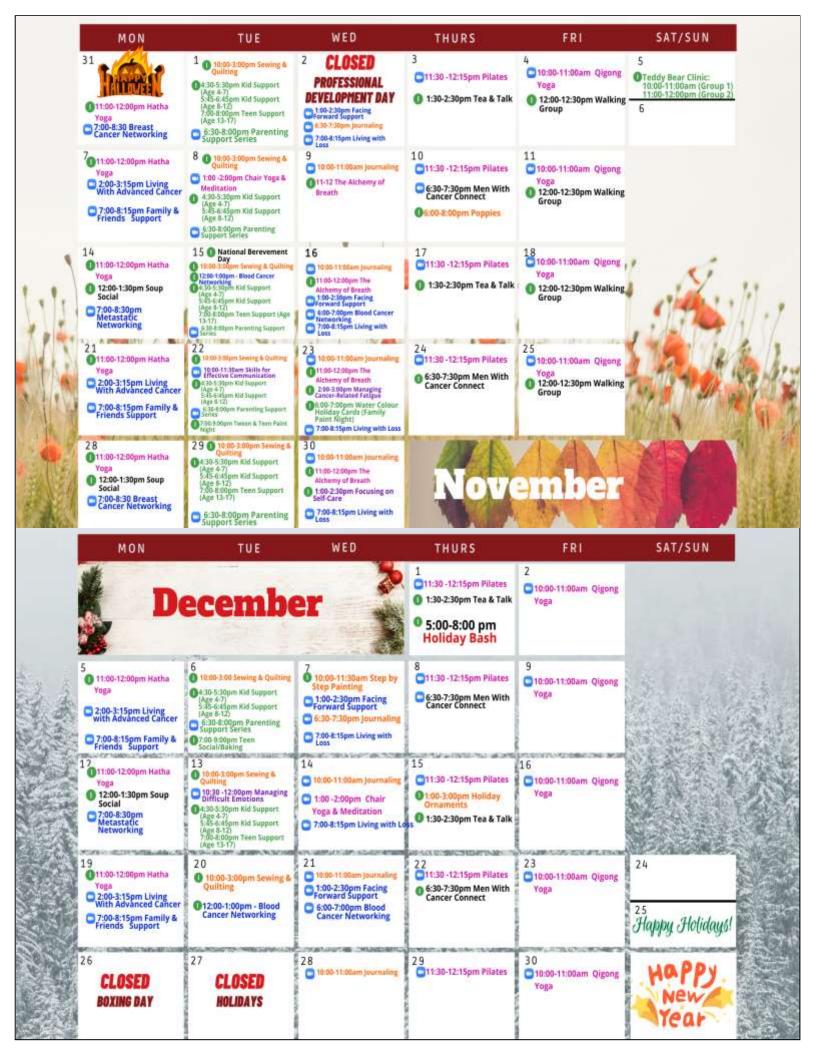
We are a beacon of hope

Gilda's Club is a light at the end of the tunnel for many in the midst of a cancer journey.

Help us shine brighter than ever on Sunday November 27th and join us at our Clubhouse as we light up our Clubhouse for the first time ever. We want our community to celebrate excellent support with us and share what Gilda's Club means to them. *Visit the last page of the Newsletter to see how your year-end gift can be matched by Bayshore Foundation for Empowered Living.*

September saw 39 new members join our free Cancer Support Program and over half were recommended to join by family and friends. We are a beacon of hope for our community, and if you are reading this then you are part of our spectrum of support.

Join us for some great family-friendly fun on Sunday November 27th!!



National Bereavement Day - November 15, 2022

Coping with Holiday Grief - Registration Link Here

The holidays can be a difficult & painful time when we are grieving.

Members are welcome to join us for a workshop designed to explore grief & learn coping strategies to help manage over the holidays.

10:30am - 11:30am

Film Screening & Facilitated Discussion - Registration Link Here

Join us as we screen the documentary Speaking Grief. This documentary is a public media initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them. This is open to anyone and not just members.

The movie will be followed by a facilitated discussion.

12:00pm - 2:00pm

Community is Stronger Than Cancer - Available Everywhere

Your Gilda's Club Simcoe Muskoka is part of a Network with dozens of Cancer Support Communities and Gilda's Club Worldwide.

Collectively we have created and support www.mylifeline.org and our Helpline 888-793-9355 so anyone, anywhere can access support.

Free Support & Resources

- Licensed community navigators provide support in over 200 languages
- Connections to local or national resources, including support groups, transportation services, and other programs
- Specialized information and navigation
- Treatment decision planning

What People Have Been Saying:

"I was overwhelmed by the generosity and helpfulness of each person I spoke with! Thanks for getting me started in the right direction!"

- Helpline Caller

"I called and spoke to a helpline staff member, who was AMAZING! She listened with a caring ear to my story and provided me with resources and phone numbers for support."

- Helpline Caller

"Thank you. I've got hope on my horizon now." - Helpline Caller

HELPLINE 888-793-9355

Gilda's Club Simcoe Muskoka www.gildasclubsimcoemuskoka.org 1-705-726-5199 program@gildasclubsm.org Cancer Support Helpline
Monday to Friday 9AM - 9PM EST
Saturday-Sunday 9AM- 5PM EST
www.mylifeline.org
1-888-793-9355

Catch The Ace





Barrie Legion 147 and Rotary Club of Barrie have joined forces in support of our community!

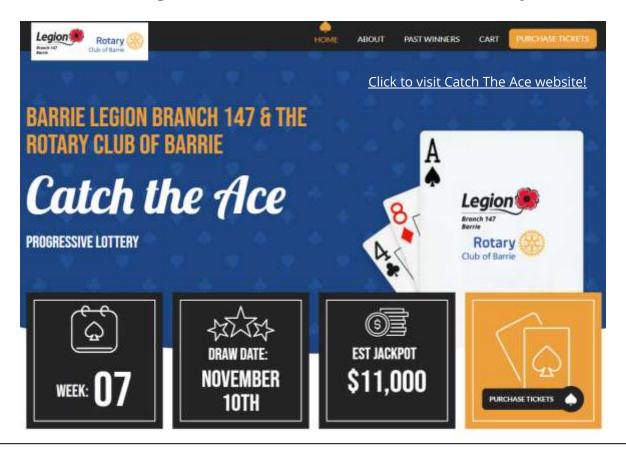
The Barrie Legion was one of the first to be approved for the Catch the Ace Lottery introduced by the Ontario Government in 2015.

Since 2017, The Legion has had 7 "successful" draws with over \$400,000 distributed to Weekly and JackPot Prize Winners!

With the proceeds they received, they contributed over \$100,000 back to other Barrie and Simcoe County charitable organizations including: Special Olympics Ontario; Gilda's Club (Simcoe Muskoka); The Salvation Army and the Alzheimers Society.

The Legion also uses proceeds to ensure the Barrie Legion remains a place in our community where we honour our Veterans and our Canadian Military history.

The Legion is now partnering with the Rotary Club of Barrie where the collective experience will increase the reach and impact for organizations that serve our community.





Visit Toy Tea Website
For more information

Financial Worries? Free Workshop on Nov 17th

Clarity Private Wealth Solutions has designed a <u>6 Elements of a Safer</u>, <u>Happier Retirement Workshop</u> to help empower people to introduce some certainty into their financial situation in these uncertain times.

- High Interest Rates
- High Inflation
- Scary Markets

These are causing a lot of anxiety for people near, at, or already in retirement. You are invited to join and learn how to gain clarity & have some peace of mind in troubling times.

- Considerations
- Strategies
- Planning Opportunities

People should know about to reduce their stress and anxiety and bring some clarity into their personal financial life!

Clarity Private Wealth Solutions is bringing some their clients to visit Gilda's Club as the host on the 17th, and is open to the general public to help bring awareness to the great work Gilda's Club does!

Register with Clarity Private Wealth Solutions directly.

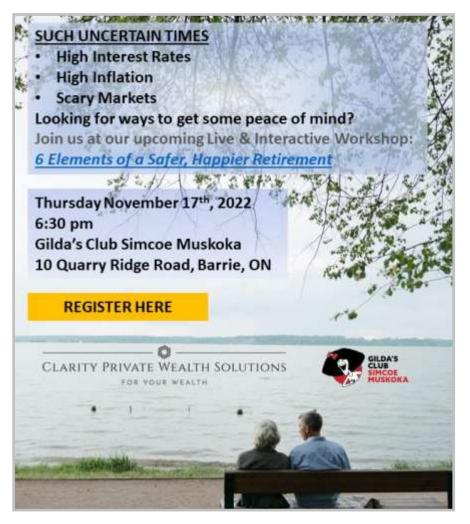
Central Ontario Office

Suite 201 - 128 Wellington St. West, Barrie, ON L4N 8J6

Muskoka Office

15 South Mary Lake Road, Port Sydney, ON P0B 1L0

Disclaimer: Workshop is for educational purposes only. Past performance does not guarantee future results. No promises, guarantees or outcomes are made for the attendees results. Insurance products are sold exclusively by representatives who are licensed by the provincial regulators and registered with qualified financial services. Insurance products are provided through multiple insurance carriers. Segregated fund products are offered through multiple carriers. Subject to any applicable death benefit guarantee, any part of the premium or other amount is allocated to a segregated fund, is invested at the risk of the policy owner, and may increase or decrease in value according to the fluctuations in the market value of the assets of the segregated fund.



Raw & Reflective Calendar



2023 looks good

The Raw & Reflective calendar looks good - and will look even better in your home or office.

<u>Visit our website</u> to get yours today!

Only \$25!

2023 Theme is GRIT

Grit is a word with multiple meanings, and even in the simplicity of 4 letters this word grit can possess enough power to alter outcomes and directions.

No one has ever invited a cancer diagnosis into their home. Cancer is an uninvited guest that is dirty, rough and raw at every interaction. A journey or trek that is full of grit and abrasion that wears you down in the slowest of ways. Sandpaper on your spirit, desires and dreams.

The models, photographers and stories in this calendar meet that abrasive definition with one of their own design – one that personifies the ability to persist with passion and perseverance in the face of cancer.

This kind of passion is not about intense emotions, it's about having direction and commitment - and support.



Check out our <u>fundraising events pages</u> on our website for the latest information and details on all of our events!

Light Up Gilda's Club - What will the Clubhouse look like?

Light Up Gilda's Club is filled with free family-friendly entertainment. Participate in fun activities like a Chili Cook-off where four local groups are competing for the title of best chili with funds for our programming.

Join us on Sunday November 27th from 3:00 PM to 5:30PM and celebrate Gilda's Club and how Community is Stronger than Cancer.

- Meet & Greet with Anna, Elsa & Olaf from Dream Parties
- A special dance performance from the very talented Dance Team of Hamilton School of Irish Dance

<u>Visit our webpage</u> for more details and information and watch Gilda's Club Simcoe Muskoka light up for the holiday for the first time!

Tours, Raw & Reflective Calendar sales, Auction, bake sale, and meet our staff and Program Team!



50% Matching Gift

All donations to this link are matched by 50% thanks to the Bayshore Foundation for Empowered Living

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WWW.GILDASCLUBSIMCOEMUSKOKA.ORG

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