

Gilda's Club Simcoe Muskoka Program Calendar

April, May, & June
2021



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

- Living with a cancer diagnosis
- Finished cancer treatment
- 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 & movement classes
- 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 Club-house 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 April 27, 7:00 – 8:30pm

Tuesday May 25, 7:00 – 8:30pm

Tuesday June 29, 7:00 – 8:30pm

Blood Cancer Networking Group **NEW DAY & 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 Wednesday of each month

Wednesday April 21, 6:00– 7:00pm

Wednesday May 19, 6:00– 7:00pm

Wednesday June 16, 6:00– 7:00pm

Family & Friends Support Group

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

2nd & 4th Monday of each month

7:00 – 8:15pm

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

May 3 – June 28

Cancer & COVID-19 Support **NEW**

8-week series

For those who were diagnosed with any type of cancer during the COVID-19 pandemic, and/or are currently in active cancer treatment. Connect with others who truly understand what it is like to experience a cancer diagnosis during a global pandemic, while sharing and learning coping strategies.

Wednesdays, 6:30 – 8:00pm

April 28 – June 16



Educational Workshops



Mental Health Wellness in a Cancer & COVID-19 Context **NEW**

6-week series

Learn concrete skills for improving symptoms of anxiety, depression, or other mental health concerns, in the specific context of being impacted by both cancer and COVID-19. Skills will draw on Cognitive Behavioural Therapy (CBT), Self Compassion, and psychoeducation. Open to those with an active cancer diagnosis, cancer survivors, and/or those caregiving for someone with cancer.

Thursdays, 6:30 – 8:00pm

April 29– June 3

Supporting Youth Impacted by Cancer and Grief **NEW**

Parents, educators, clinicians, and community members are invited to turn in and learn how you can support youth, when someone in their life has cancer or has had someone in their life die from cancer. You will also have the opportunity to learn from youth with lived experiences, and hear what others can do to be supportive.

Thursday, June 17

6:30 – 8:00pm

Art Classes



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

Portrait of a Pet 🎨

This acrylic painting class will teach you techniques for texture and blending colours, to create a fun portrait of a pet or animal of your choosing!

Monday, April 19
6:00 – 7:30pm

Picasso-Ish

Join Kim for a virtual arts experience using your own materials at home. We will explore the world of abstract art by looking at a variety of portraits by Pablo Picasso. Participants will create colourful portraits in his Cubist style.

Materials needed: pencil/eraser, several pieces of paper (any size), black marker, and your choice of paints, pencil crayons, crayons or pastels to add colour.

Tuesday, April 20
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, May 17
1:00 – 2:30pm

Flower Power

Join Kim for a virtual arts experience using your own materials at home. May flowers are here and we will take inspiration from American artist Georgia O'Keeffe as we create floral images. Be prepared for "BIG" results.

Materials needed: pencil/eraser, several pieces of paper (any size), black marker, and your choice of paints, pencil crayons, or pastels to add colour.

Thursday, May 20
1:00 – 2:30pm

Beautiful Flowers 🎨

Choose abstract or realism to express your favorite flowers that will be bold with colour and full of movement if not the flowers.... then definitely the background!

Monday, May 31
6:00 – 7:30pm

The World of Tessellations

Join Kim for a virtual arts experience using your own materials at home. Let's get mathematical as we explore some of the graphic designs by M. C. Escher. Participants will create decorative motifs by repeating the unique geometric shapes they create.

Materials needed: pencil/eraser, several pieces of paper (any size), black marker, scissors, tape, Bristol board or card stock (cut several 4 inch squares) and your choice of paints, pencil crayons, pastels or markers to add colour.

Wednesday, June 23
1:00 – 2:30pm

Brilliant Landscapes 🎨

Background ...middle groundforeground will help you build and layer your composition to produce a memorable work of art. Try choosing a photo meaningful to you to work from.

Monday, June 28
6:00 – 7:30pm

Movement Classes



Pilates **NEW TIME**

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
11:30am – 12:15pm

Rest & Restore Yoga **NEW**

Join Penny for 60 minutes of slow movement, combined with long holds and gentle stretches. Poses are held for several minutes to release tension in the connective tissues, while we focus on stillness and breath. Participants will find rest and renewal through restorative & yin poses, as well as meditative breathing techniques. All levels are always welcome.

Every Monday
8:30 – 9:30pm

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

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 – 4:00pm

Gentle Stretch

Enjoy a gentle warm-up followed by a restorative full-body stretch. All levels of mobility/ability are welcome and modifications will be offered 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



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

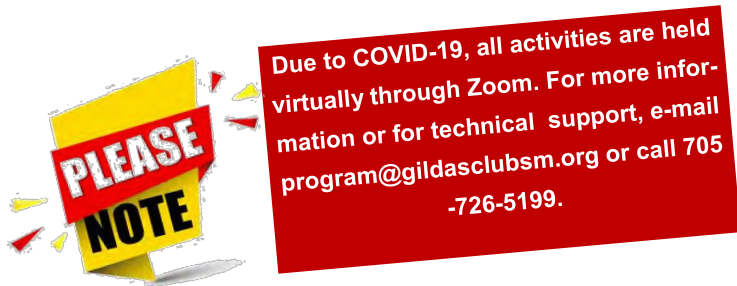
Open to male-identified Members who have a current cancer diagnosis, or are post-treatment.
Connect with other men who are directly impacted by cancer. Know you are not alone as you chat, laugh, and ask questions with other guys who "get it"!

Second and fourth Thursday of each month
6:30 – 7:30pm

Lemonade Garden Party

Join your Program Staff for a virtual garden party! Sip lemonade and enjoy fun, ice-breaker activities as we connect as a community. Lemonade kits will be available for pickup at the Clubhouse!

Tuesday, May 18
3:00 – 4:00pm



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, April 21 – June 9
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
(April 14 & 28, May 12 & 26, June 9)
7:00 – 8:00pm

Youth with Cancer Connection

Youth ages 9-13 who are living with cancer. This 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
April 15 & 29, May 13 & 27, June 10
7:00 – 8:00pm

Child & Teen Workshops

Teen 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, April 19
6:30 – 8:00pm

Kids Mindfulness Series

Children ages 4-10
This new activity provides a space where children can engage in fun and playful activity that promotes the practice of mindfulness.

Wednesday April 21, 4:30 – 5:15pm
Wednesday May 19, 4:30 – 5:15pm
Wednesday June 16, 4:30 – 5:15pm

Youth Self-Care Workshop

Youth ages 13-17
This workshop is designed just for youth, and will provide a space to talk about and engage in activities, plus practice strategies that promote well-being.

Tuesday, June 15
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

Worry Creatures

Youth ages 5-12
Calling GCSM families and community members with children under 12! Join us to create your very own Worry Creature. The 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! Templates of the Worry Creature will be available for curbside pickup.

Saturday, April 17, 11-12 pm
Additional dates to be determined-
email Jocelyn@gildasclubsm.org
For more information!



Families Connect

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

Coping Skills BINGO

Families with children ages 4-17
Join us for a classic game of BINGO, that will encourage children and teens to reflect on coping skills they use to help manage feelings, and learn new ones to try.

Tuesday, April 6
4:30 – 5:15pm

Family Yoga

Families with children up to ages 4-17
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, April 7th 7:00- 7:45
Wednesday, May 5th 7:00-7:45
Wednesday, June 2nd 7:00-7:45

Gilda's Story Time

Families with children up to age 10
Cozy up and join us for a story! Each story selected relates to a topic or theme that connect to a child's experience when they are touched by cancer. We will also engage in discussion and do a hands-on activity that relates to the book, and aims to normalize and validate experiences while supporting coping, self-expression, and understanding.

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

Virtual Spring Break Kamp

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

Sculpture & More

Families with children ages 4-17

This fun family activity will explore creating finger puppets with plaster gauze as a way of understanding a *maquette*, or miniature sculpture. A colour lesson will follow to paint your artwork as an original masterpiece. *Material kits will be available for curbside pickup.*

Monday, May 10

6:00 – 7:30pm

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!

Thursday, May 20

6:30 – 7:00pm

Creation Station

Children ages 6-11

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

Tuesday, April 13

1:00 – 2:00pm

Youth Bake Off

Youth ages 8-17

You won't want to miss this sweet & tasty event! You will be provided with the supplies you need to follow along on Zoom, and make a delicious treat to enjoy.

Wednesday March 14

1:00 – 2:00pm

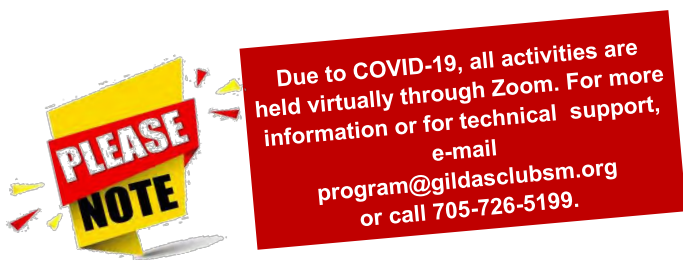
Virtual Teddy Bear Clinic

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, April 15

1:00 – 2:00pm



APRIL

MON	TUE	WED	THU	FRI	SAT
			10-10:45 Gentle Stretch 1 3:30-4:30 Let's Get Quizzical: Trivia Social	2 CLOSED GOOD FRIDAY	
5 11:30-12:15 Pilates 8:30-9:30 Rest & Restore Yoga	6 10-10:45 Slow Flow Yoga 4:30-5:15 Coping Skills BINGO	7 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 7-7:45 Family Yoga	8 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	9 1:30-2:30 Member Social	
12 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support 8:30-9:30 Rest & Restore Yoga	13 10-10:45 Slow Flow Yoga 1-2 KIDS KAMP: CREATION STATION (AGES 6-11)	14 10-10:45 Journaling 1-2 KIDS KAMP: YOUTH BAKE OFF (AGES 8-17) 3-4 Qigong 7-8 Teens Connect	15 10-10:45 Gentle Stretch 1-2 KIDS KAMP: TEDDY BEAR CLINIC 3:30-4:30 Let's Get Quizzical: Trivia Social 7-8 Youth With Cancer Connect	16 1:30-2:30 Member Social	17 2-3 Worry Creature Workshop
19 11:30-12:15 Pilates 6-7:30 Portait of a Pet 6:30-8 Teen Paint Night 8:30-9:30 Rest & Restore Yoga	20 10-10:45 Slow Flow Yoga 1-2:30 Picasso-ish	21 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong 4:30 - 5:15 Kids Mindfulness Series 6-7 Blood Cancer Networking 6-6:45 Kids Grieve Too	22 10-10:45 Gentle Stretch 2-3 Chair Yoga & Meditation 6:30-7:30 Men's Social	23 1:30-2:30 Member Social	
26 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support 8:30-9:30 Rest & Restore Yoga	27 10-10:45 Slow Flow Yoga 4:30-5:15 Gilda's Story Time 7:00-8:30 Breast Cancer Networking	28 10-10:45 Journaling 3-4 Qigong 6-6:45 Kids Grieve Too 7-8 Teens Connect 7-8:30 COVID & Cancer Support	29 10-10:45 Gentle Stretch 7-8 Youth With Cancer Connect 7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context 6-week series	30 1:30-2:30 Member Social	

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<p>3</p> <p>11:30-12:15 Pilates</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>4</p> <p>10-10:45 Slow Flow Yoga</p>	<p>5</p> <p>10-10:45 Journaling</p> <p>1-2:30 Facing Forward Support</p> <p>3-4 Qigong</p> <p>6-6:45 Kids Grieve Too</p> <p>7-7:45 Family Yoga</p> <p>7-8:30 COVID & Cancer Support</p>	<p>6</p> <p>10-10:45 Gentle Stretch</p> <p>3:30-4:30 Let's Get Quizzical: Trivia Social</p> <p>6:30 - 7:15 Cancer 101 For Kids</p> <p>7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context</p> <p>6-week series</p>	<p>7</p> <p>1:30-2:30 Member Social</p>
<p>10</p> <p>11:30-12:15 Pilates</p> <p>3-4 Circle of Life Support</p> <p>6-7:30 Sculpture & More</p> <p>7-8:15 Family & Friends Support</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>11</p> <p>CLOSED</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>12</p> <p>10-10:45 Journaling</p> <p>3-4 Qigong</p> <p>6-6:45 Kids Grieve Too</p> <p>7-8 Teens Connect</p> <p>7-8:30 COVID & Cancer Support</p>	<p>13</p> <p>10-10:45 Gentle Stretch</p> <p>2-3 Chair Yoga & Meditation</p> <p>6:30-7:30 Men's Social</p> <p>7-8 Youth With Cancer Connect</p> <p>7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context</p> <p>6-week series</p>	<p>14</p> <p>1:30-2:30 Member Social</p>
<p>17</p> <p>11:30-12:15 Pilates</p> <p>1-2:30 Step By Step Painting Class</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>18</p> <p>10-10:45 Slow Flow Yoga</p> <p>3-4 Lemonade Garden Party</p>	<p>19</p> <p>10-10:45 Journaling</p> <p>1-2:30 Facing Forward Support</p> <p>3-4 Qigong</p> <p>4:30 - 5:15 Kids Mindfulness Series</p> <p>6-7 Blood Cancer Networking</p> <p>6-6:45 Kids Grieve Too</p> <p>7-8:30 COVID & Cancer Support</p>	<p>20</p> <p>10-10:45 Gentle Stretch</p> <p>1:00-2:30 Flower Power</p> <p>3:30-4:30 Let's Get Quizzical: Trivia Social</p> <p>6:30-7 Virtual Therapy Dog Visit</p> <p>7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context</p> <p>6-week series</p>	<p>21</p> <p>1:30-2:30 Member Social</p>
<p>24</p> <p>CLOSED</p> <p>VICTORIA DAY</p>	<p>25</p> <p>10-10:45 Slow Flow Yoga</p> <p>4:30-5:15 Gilda's Story Time</p> <p>7:00-8:30 Breast Cancer Networking</p>	<p>26</p> <p>10-10:45 Journaling</p> <p>3-4 Qigong</p> <p>6-6:45 Kids Grieve Too</p> <p>7-8 Teens Connect</p> <p>7-8:30 COVID & Cancer Support</p>	<p>27</p> <p>10-10:45 Gentle Stretch</p> <p>2-3 Chair Yoga & Meditation</p> <p>6:30-7:30 Men's Social</p> <p>7-8 Youth With Cancer Connect</p> <p>7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context</p> <p>6-week series</p>	<p>28</p> <p>1:30-2:30 Member Social</p>
<p>31</p> <p>11:30-12:15 Pilates</p> <p>6-7:30 Beautiful Flowers</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>				

JUNE

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	<p>1</p> <p>10-10:45 Slow Flow Yoga</p>	<p>2</p> <p>10-10:45 Journaling</p> <p>1-2:30 Facing Forward Support</p> <p>3-4 Qigong</p> <p>6-6:45 Kids Grieve Too</p> <p>7-7:45 Family Yoga</p> <p>7-8:30 COVID & Cancer Support</p>	<p>3</p> <p>10-10:45 Gentle Stretch</p> <p>3:30-4:30 Let's Get Quizzical: Trivia Social</p> <p>7:30-8:30 Mental Health Wellness in a Cancer & COVID-19 Context</p> <p>6-week series</p>	<p>4</p> <p>1:30-2:30 Member Social</p>
<p>7</p> <p>11:30-12:15 Pilates</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>8</p> <p>10-10:45 Slow Flow Yoga</p>	<p>9</p> <p>10-10:45 Journaling</p> <p>3-3:45 Qigong</p> <p>6-6:45 Kids Grieve Too</p> <p>7-8 Teens Connect</p> <p>7-8:30 COVID & Cancer Support</p>	<p>10</p> <p>10-10:45 Gentle Stretch</p> <p>2-3 Chair Yoga & Meditation</p> <p>6:30-7:30 Men's Social</p> <p>7-8 Youth With Cancer Connect</p>	<p>11</p> <p>1:30-2:30 Member Social</p>
<p>14</p> <p>11:30-12:15 Pilates</p> <p>3-4 Circle of Life Support</p> <p>7-8:15 Family & Friends Support</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>15</p> <p>10-10:45 Slow Flow Yoga</p> <p>7-8 Youth Self-Care Workshop</p>	<p>16</p> <p>10-10:45 Journaling</p> <p>1-2:30 Facing Forward Support</p> <p>3-4 Qigong</p> <p>4:30 - 5:15 Kids Mindfulness Series</p> <p>6-7 Blood Cancer Networking</p> <p>7-8:30 COVID & Cancer Support</p>	<p>17</p> <p>10-10:45 Gentle Stretch</p> <p>3:30-4:30 Let's Get Quizzical: Trivia Social</p> <p>4:30 - 5:15 Cancer 101 For Kids</p> <p>6:30-8 Supporting Youth Impacted by Cancer & Grief</p>	<p>18</p> <p>1:30-2:30 Member Social</p>
<p>21</p> <p>11:30-12:15 Pilates</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>22</p> <p>10-10:45 Slow Flow Yoga</p>	<p>23</p> <p>10-10:45 Journaling</p> <p>1-2:30 The World of Tessellations</p> <p>3-4 Qigong</p>	<p>24</p> <p>10-10:45 Gentle Stretch</p> <p>2-3 Chair Yoga & Meditation</p> <p>6:30-7:30 Men's Social</p>	<p>25</p> <p>1:30-2:30 Member Social</p>
<p>28</p> <p>11:30-12:15 Pilates</p> <p>3-4 Circle of Life Support</p> <p>6-7:30 Brilliant Landscapes</p> <p>7-8:15 Family & Friends Support</p> <p>7:30 - 8:30 Living With Loss Support</p> <p>8:30-9:30 Rest & Restore Yoga</p>	<p>29</p> <p>10-10:45 Slow Flow Yoga</p> <p>4:30-5:15 Gilda's Story Time</p> <p>7:00-8:30 Breast Cancer Networking</p>	<p>30</p> <p>10-10:45 Journaling</p> <p>3-4 Qigong</p>		

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.™



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