



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

# Program Calendar

January, February, March 2023

## Free Cancer Support for Individuals and Families



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



*Gilda's Club Simcoe Muskoka is a mask friendly facility.*

*It will be each person's choice to wear a mask or not. We continue to ask that if you are feeling any symptoms of a cold, flu or COVID 19, that you refrain from attending the Clubhouse until your symptoms have subsided. If you feel uncomfortable with the change in mask policy, our virtual services remain a safe and inclusive option for you.*

## 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 Monday of each month **7:00pm - 8:30pm**  
**January 9; February 13; March 13** **VIRTUAL**

### Blood Cancer Networking\*

*\*Note: In Person sessions may resume in April if interest expressed*

The third Wednesday of each month **6:00pm - 7:00pm**  
**January 18; February 15; March 15** **VIRTUAL**

### Breast Cancer Networking

The last Monday of each month **7:00pm-8:30pm**  
**January 30; February 27; March 27** **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!

### Living with Advanced Cancer

This hopeful and 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 advanced cancer.

First and third Monday of each month **VIRTUAL**  
**January 16; February 6; March 6 & 20**  
**No sessions Jan 2 (Stat Holiday)**  
**& Feb 20 (Family Day)**  
**1:00pm - 2:15pm**

### 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**  
**Jan 16; Feb 6; Mar 6 & 20 7:00pm - 8:15pm**  
**No sessions Jan 2 (Stat Holiday) & Feb 20 (Family Day)**

### 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 **VIRTUAL**  
**Jan 4 & 18; Feb 1 & 15; Mar 1 & 15 1:00pm - 2:30pm**

### Living With Loss 8-WEEK SERIES

Open to Members who have had a family member or friends die from cancer. Find Bereavement support from others who truly "get it", learn coping strategies and share your own grief journey. Every Wednesday for 8 Weeks **VIRTUAL**  
**7:00pm - 8:15pm**  
**Starts January 18; Ends March 8**

### Parent Support Series Six-week series

**Adults who are supporting children and teens.** Parenting 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: January 17**  
**Last session: February 21**

## 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! 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. Knitters are welcome too!

**Every Tuesday** **IN-PERSON**  
**Drop In between 10:00am & 3:00pm**

### 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.

**Thursday, January 19** **IN-PERSON**  
**1:00pm - 3:00pm**

### My Funny Valentine

Engage your creativity in an artistic endeavour inspired by Valentines Day.

**Tuesday, February 14** **IN-PERSON**  
**6:00pm - 8:00pm**

### Lets 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.

**Friday, March 17** **IN-PERSON**  
**1:00pm - 3:00pm**

## 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 and 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 Jan 2 (Stat Holiday) & Feb 20 (Family Day)*

### 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**

*No session March 9 (Closed for PD Day)*

### Qigong Yoga (Changing to IN-PERSON!)

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** **IN-PERSON**  
**10:00am - 11:00am**  
**No session March 10 (Closed for PD Day)**

## NOT A MEMBER?

## JOINING IS FREE & EASY!



Visit our website:

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





## Educational Workshops

### Coping with Uncertainty

Learn skills and strategies to decrease worry, stress and anxiety related to uncertainty when impacted by cancer. Whether you or your loved one are on watch & wait, participating in a clinical trial, or are awaiting test results, this workshop will leave you equipped to cope with uncertainty in a productive and healthy way.

Presented by Sara, MSW, RSW.

**Tuesday, January 17**

**10:00am - 11:30am**

**VIRTUAL**

### Countering Self-Criticism

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

**Thursday, February 23**

**10:00am - 11:30am**

**VIRTUAL**

### Coping With Grief: Your Terminal Diagnosis

If you have been given a Terminal Diagnosis and are struggling to cope with anger, guilt, regret, sadness, anxiety, or any other painful or unpleasant emotions, you are invited to come learn how to cope with these challenging emotions. Using the Dialectical Behavioural Therapy (DBT) model, participants will be equipped with new skills to make emotions work for you, instead of against you. Presented by Sara, MSW, RSW.

**Tuesday, March 21**

**10:00am - 11:30am**

**VIRTUAL**

## Social Activities



### 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

**January 12; February 9; March 9**

Fourth Thursday of each month

**January 26; February 23; March 23**

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

**VIRTUAL**

**IN-PERSON**

### Soup Social

As the colder weather nears, drop in to the Clubhouse for a combination warm soup and warm conversation.

Second and Fourth Monday of each month

**January 9 & 23; February 13 & 27; March 13 & 27**

**12:00pm - 1:30pm**

**IN-PERSON**



Close to capacity the last few sessions - register early!



## HOW TO REGISTER FOR ACTIVITIES

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

**Visit <https://www.gildasclubsimcoemuskoka.org> and click on the Program Calendar Link at the top of the page.**

**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!*

MON

TUE

WED

THURS

FRI

2

**CLOSED**  
**STAT HOLIDAY**

3

10:00am-3:00pm  
Sewing & Quilting

4

1:00-2:30pm Facing  
Forward Support

5

11:30 -12:15pm Pilates

6

10:00-11:00am  
Qigong Yoga

9

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm Soup  
Social

7:00-8:30pm  
Metastatic  
Networking

10

10:00am-3:00pm  
Sewing & Quilting

11

16

11:00-12:00pm  
Hatha Yoga

1:00-2:15pm Living With  
Advanced Cancer

7:00-8:15pm Family &  
Friends Support

17

10:00am-3:00pm  
Sewing & Quilting

10:00-11:30am  
Coping with  
Uncertainty

6:30-8:00pm Parenting  
Support Series

18

1:00-2:30pm Facing  
Forward Support

6:00-7:00pm Blood  
Cancer Networking

7:00-8:15pm Living  
with Loss

19

11:30 -12:15pm Pilates

1:00-3:00pm Winter  
Landscapes

20

10:00-11:00am  
Qigong Yoga

23

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm  
Soup Social

24

10:00am-3:00pm  
Sewing & Quilting

6:30-8:00pm Parenting  
Support Series

25

7:00-8:15pm Living  
with Loss

26

11:30 -12:15pm Pilates

6:30-7:30pm Men With  
Cancer Connect

27

10:00-11:00am  
Qigong Yoga

30

11:00-12:00pm  
Hatha Yoga

7:00-8:30 Breast  
Cancer Networking

31

10:00-3:00pm  
Sewing & Quilting

6:30-8:00pm Parenting  
Support Series

# January



MON

TUE

WED

THURS

FRI

6

11:00-12:00pm  
Hatha Yoga

1:00-2:15pm Living  
With Advanced Cancer

7:00-8:15pm Family &  
Friends Support

7

10:00-3:00pm  
Sewing & Quilting

6:30-8:00pm Parenting  
Support Series

13

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm  
Soup Social

7:00-8:30pm  
Metastatic  
Networking

14

10:00-3:00pm  
Sewing & Quilting

6:00-8:00pm My Funny  
Valentine

6:30-8:00pm Parenting  
Support Series

20

**CLOSED**  
**FAMILY DAY**

27

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm  
Soup Social

7:00-8:30 Breast  
Cancer Networking

1

1:00-2:30pm Facing  
Forward Support

7:00-8:15pm Living  
with Loss

8

7:00-8:15pm Living  
with Loss

15

1:00-2:30pm Facing  
Forward Support

6:00-7:00pm Blood  
Cancer Networking

7:00-8:15pm Living  
with Loss

22

7:00-8:15pm Living  
with Loss

2

11:30 -12:15pm Pilates

9

11:30 -12:15pm Pilates

6:30-7:30pm Men  
With Cancer Connect

16

11:30 -12:15pm Pilates

23

10:00-11:30am  
Countering  
Self-Criticism

11:30 -12:15pm Pilates

6:30-7:30pm Men  
With Cancer Connect

3

10:00-11:00am  
Qigong Yoga

10

10:00-11:00am  
Qigong Yoga

17

10:00-11:00am  
Qigong Yoga

24

10:00-11:00am  
Qigong Yoga

# February

MON

TUE

WED

THURS

FRI



# March

6

11:00-12:00pm  
Hatha Yoga

1:00-2:15pm Living  
with Advanced Cancer

7:00-8:15pm Family &  
Friends' Support

13

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm  
Soup Social

7:00-8:30pm  
Metastatic  
Networking

20

11:00-12:00pm  
Hatha Yoga

1:00-2:15pm Living  
With Advanced Cancer

7:00-8:15pm Family &  
Friends' Support

27

11:00-12:00pm  
Hatha Yoga

12:00-1:30pm  
Soup Social

7:00-8:30 Breast  
Cancer Networking

7

10:00-3:00  
Sewing & Quilting

14

10:00-3:00pm  
Sewing & Quilting

21

10:00-3:00pm  
Sewing & Quilting

10:00 -11:30am  
Coping With Grief:  
Your Own Terminal  
Diagnosis

28

10:00-3:00pm  
Sewing & Quilting

1

1:00-2:30pm Facing  
Forward Support

7:00-8:15pm Living  
with Loss

8

7:00-8:15pm Living  
with Loss

15

1:00-2:30pm Facing  
Forward Support

6:00-7:00pm Blood  
Cancer Networking

22

2

11:30 -12:15pm Pilates

9

**CLOSED**  
**PROFESSIONAL**  
**DEVELOPMENT DAY**

6:30-7:30pm Men  
With Cancer Connect

16

11:30 -12:15pm Pilates

23

11:30 -12:15pm Pilates

6:30-7:30pm Men  
With Cancer Connect

30

11:30-12:15pm Pilates

3

10:00-11:00am  
Qigong Yoga

10

**CLOSED**  
**PROFESSIONAL**  
**DEVELOPMENT DAY**

17

10:00-11:00am  
Qigong Yoga

1:00-3:00pm  
Let's Fly a Kite

24

10:00-11:00am  
Qigong Yoga

31

10:00-11:00am  
Qigong Yoga



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An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



*What a great resource.*

*The staff is wonderful and the  
peers are a wealth of support.  
A true ray of light in somewhat  
dark times..*

Kari M  
Google Review

We want your Google Reviews to help more people discover us when they are searching for cancer support.

Please take a moment to share your review of Gilda's Club Simcoe Muskoka.

Gilda's Club is governed by over a dozen volunteers who sit on our Board of Directors, and ensuring that we are responsive to our community's needs.

Your review can help us connect with - and support - more people.

Hit Google in your search browser and share your thoughts and help others looking for help,

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