

July, August & September 2021

Program Calendar



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



Gilda's Club Simcoe Muskoka provides **FREE** professional 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 does Gilda's Club Simcoe Muskoka 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 unless otherwise stated. Our Clubhouse will remain closed to the public until further notice.

10 Quarry Ridge Road, Barrie ON L4M 7G1

TEL: 705-726-5199 FAX: 705-726-7101

program@gildasclubsm.org

www.gildasclubsimcoemuskoka.org

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. If you require technological support to Zoom set up on your device, call or e-mail us- we're more than happy to help!



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 and/or their affiliated 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.

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, e-mail sara@gildasclubsm.org 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 July 27, 7:00 – 8:30pm

Tuesday August 31, 7:00 – 8:30pm

Tuesday September 28, 7:00 – 8:30pm

Blood Cancer Networking Group

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 July 21, 6:00– 7:00pm

Wednesday August 18, 6:00– 7:00pm

Wednesday September 15, 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

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 **EIGHT-WEEK SERIES**

For those 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.

This group is taking a break for the summer, and will return October 2021. For more information or to be placed on a waitlist, e-mail sara@gildasclubsm.org

Art Classes

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

Vibrant Landscapes

The focus for this acrylic painting class is creating vibrant colors and working on depth in your composition. Background, middle ground, foreground will all have a focus point that will draw the viewer in. Prepare to have fun!

Tuesday, July 20

6:00 – 7:30pm

These Shoes Were Made for Walking

Join Kim for a virtual arts experience using your own materials at home. Let's get funky sketching our shoes. Participants will be guided through simple sketching techniques and then have an opportunity to expand their creativity by experimenting with a variety of textured lines.

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

Thursday, July 22

1:00 – 2:30pm

Summer Sunsets

Beautiful sunsets are something we all have in common. If you have a favorite picture to work from or even if you don't we will have a great time creating a memorable work of art with acrylic paint!

Tuesday, August 10

6:00 – 7:30pm

A Bug's Life

With warm weather comes a variety of creatures in our gardens. We will create mixed media images of summer insects using a collage technique.

Materials needed: pencil/eraser, piece of paper (any colour), matte gel medium or white craft glue mixed with water, paint brush and old magazines to tear.

Thursday, August 19

1:00 – 2:30pm

Notan Designs

Join Kim for a virtual arts experience using your own materials at home. 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.

Materials needed: pencil/eraser, a variety of different colours of paper cut into either 7 inch and 12 inch squares or 5 inch and 9 inch squares, scissors and glue.

Thursday, September 16

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, September 20

1:00 – 2:30pm

Fall Colours

Color mixing and creating a wonderful composition with the study of leaves and fall scenes is the focus for this session with the flexibility for it to be spontaneous and fun.

Tuesday, September 21

6:00 – 7:30pm

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.

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 Monday

11:30am – 12:15pm

NEW Movement for Physical Rehabilitation

Join Dr. Leah, licenced chiropractor, for this rehabilitative movement class. Focus on creating strength and stability in all major muscle groups. Goals of the class include increasing range of motion, balance work, and key stretches and exercises to create stability within the core and upper & lower extremities.

Every Tuesday

1:15 – 2:00pm

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

Please note there is no class on September 8 or September 22.

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

Please note there is no class on August 12.

NEW Good Morning Slow Flow Yoga

This mindful and mellow slow flow yoga class is a great way to start the day! Gently wake up your body and soothe away stress as you move intentionally and in sync with your breath. We will move at a slow pace, dancing with the breath as we explore each movement for longer periods of time. Mainly ground-level postures, which can easily be modified for chair yoga as well. All movements and postures will be modifiable and suitable to all levels.

Every Friday

9:30 – 10:30am

Please note there is no class on July 2.

NEW Head, Neck & Shoulders **FOUR WEEK SERIES**

Learn how forward head carriage ("tech neck") can contribute to significant strain and tension in the neck and shoulder region as well as all the way down the body.

We will explore the exercises to help move beyond the strain, feel more ease and less tension in the shoulders and neck and move with more power and ease.

Wednesdays, 11:00 – 11:45am

September 8, 15, 22, & 29



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

Educational Workshops

NEW Mid-Year Vision Boards

Learn about the theory behind vision boards, then create one of your own! Not sure what a vision board is? A vision board is a visualization tool, which refers to a board of any sort used to build a collage of words and pictures that represent your goals and dreams. Make the rest of 2021 count and create a tool that will help you focus on the areas of your life that mean the most to you!

Supplies kits will be available for curbside pickup at the Clubhouse, or you can use your own supplies from home. Please enquire when registering.

Tuesday, July 27

11:30am – 1:00pm

Countering Self-Criticism

Learn skills for 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, September 21

2:30 – 4:00pm

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

Please note there are no sessions on July 21, August 11 & September 1.

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

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

Child & Teen Support Groups are taking a break for the summer- but check back in the October-November-December calendar for start dates!

For more information or to place your child on a waitlist, e-mail Jocelyn@gildasclubsm.org

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.

Kids Support™

Children ages 5-11 who have had a loved one living with cancer. This group, just for kids, is designed to provide education, creative expression, relaxation techniques, healthy communication and socialization for children who have a family member or friend living with cancer.

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.

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 a current cancer diagnosis or are recently post-treatment. 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.

Child & Teen Workshops

Kids’ Creative Movement: Dance **IN-PERSON**

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

Wednesday, July 15

10:00 – 11:00am ages 5-8

11:15 – 12:15pm ages 9-13

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions. Spaces for in-person activities are limited.

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 July 28, 10:00 – 10:45am

Wednesday September 29, 4:30 – 5:15pm



Youth Bake Social

Youth ages 8-14

You won’t want to miss this sweet & tasty event! You’ll be provided with the supplies needed to follow along on Zoom, and make a delicious treat to enjoy!

All materials will be provided for pickup at the Clubhouse.

Thursday July 15, 7:00– 8 :00pm **VIRTUAL**

Thursday August 5, 6:00–8:00pm **IN PERSON**

Thursday September 23, 4:30 – 6:30pm **IN PERSON**

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions. Spaces for in-person activities are limited.



Teddy Bear Clinic **IN-PERSON**

Youth ages 3-12

The Teddy Bear Clinic is a guided play experience that allows children to gain understanding and a sense of mastery over medical experiences related to cancer. Children will bring their plush pals through “clinic stations” as they learn through guided play.

Wednesday, August 18

11:00 – 4:00pm FAMILIES WILL BE GIVEN TIMESLOTS

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions. Spaces for in-person activities are limited.

Youth Movie Night **IN-PERSON**

Youth ages 8-14

Join us for a fun-filled movie night in our Clubhouse, including snacks & great company!

Thursday, August 26

6:30 – 8:30pm

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions. Spaces for in-person activities are limited.

Worry Creature Workshop

Youth ages 5-12

As summer wraps up and school starts again, worries can sometimes be heightened. 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!

Templates of the Worry Creature will be available for curbside pickup.

Wednesday, September 1

1:00 – 2:00pm



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. Kids can ask questions & connect with other children who have been impacted by cancer.

Monday July 5, 10:00 – 11:00am

Thursday September 2, 1:00 – 2:00pm

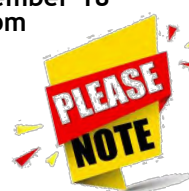
Self-Care Saturday

Youth ages 10-17

This virtual event provides space to talk about self-care, engage in self-care activities, and practice strategies that promote well-being.

Saturday, September 18

11:00 – 12:00pm



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

Families Connect

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

BINGO

Families with children ages 4-17

Join us for a classic game of BINGO! Each session will have a different theme. In addition to fun, you'll get to connect with others and have the chance to win a prize! **Wednesday July 7, 1:00 – 1:45pm**

Thursday September 9, 4:30 – 5:15pm



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 connects 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, to normalize and validate experiences while supporting coping, self-expression, and understanding.

Tuesday July 6, 10:00 – 10:45am

Tuesday July 20, 10:00 – 10:45am

Tuesday August 10, 10:00 – 10:45am

Tuesday September 7, 4:30 – 5:15pm

Ice Cream Sundae Social **IN-PERSON**

Families with children ages 0-17

Come by the Clubhouse for a cool summer treat! Make your own ice-cream sundae and take part in fun activities.

Thursday, July 22

3:00 – 8:00pm

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions. Spaces for in-person activities are very limited.



Summer Carnival **IN-PERSON**

Families with children ages 0-17

Join us for an in-person event to celebrate summer and enjoy some time with family! Play classic carnival games, win prizes, and enjoy delicious treats.

Thursday, August 12

3:00 – 8:00pm

More details to come, to ensure current health & safety guidelines are followed. This activity may be modified due to COVID-19 restrictions.

CAMP RADNER



Gilda's Club Simcoe Muskoka's signature Summer Camp, now called **CAMP RADNER**, is on its way! Offering a range of activities for children ages 4-17 who are impacted by cancer, with a combination of in-person and virtual activities!

Look for our 2021 Summer Camp Calendar, or e-mail summercamp@gildasclubsm.org for more details!

			Thu	Fri
			1	2
			CLOSED CANADA DAY	1:30-2:30 Member Social
Mon	Tue	Wed	8	9
5 10-11 Cancer 101 For Kids 11:30-12:15 Pilates	6 10-10:45 Gilda's Story Time 1:15-2 Movement for Physical Rehabilitation	7 10-10:45 Journaling 1-1:45 Families Connect: BINGO 1-2:30 Facing Forward Support 3-4 Qigong	10-10:45 Gentle Stretch 6:30-7:30 Men's Social	9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
12 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	13 1:15-2 Movement for Physical Rehabilitation	14 10-10:45 Journaling 10-11 Creative Movement: Dance (ages 5-8) IN PERSON 11:15-12:15 Creative Movement: Dance (ages 9-13) IN PERSON 3-4 Qigong	15 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzical: Trivia Social 7-8 Youth Bake Social	16 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
19 CLOSED PROFESSIONAL DEVELOPMENT DAY	20 10-10:45 Gilda's Story Time 1:15-2 Movement for Physical Rehabilitation 6-7:30 Vibrant Landscapes	21 1-2:30 Facing Forward Support 3-4 Qigong 6-7 Blood Cancer Networking	22 10-10:45 Gentle Stretch 1-2:30 These Shoes Were Made For Walking 3-8 Families Connect: Ice Cream Sundae Social IN PERSON 6:30-7:30 Men's Social	23 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
26 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	27 11:30-1 Mid-Year Vision Boards 1:15-2 Movement for Physical Rehabilitation 7:00-8:30 Breast Cancer Networking	28 10-10:45 Journaling 10-10:45 Kids Mindfulness Series 3-4 Qigong	29 10-10:45 Gentle Stretch	30 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social

August

Mon	Tue	Wed	Thu	Fri
2 CLOSED CIVIC HOLIDAY	3 1:15-2 Movement for Physical Rehabilitation	4 10-10:45 Journaling 1-2:30 Facing Forward Support 3-4 Qigong	5 10-10:45 Gentle Stretch 3:30-4:30 Let's Get Quizzical: Trivia Social 6-8 Youth Bake Social <i>IN PERSON</i>	6 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
9 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	10 10-10:45 Gilda's Story Time 1:15-2 Movement for Physical Rehabilitation 6-7:30 Summer Sunsets	11 3-4 Qigong	12 3-8 Families Connect: Summer Carnival <i>IN PERSON</i> 6:30-7:30 Men's Social	13 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
16 11:30-12:15 Pilates	17 1:15-2 Movement for Physical Rehabilitation	18 10-10:45 Journaling 1-2:30 Facing Forward Support 11-4 Teddy Bear Clinic <i>IN PERSON</i> 3-4 Qigong 6-7 Blood Cancer Networking	19 10-10:45 Gentle Stretch 1:00-2:30 A Bug's Life 3:30-4:30 Let's Get Quizzical: Trivia Social	20 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social
23	24	25 CLOSED	26 6:30-8:30 Youth Movie Night <i>IN PERSON</i>	27
30 11:30-12:15 Pilates	31 1:15-2 Movement for Physical Rehabilitation 7:00-8:30 Breast Cancer Networking			



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

September

Mon	Tue	Wed	Thu	Fri	Sat
		1 1-2 Worry Creature Workshop 1-2:30 Facing Forward Support 3-4 Qigong	2 10-10:45 Gentle Stretch 1-2 Cancer 101 For Kids 3:30-4:30 Let's Get Quizzical: Trivia Social	3 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
6 CLOSED LABOUR DAY	7 1:15-2 Movement for Physical Rehabilitation 4:30-5:15 Gilda's Story Time	8 10-10:45 Journaling 11-11:45 Head, Neck & Shoulders: 1 of 4	9 10-10:45 Gentle Stretch 4:30-5:15 Families Connect: BINGO 6:30-7:30 Men's Social	10 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
13 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	14 1:15-2 Movement for Physical Rehabilitation	15 10-10:45 Journaling 11-11:45 Head, Neck & Shoulders: 2 of 4 1-2:30 Facing Forward Support 3-4 Qigong 6-7 Blood Cancer Networking	16 10-10:45 Gentle Stretch 1-2:30 Notan Designs 3:30-4:30 Let's Get Quizzical: Trivia Social 6:30-7:00 Virtual Therapy Dog Visit	17 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	18 11-12 Self-Care Saturday (ages 10-18)
20 11:30-12:15 Pilates 1-2:30 Step-By-Step Painting Class	21 1:15-2 Movement for Physical Rehabilitation 2:30-4:00 Countering Self-Criticism 6-7:30 Fall Colours	22 10-10:45 Journaling 11-11:45 Head, Neck & Shoulders: 3 of 4	23 10-10:45 Gentle Stretch 4:30-6:30 Youth Bake Social <i>IN PERSON</i> 6:30-7:30 Men's Social	24 9:30-10:30 Good Morning Slow Flow Yoga 1:30-2:30 Member Social	
27 11:30-12:15 Pilates 3-4 Circle of Life Support 7-8:15 Family & Friends Support	28 1:15-2 Movement for Physical Rehabilitation 7:00-8:30 Breast Cancer Networking	29 10-10:45 Journaling 11-11:45 Head, Neck & Shoulders: 4 of 4 3-4 Qigong 4:30-5:15 Kids Mindfulness Series	30 10-10:45 Gentle Stretch		

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



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY



So that no one faces cancer alone.™

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



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