

Gilda's Club Simcoe Muskoka Program Calendar

January, February, & March 2021



Gilda's Club Simcoe Muskoka provides **FREE** emotional and social support services to those impacted by cancer. Who qualifies? Ontario residents who are:

- Living with a cancer diagnosis
- Caregiving for someone with cancer
- Grieving the death of someone who died of cancer.

All ages, including children.

*To register, call 705-726-5199,
or email program@gildasclubsm.org*

What do we offer?

- Professionally facilitated Support Groups
- Individual counselling
- Social activities
- Recreational activities
- Educational workshops
- Family activities
- Individual services for children & teens
- Support Groups for children & teens
- And more!

All for free! Now available virtually!

Please note that due to the COVID-19 pandemic, all services, including Support Groups and counselling, are offered only through Zoom or by telephone. Our Clubhouse will remain closed to the public until further notice.

So that no one faces cancer alone.™

Member Information

Pre-registration is required for all activities.

To register and get your Zoom link, call **705-726-5199**, or e-mail program@gildasclubsm.org with your first & last name, and list of activities for which you wish to register.

If you are unable to make an activity for which you are registered, we kindly request you give us minimum 24 hours notice.

Please note that due to COVID-19, our Clubhouse will remain closed until further notice, and all activities are hosted virtually through Zoom- a free, secure application compatible with all computers, laptops, tablets, and Smartphones.

Support Groups



Support & Networking Groups are a chance for Members to talk, find mutual support, and share wisdom with others who truly get it. All Support & Networking Groups at Gilda's Club Simcoe Muskoka are professionally facilitated by a registered Mental Health Professional with a Master's degree. Because support works better when you can build trust-based bonds with others, we ask that you make a commitment to come to every session of your group, unless illness, medical appointments, or unforeseen circumstances prevent it. For more information on our Support Groups, visit <https://gildasclubsimcoemuskoka.org/programs/> or call 705-726-5199 ext. 225.

Breast Cancer Networking Group

A monthly Networking group for those living with any type of breast cancer, in any stage of treatment. Share wisdom, ask questions from those who have been there, and build support.

The last Tuesday of each month

Tuesday January 26, 7:00 – 8:30pm

Tuesday February 23, 7:00 – 8:30pm

Tuesday March 30, 7:00 – 8:30pm

Blood Cancer Networking Group **NEW TIME**

A monthly Networking group for those living with any type of blood cancer, in any stage of treatment. Share wisdom, ask questions from those who have been there, and build support.

The third Thursday of each month

Thursday January 21, 5:30 – 6:30pm

Thursday February 18, 5:30 – 6:30pm

Thursday March 18, 5:30 – 6:30pm

Family & Friends Support Group **NEW DAY & TIME**

A biweekly group for those caregiving for someone with any cancer diagnosis. Express feelings, gain insights, and get support from other caregivers.

2nd & 4th Tuesday of each month

5:30 – 6:30pm

Circle of Life Support Group

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.

2nd & 4th Monday of each month

3:00 – 4:00pm

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

Living With Loss Support

8-week series

For those who are grieving the death of someone who died of cancer. Explore and share your experiences and feelings around grief, and find support with others who have experienced a cancer-related loss.

Mondays, 7:30 – 8:30pm

February 1 – March 29

Newly Diagnosed Cancer Support

8-week series

For those who have been diagnosed with any type of cancer, regardless of treatment type or stage, within the last 12 months. Connect with others who understand.

Wednesdays, 6:30 – 8:00pm

February 10 – March 31

Movement Classes



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, and overall wellness.

Every Monday

12:00 – 12:45pm

Slow Flow Yoga

Join your Gilda's Club community for this relaxing yoga class, from the comfort of your own home! Perfect for beginners, enjoy gentle movement that supports relaxation and overall wellness.

Every Tuesday

10:00 – 10:45am

NEW! 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 Wednesday

3:00 – 3:45pm

Gentle Stretch **NEW DAY & TIME**

Enjoy a gentle warm-up followed by a restorative full-body stretch. All levels of mobility welcome and class can be done from a chair if needed.

Every Thursday

10:00 – 10:45am

Chair Yoga & Meditation

Enjoy gentle movement to awaken the spine, shoulders, and hips using the support of the chair, followed by a guided meditation. *You will need a hard chair without arms, such as kitchen or folding chair.*

2nd & 4th Thursdays of each month

2:00 – 3:00pm

Art Classes

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

Cool Blue Winter Landscapes

Join Kim for a virtual arts experience using your own materials at home. Have fun capturing the beauty of winter landscapes using a monochromatic colour palette. Inspiration for this task begins with a brief read aloud of poetic verse by Robert Frost.

Materials needed: pencil/eraser, several pieces of paper (any size), and various blue paints, or pencil crayons, or crayons, or pastels.

Wednesday, January 13

1:00 – 2:30pm

A Sense of Perspective 🎨

With a basic knowledge of perspective, you will find it much easier to recreate the often complex three dimensional world around you on flat painting surface. We will explore perspective and vanishing points in order to create a finished work of art.

Monday, January 18

6:00 – 7:30pm

Creating Emotional Impact 🎨

The overall lightness and darkness of picture and how to manipulate is an invaluable tool for creating mood and atmosphere. In this session we will focus on tonal value and the impact it has on creating contrast.

Monday, February 8

6:00 – 7:30pm

My Funny Valentine

Join Kim for a virtual arts experience using your own materials from home. We'll experiment with a variety of cartooning techniques as we create Valentine-themed images which can be transformed into cards, gift envelopes, or boxes.

Materials needed: pencil/eraser, pieces of paper (any size), black permanent marker, paint brushes, water, crayons or oil pastels, red or pink watercolour OR water-based paint

Tuesday, February 9

1:00 – 2:30pm

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!

Monday, February 22

1:00 – 2:30pm

Abstract Painting 🎨

Learning a variety of fun techniques will help free you up to explore colour, shape and composition as we investigate the world of abstract art.

Monday, March 15

6:00 – 7:30pm

Monet's Japanese Bridge

Join Kim for a virtual arts experience using your own materials at home. Participants will create their own vision of Monet's Japanese Bridge which is located in Giverny, France. This workshop will also include a discussion about Impressionism and Monet's work.

Materials needed: watercolour paper (any size), watercolour paints, masking tape (optional), brushes and water

Thursday, March 18

1:00 – 2:30pm

Educational Workshops



Chat With A Child Life Specialist

Join Jocelyn Leworthy, Certified Child Life Specialist and CYF Coordinator for a casual opportunity to connect and learn about strategies to support your child or teen. This is a new monthly series that will allow caregivers to come together and chat about behaviour guidance strategies, supporting coping, preparing children for medical experiences, and other cancer-related topics.

Tuesday January 19, 12:00 – 1:00pm

Tuesday February 23, 12:00 – 1:00pm

Tuesday March 23, 12:00 – 1:00pm

Goal Setting in Uncertain Times

The only thing we know about 2021 is it will likely be as unpredictable as 2020. Being unsure about what the future holds, does not mean that you have to give up your goals. Join us for this presentation as we discuss how to set and work towards your goals, even in the most uncertain times.

Thursday, January 28

12:00 – 1:30pm

Meal Planning & Prepping

Learn some tips and tricks to get the most out of your groceries. Whether you are brand new to meal planning and prepping, or just looking for some new tips, this presentation is for you! There will also be great resources, and maybe a recipe or two!

Wednesday, February 10

1:00 – 2:00pm

Mindfulness (6-week series)

This series will include learning about the positive effect's mindfulness has on the mind and body. We will explore topics such as mindful eating, mindful seeing, and mindful writing, and breathing techniques.

Thursdays, 7:30 – 8:30pm

February 11 – March 18

Your Career After Cancer

"It is never too late to be who you might have been." - George Elliot: Has your cancer journey made you question "What's next" with your career? Do you want to grow in your current role? Do you need a career pivot? Do you just want to understand where to start? If you said YES to one or more of these questions then it is time to join Jennifer of JAYEM for an informational and interactive session where we will explore the world of careers and help to determine what is next for you and your career!

Tuesday, February 23

1:00 – 2:30pm

Talking to Children About Cancer

Calling all caregivers, educators and clinicians: join Certified Child Life Specialist Jocelyn Leworthy as she shares how to support children when there is a cancer diagnosis in the family. This presentation will explore challenges that may be experienced when a caregiver has cancer, approaches that may be used to discuss cancer with children/teens based on age, common behavioural responses, and supportive strategies to promote optimal coping.

Thursday, February 25

7:00 – 8:00pm

Countering Self-Criticism

Please join Program Director Sara Desroches, MSW RSW, for this workshop on 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.

Tuesday, March 9

12:00 – 1:30pm

The Importance of Self-Care

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” Join Program Coordinator, Erin, as we discuss the importance of self-care and ways to keep your light shining. Participants will have the opportunity to complete their own, personalized self-care plan.

Thursday, March 25

12:00 – 1:30pm

Social Activities



Journaling

Join Program Coordinator, Erin, and your fellow members as we explore journaling as a group. 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

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!

First & third Thursdays of each month

3:30 – 4:30pm

Member Social

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 every Friday and keep connected with your Gilda's Club Community!

Every Friday

1:30 – 2:30pm

Men's Social

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

Connect with other men who are directly impacted by cancer. Know you are not alone as you chat, laugh, and ask questions with other guys who “get it”!

Second and fourth Thursday of each month

6:30 – 7:30pm



Due to COVID-19, all activities are held virtually through Zoom. For more information or for technical support, e-mail program@gildasclubsm.org or call 705-726-5199.

Dinner is Better Together

The winter nights might be long, but it doesn't mean they can't be spent in good company, virtual company that is! Bring your dinner and join your Gilda's Club community as we enjoy a meal together. Not sure what to have for dinner? When you register for this activity, we'll suggest a new recipe to try!

Third Tuesday of each month

5:30 – 6:30pm

Hot Chocolate Social

The ultimate cure for the winter chill! Warm up with a cup of hot chocolate, and curl up in front of the computer screen while you connect with other Members over fun, virtual ice-breakers. *Hot chocolate kits provided for pickup at the Clubhouse!*

Wednesday, February 24

4:00–5:00pm

Child, Youth & Families

Gilda's Club Simcoe Muskoka offers FREE psychosocial support to children, teens, & families impacted by cancer. Support is offered by our Certified Child Life Specialist. Current sessions are being held over Zoom.



What is a Child Life Specialist?

A Child Life Specialist is a trained psychosocial professional that provides developmentally-appropriate support for children and youth who are impacted by challenging life experiences. They specialize in supporting families coping with illness, hospitalization, grief, and death. Support is play-based, using creative arts, games, and other hands-on expressive activities.

Individual Services for Children & Teens- 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, health coping strategies and express feelings.
- Provide **guidance and support** to adults supporting children with information sharing, talking about cancer, coping, etc.



We offer specific supports for:

- Understanding cancer & medical experiences
- Preparation for medical experiences
- Worries & fears
- Coping
- Separation from loved ones
- Understanding and coping with change
- Legacy building & end of life



Child & Teen Support Groups

Kids Grieve Too

Children ages 5-11 who have had a loved one die from cancer. This group, just for kids, is designed to provide education, creative expression, relaxation techniques, and coping strategies for children who have had a loved one die from cancer.

Every Wednesday, February 17 – March 31
6:00 – 6:45pm

Teens Connect

Teens ages 12-17 who have/had a loved one living with cancer. Teens Connect is a weekly group where you can meet and chat with others 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.

Every Other Wednesday
(Feb 17, Mar 3, Mar 17, & Mar 31)
7:00 – 8:00pm

Youth with Cancer Connection

Youth ages 9-13 who are living with cancer. This weekly group allows youth to meet and chat with others who have/had a cancer diagnosis. Each session explores a new topic related to cancer, emotions, coping, and more. 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.

Every Other Thursday
(Feb 18, Mar 4, & Mar 18)
7:00 – 8:00pm

Child & Teen Workshops

Youth Paint Night

Youth ages 10-17
Join us for a fun evening of connection and creativity with our art instructor Vivian who will walk you through a guided canvas painting.

All materials will be provided for pickup at the Clubhouse.

Monday, January 25
6:30 – 8:00pm

Just for Sibs Celebration

Calling all children who have a brother or sister who has or had cancer. This is a virtual party to celebrate YOU, and how amazing you are! Join us for fun, games, and treats on Zoom!

Saturday, January 23
11:00am – 12:00pm *For ages 4-11*
12:00pm – 1:00pm *For ages 12-17*

Cancer Jeopardy

Children ages 6-12
Join GCSM & GCGT for a collaborative virtual game of Jeopardy with a cancer theme. Test your knowledge and test your knowledge and connect with others who share your experiences!

Wednesday, February 17
4:30 – 5:15pm

Kids Club

Children ages 5-12 who have someone in their life living with cancer

Join us for a new monthly opportunity to connect over fun, expressive activities. This is a space where children can talk about feelings, share experiences, and connect with others who can relate.

Saturday February 20, 11:00am – 12:00pm
Saturday March 20, 11:00am – 12:00pm

Youth Self-Esteem Workshop

Youth ages 10-17

You are incredible! At this workshop we will engage in some fun, expressive activities that will remind you all the amazing things about you and the qualities that make you unique!

Thursday, March 11
7:00 – 8:00pm

Cancer 101 for Kids

Youth ages 5-12

This virtual play-based workshop will help children learn about cancer in a fun and developmentally-appropriate way. Children will have the opportunity to have their questions answered, and connect with other kids touched by cancer.

Thursday, March 3
4:30 – 5:15pm

Families Connect

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

Child and Family Yoga

Children ages 4 and up, plus their family members. GCSM families join Certified Yoga Instructor, Chantelle for a relaxing virtual yoga session. Engaging in yoga is a great way to care for the mind and body through physical movement and mindfulness.

Wednesday January 13, 7:00 – 7:45pm
Wednesday February 10, 4:30 – 5:15pm
& Wednesday March 10, 4:30 – 5:15pm

Medical BINGO

Families with children up to age 17

Join us for a fun game of BINGO with a medical twist. This session is a great opportunity to connect with others and share knowledge, and learn about medical terms & devices as they related to cancer.

Wednesday, January 20
4:30 – 5:15pm

Virtual Therapy Dog Visit

Families with children up to age 17

Join us and our furry friends from St. John Ambulance. On this interactive Zoom call, you’ll get to meet the therapy dogs, learn about them, ask questions, and learn how they help people. Family pets or plush animals are welcome to join the fun! 2 sessions available- choose one or both!

Thursday January 21, 7:00 – 7:45pm
Thursday March 25, 6:30 – 7:15pm

Virtual Family Movie Night

Children ages 4 and up, plus their family members.
GCSM Families, get your popcorn and snacks ready for a virtual family movie night! We will watch together online. If you're looking for a fun challenge, there will also be movie trivia to go along with the flick— and the chance to win a prize!

Friday, February 26

6:30 – 8:30pm

Child Life: Supporting Children & Youth Touched by Cancer

Families with children up to age 17

This is an informational session for families, educators, clinicians, and anyone else in the community who would like to learn more about how Child Life services at Gilda's Club Simcoe Muskoka can support children and youth impacted by cancer.

Tuesday, March 30

7:00 – 8:00pm

Virtual March Break Kamp

Materials kits with all supplies needed will be provided- please enquire when registering,
to Jocelyn@gildasclubsm.org

Creation Station

Children ages 6-11

Join us for an afternoon of art where you can unleash your creativity, and express yourself!

Teen Creations

Youth ages 12-17

Join us for an evening of creation & connection!

Tuesday, March 16

7:00 – 8:00pm

Child & Youth Yoga

Children ages 4+, and their family.

Join yoga instructor Chantelle for a relaxing virtual yoga session. Engaging in yoga is a great way to care for the mind & body through physical movement and exercise.

Tuesday, March 17

1:00 – 2:00pm

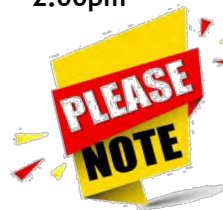
Virtual Teddy Bear Clinic

Children ages 4-12, and their family.

Join us for our first ever virtual Teddy Bear Clinic! Children can bring their favourite plush pal, and will be provided with a materials kit to engage in medical play with the group. Participants will have the opportunity to learn about and express their own medical experiences related to cancer as they create and play through a series of activities.

Thursday, March 18

1:00 – 2:00pm



Due to COVID-19, all activities are held virtually through Zoom. For more information or for technical support, e-mail program@gildasclubsm.org or call 705-726-5199.

January

MON

TUE

WED

THU

FRI

SAT

				1 CLOSED NEW YEARS DAY	
4 12-12:45 Pilates	5 10-10:45 Slow Flow Yoga	6 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong	7 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social	8 1:30-2:30 Member Social	
11 12-12:45 Pilates 3-4 Circle of Life Support	12 10-10:45 Slow Flow Yoga 7-8: Family & Friends Support	13 10-10:45 Journaling 1-2:30 Cool Blue Winter Landscapes 3-3:45 Qigong 7-7:45 Family Yoga	14 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	15 1:30-2:30 Member Social	
18 12-12:45 Pilates 6-7:30 A Sense of Perspective	19 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 5:30-6:30 Dinner Is Better Together	20 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Medical BINGO	21 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-7:45 Therapy Dog Visit	22 1:30-2:30 Member Social	23 11-12 Just For Sibs Celebration: Kids 12-1 Just For Sibs Celebration: Teens
25 12-12:45 Pilates 3-4 Circle of Life Support 7-8:150 Family & Friends Support 6:30-8 Youth Paint Night	26 10-10:45 Slow Flow Yoga 7:00-8:30 Breast Cancer Networking	27 10-10:45 Journaling 3-3:45 Qigong	28 10-10:45 Gentle Stretch 12-1:30 Goal Setting In Uncertain Times 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	29 1:30-2:30 Member Social	

February

MON	TUE	WED	THU	FRI	SAT
1 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	2 10-10:45 Slow Flow Yoga	3 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong	4 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social	5 1:30-2:30 Member Social	
8 12-12:45 Pilates 3-4 Circle of Life Support 6-7:30 Creating Emotional Impact 7-8:15 Family & Friends Support 7:30 - 8:30 Living With Loss Support	9 10-10:45 Slow Flow Yoga 1:00-2:30 My Funny Valentine	10 10-10:45 Journaling 1-2 Meal Planning And Prepping 3-3:45 Qigong 4:30-5:15 Family Yoga 6:30-8 Newly Diagnosed Cancer Support	11 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7:30-8:30 Mindfulness	12 1:30-2:30 Member Social	
15 CLOSED FAMILY DAY	16 10-10:45 Slow Flow Yoga 5:30-6:30 Dinner Is Better Together	17 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Cancer Jeopardy 6:30-8 Newly Diagnosed Cancer Support 6-6:45 Kids Grieve Too 7-8 Teens Connect	18 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	19 1:30-2:30 Member Social	20 11-12 Kids Club (ages 5-12)
22 12-12:45 Pilates 1-2:30 Step By Step Painting Class 3-4 Circle of Life Support 7-8:15 Family & Friends Support 7:30 - 8:30 Living With Loss Support	23 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 1-2:30 Your Career After Cancer 7:00-8:30 Breast Cancer Networking	24 10-10:45 Journaling 3-3:45 Qigong 4-5 Hot Chocolate Social 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	25 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Talking to Children About Cancer 7:30-8:30 Mindfulness	26 1:30-2:30 Member Social 6:30-8:30 Family Movie Night	

March

MON	TUE	WED	THU	FRI	SAT
1 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	2 10-10:45 Slow Flow Yoga	3 10-10:45 Journaling 1-2:30 Facing Forward Support 3-3:45 Qigong 4:30-5:15 Cancer 101 For Kids 6:30-8 Newly Diagnosed Cancer Support 6-6:45 Kids Grieve Too 7-8 Teens Connect	4 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzicle: Trivia Social 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	5 1:30-2:30 Member Social	
8 12-12:45 Pilates 3-4 Circle of Life Support 7:30 - 8:30 Living With Loss Support	9 10-10:45 Slow Flow Yoga 12-1:30 Countering Self-Criticism 5:30-6:30 Family & Friends Support	10 10-10:45 Journaling 3-3:45 Qigong 4:30-5:15 Family Yoga 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	11 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social 7-8 Youth Self-Esteem Workshop 7:30-8:30 Mindfulness	12 1:30-2:30 Member Social	
15 12-12:45 Pilates 6-7:30 Abstract Painting 7:30 - 8:30 Living With Loss Support	16 10-10:45 Slow Flow Yoga 1-2 Kids Kamp: Creation Station (ages 6-11) 5:30-6:30 Dinner Is Better Together 7-8 Kids Kamp: Teen Creations (ages 12-17)	17 10-10:45 Journaling 1-2 Kids Kamp: Child & Youth Yoga (ages 4+) 1-2:30 Facing Forward Support 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support 7-8 Teens Connect	18 10-10:45 Gentle Stretch 1:00-2:30 Monet's Japanese Bridge 3:30-4:30 Let's Get Quizzicle: Trivia Social 5:30-6:30 Blood Cancer Networking 7-8 Youth With Cancer Connection 7:30-8:30 Mindfulness	19 1:30-2:30 Member Social 1-2 Virtual Teddy Bear Clinic	20 11-12 Kids Club (ages 5-12)
22 12-12:45 Pilates 3-4 Circle of Life Support 7:30 - 8:30 Living With Loss Support	23 10-10:45 Slow Flow Yoga 12-1 Chat With A Child Life Specialist 5:30-6:30 Family & Friends Support	24 10-10:45 Journaling 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support	25 10-10:45 Gentle Stretch 12-1:30 The Importance of Self Care 2-3 Chair Yoga & Meditation 6:30-7:15 Virtual Therapy Dog Visit 6:30-7:30 Men's Social	26 1:30-2:30 Member Social	
29 12-12:45 Pilates 7:30 - 8:30 Living With Loss Support	30 10-10:45 Slow Flow Yoga 7-8 Child Life: Supporting Children & Youth Impacted by Cancer 7:00-8:30 Breast Cancer Networking	31 10-10:45 Journaling 3-3:45 Qigong 6-6:45 Kids Grieve Too 6:30-8 Newly Diagnosed Cancer Support 7-8 Teens Connect			

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

Our evidence-based Cancer Support Program is available for FREE to those impacted by cancer. Now available online!

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)

Preference will be given to those who are not eligible for the Counselling and Support Services at the Simcoe Muskoka Regional Cancer Centre.

For more information, or to register, call 705-726-5199 ext. 225
Or e-mail sara@gildasclubsm.org

Please note that due to COVID-19, sessions are currently held over the phone, or through Zoom.



Any cancer diagnosis.
Any age.

So that no one faces cancer alone.™



Follow us



@GildasClubSM



facebook.com/gildasclub