



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Calendar

July, August and September 2022

**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 | www.gildasclubsimcoemuskoka.org

IN-PERSON POLICY



We are not able to offer any exceptions, for any reason. Our virtual services remain a safe and inclusive option for you.

As of July 1st, 2022, we will be no longer require Members to provide proof of vaccination, or to complete a screening before entering the Clubhouse. All Members will be required to adhere to the following requirements:

1.

If you are feeling any symptoms of a cold, flu or COVID 19, we ask that you refrain from attending the Clubhouse until your symptoms have subsided.

2.

All participants age 4+ must wear a mask that covers the nose & chin at all times in the Clubhouse.

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,

Metastatic Networking

The second Monday of each month, 7:00pm - 8:30pm
(July 11; August 8; September 12) **VIRTUAL**

Blood Cancer Networking

The third Wednesday of each month, 6:00pm - 7:00pm
(July 20; August 17; September 21) **VIRTUAL**

Breast Cancer Networking

The last Monday of each month, 7:00pm - 8:30pm
(July 25; August 29; September 26) **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!

Circle of Life Support

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 Members with any late-stage and/or terminal cancer diagnosis.

First and third Monday of each month **VIRTUAL**
2:00pm - 3:15pm (No group on August 1 & September 5)

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**
7:00pm - 8:15pm (No group on August 1 & September 5)

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

1:00pm - 2:30pm

VIRTUAL

*** PLEASE NOTE: that the "Living with Loss " series & Parenting Support" series will both be returning in the Fall**

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:

- ◆ Members who have a cancer diagnosis
- ◆ Members who have completed cancer treatment
- ◆ Members who are caregiving for someone with a cancer diagnosis
- ◆ Members who have had a family member or friend die from cancer (grief counselling)

Sessions are available on Zoom, or in-person (limited capacity and subject to our In Person Guidelines).

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, please contact us!

Creative Expression Classes

Classes marked with a  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! Be you 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

10:00am - 3:00pm



Journaling

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

VIRTUAL

First Wednesday of each month: 6:30pm-7:30pm

All other Wednesday of each month:

10:00am - 11:00am

Note there is no session on August 24

Shattered Glass

Learn about Pablo Picasso's influence on Cubism, one of the most influential art movements of the 20th century. This workshop begins by creating a value scale with a variety of graphite pencils. Using this range of tones and shades, participants will incorporate this skill into the Cubist style drawings that they create.

Wednesday, September 21

VIRTUAL

6:00pm - 8:00pm

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!

Tuesday, August 10

VIRTUAL

2:00pm - 3:30pm

Movement Classes



All movement classes are led by certified instructors, are restorative and rehabilitative in nature, and are ideal for total

Hatha Yoga

Discover the beauty of yoga, calming the body... 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 on August 1 and September 5

NEW Morning Rise and Shine

Slow-paced, gentle yoga to both stretch and strengthen the body, while shaking off the sleepiness and preparing the mind and the body for the day ahead. The class incorporates mindfulness meditation and simple breathing techniques that will relax the body and calm the mind. Movements in this class will be close to the mat, rarely coming up higher than tabletop.

Every Tuesday

VIRTUAL

9:30am - 10:30am

There will be no sessions July 26, August 23 or in the month of September

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

QigongYoga

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

VIRTUAL

10:00am - 11:00am

There will be no session July 1 or in the month of September

NEW Head, Neck & Shoulders FOUR-WEEK SERIES

We spend a lot of time sitting in front of a computer. We use them for work, to socialize with friends and family, and as a tool to aid in our cancer journey. Prolonged use can lead to pain in our head, neck and shoulders. This 4-week series is designed to provide you with movements that can help alleviate that pain.

Tuesdays

VIRTUAL

9:30am - 10:15am

First session:

September 6

Last session:

September 27



Educational Workshops

Catching Some ZZZZ's - Children and Sleep

We all know how it feels when we get a good night's sleep, and we all know how it feels when we don't. In this session you will learn about the importance of a good night's sleep for your child, sleep hygiene and the factors involved in developing good sleep hygiene and ultimately, a good night's sleep for you and your child. Open to anyone who cares for children of all ages.

Tuesday, July 5

VIRTUAL

6:30pm - 8:00pm

Skills for Cancer-Related Uncertainty

Learn skills and strategies to decrease worrying, 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, RSW, MSW.

Tuesday, July 26

VIRTUAL

10:00am - 11:30am

Catching Some ZZZZ's - When Regular Sleep Methods Are Not Enough

Good sleep hygiene is the base for a good night's sleep, but sometimes it is not enough. In this session you will learn how to support a child who is experiencing high stress, anxiety and worry affecting their sleep. Open to anyone who cares for children of all ages.

Tuesday, August 9

VIRTUAL

6:30 pm- 8:00pm

Tips on Nutrition

Top 10 Tips from Carol, a Registered Nutritional Consulting Practitioner and Registered Orthomolecular Health Practitioner. This presentation will explore tips on how to support digestion, make healthy food choices, decrease bloating, choosing the right supplements, and developing healthy rituals when it comes to nutrition.

Tuesday, August 16

IN-PERSON

1:00pm - 2:30pm

Coping with Grief

Cancer-related grief comes in many forms. Whether you are grieving the loss of a loved one who died from cancer, your own mortality, or a body part, mobility, ability, or certain lifestyle due to cancer, this workshop will provide validation and strategies to help you navigate your unique grief journey. Presented by Sara, RSW, MSW.

Tuesday, August 23

VIRTUAL

10:00am - 11:30am

Body Image During and After Cancer

This body-positive workshop will provide education and skills to decrease dissatisfaction and/or anxiety with one's body—especially as it relates to body changes in the cancer context. Presented by Sara, RSW, MSW.

Tuesday, September 20

VIRTUAL

10:30pm - 12:00pm

Children, Stress & Behaviour

Did you know that most undesirable behaviour we see in children comes from stress, and not a will to misbehave? In this session you will learn the difference between stress behaviour and misbehaviour, what is stress, how to recognize the sources of stress, and how to reduce them. Once we see undesirable behaviours through a lens of stress, we can provide our children with the support and coping they need.

Open to anyone who cares for children of all ages.

Tuesday, September 13

VIRTUAL

6:30pm - 8:00pm

Social Activities



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 and keep connected with your Gilda's Club Community!

Second and fourth Mondays of each month VIRTUAL

First and third Thursdays of each month IN-PERSON

1:30pm - 2:30pm

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 VIRTUAL

Fourth Thursday of each month IN-PERSON

6:30pm - 7:30pm

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!

Second Thursdays of each month

3:00pm - 4:00pm

VIRTUAL



CHILD, YOUTH & FAMILY PROGRAM

AT GILDA'S CLUB SIMCOE MUSKOKA



An Important Note!

In June the Gilda's Club Simcoe Muskoka community said goodbye to our Child, Youth & Family Coordinator, who has moved on to a new and wonderful opportunity. As we engage in the process of seeking out and welcoming a new member to the Gilda's team, our Children, Youth & Family Programs will be temporarily on hold. Our hope is the process will be swift and we will send out a Program Calendar devoted to the Children, Youth & Family programs in a short time!

NOT A MEMBER?

JOINING IS FREE & EASY!



Visit our website:

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



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

Should you require any technical assistance, e-mail or call us!

COMING THIS SUMMER!!!



Camp Radner

Gilda's Club Simcoe Muskoka

INDIVIDUAL SERVICES FOR CHILDREN & TEENS: CHILD LIFE SESSIONS AT GILDA'S CLUB SIMCOE MUSKOKA

Individual 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, healthy coping strategies and express feelings;

Provide **guidance and support** to adults supporting children with information-sharing, talking about cancer, coping, etc.


Interested in individual services for your child who is impacted by cancer?


E-mail Program@gildasclubsimcoemuskoka.org

MON		TUE		WED		THURS		FRI	
<div>JULY</div>						<div>LEGEND</div> <div><div> In-person, at our Clubhouse in Barrie</div><div> Virtually, on Zoom.</div></div>		1	
4		5		6		7		8	
<div> 11-12 Hatha Yoga</div> <div> 2-3:15 Circle of Life Support</div> <div> 7-8:15 Family & Friends Support</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div> <div> 6:30-8:00 Catching Some ZZZZ's: Children and Sleep</div>		<div> 1-2:30 Facing Forward Support</div> <div> 6:30-7:30 Journaling</div>		<div> 11:30 -12:15 Pilates</div> <div> 1:30-2:30 Member Social</div>		<div> 10-11 QigongYoga</div>	
11		12		13		14		15	
<div> 11-12 Hatha Yoga</div> <div> 1:30-2:30 Member Social</div> <div> 7-8:30 Metastatic Networking</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div>		<div> 10-11 Journaling</div>		<div> 11:30 -12:15 Pilates</div> <div> 3-4 Let's Get Quizzical!</div> <div> 6:30-7:30 Men With Cancer Connect</div>		<div> 10-11 QigongYoga</div>	
18		19		20		21		22	
<div> 11-12 Hatha Yoga</div> <div> 2-3:15 Circle of Life Support</div> <div> 7-8:15 Family & Friends Support</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div>		<div> 10-11 Journaling</div> <div> 1-2:30 Facing Forward Support</div> <div> 6-7 Blood Cancer Networking</div>		<div> 11:30 -12:15 Pilates</div> <div> 1:30-2:30 Member Social</div>		<div> 10-11 QigongYoga</div>	
25		26		27		28		29	
<div> 11-12 Hatha Yoga</div> <div> 1:30-2:30 Member Social</div> <div> 7:00-8:30 Breast Cancer Networking</div>		<div> 10-3 Sewing & Quilting</div> <div> 10:00-11:30 Skills for Cancer Related Uncertainty</div>		<div> 10-11 Journaling</div>		<div> 11:30 -12:15 Pilates</div> <div> 6:30-7:30 Men With Cancer Connect</div>		<div> 10-11 QigongYoga</div>	
MON		TUE		WED		THURS		FRI	
1		2		3		4		5	
<div>CLOSED</div> <div>STAT HOLIDAY</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div>		<div> 1-2:30 Facing Forward Support</div> <div> 6:30-7:30 Journaling</div>		<div> 11:30 -12:15 Pilates</div> <div> 1:30-2:30 Member Social</div>		<div> 10-11 QigongYoga</div>	
8		9		10		11		12	
<div> 11-12 Hatha Yoga</div> <div> 1:30-2:30 Member Social</div> <div> 7-8:30 Metastatic Networking</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div> <div> 6:30-8:00 Catching some ZZZZ's: When Regular Sleep Methods Are Not Enough</div>		<div> 10-11 Journaling</div> <div> 2-3:30 Mid-Year Vision Boards</div>		<div> 11:30 -12:15 Pilates</div> <div> 3-4 Let's Get Quizzical!</div> <div> 6:30-7:30 Men With Cancer Connect</div>		<div> 10-11 QigongYoga</div>	
15		16		17		18		19	
<div> 11-12 Hatha Yoga</div> <div> 2-3:15 Circle of Life Support</div> <div> 7-8:15 Family & Friends Support</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div> <div> 1:00-2:30 Tips on Nutrition</div>		<div> 10-11 Journaling</div> <div> 1-2:30 Facing Forward Support</div> <div> 6-7 Blood Cancer Networking</div>		<div> 11:30 -12:15 Pilates</div> <div> 1:30-2:30 Member Social</div>		<div> 10-11 QigongYoga</div>	
22		23		24		25		26	
<div> 11-12 Hatha Yoga</div> <div> 1:30-2:30 Member Social</div>		<div> 10-3 Sewing & Quilting</div> <div> 10:00-11:30 Coping With Grief</div>		<div>CLOSED</div> <div>PROFESSIONAL DEVELOPMENT DAY</div>		<div> 11:30 -12:15 Pilates</div> <div> 6:30-7:30 Men With Cancer Connect</div>		<div> 10-11 QigongYoga</div>	
29		30		31		<div>AUGUST</div>			
<div> 11-12 Hatha Yoga</div> <div> 7:00-8:30 Breast Cancer Networking</div>		<div> 9:30-10:30 Rise & Shine Yoga</div> <div> 10-3 Sewing & Quilting</div>		<div> 10-11 Journaling</div>					

MON		TUE		WED		THURS		FRI	
<h1>SEPTEMBER</h1>						1 📺 11:30 -12:15 Pilates 📺 1:30-2:30 Member Social		2	
5 CLOSED STAT HOLIDAY		6 📺 9:30-10:15 Head, Neck & Shoulders 📺 10-3 Sewing & Quilting		7 📺 1-2:30 Facing Forward Support 📺 6:30-7:30 Journaling		8 📺 11:30 -12:15 Pilates 📺 3-4 Let's Get Quizzical! 📺 6:30-7:30 Men With Cancer Connect		9	
12 📺 11-12 Hatha Yoga 📺 1:30-2:30 Member Social 📺 7-8:30 Metastatic Networking		13 📺 9:30-10:15 Head, Neck & Shoulders 📺 10-3 Sewing & Quilting 📺 6:30-8:00 Children, Stress and Behaviour		14 📺 10-11 Journaling		15 📺 11:30 -12:15 Pilates 📺 1:30-2:30 Member Social		16	
19 📺 11-12 Hatha Yoga 📺 2-3:15 Circle of Life Support 📺 7-8:15 Family & Friends Support		20 📺 9:30-10:15 Head, Neck & Shoulders 📺 10-3 Sewing & Quilting 📺 10:30 am-12:00 Body Image During & After Cancer		21 📺 10-11 Journaling 📺 1-2:30 Facing Forward Support 📺 6-7 Blood Cancer Networking 📺 6-8 Shattered Glass		22 📺 11:30 -12:15 Pilates 📺 6:30-7:30 Men With Cancer Connect		23	
26 📺 11-12 Hatha Yoga 📺 1:30-2:30 Member Social 📺 7:00-8:30 Breast Cancer Networking		27 📺 9:30-10:15 Head, Neck & Shoulders 📺 10-3 Sewing & Quilting		28 📺 10-11 Journaling		29 📺 11:30 -12:15 Pilates		30	

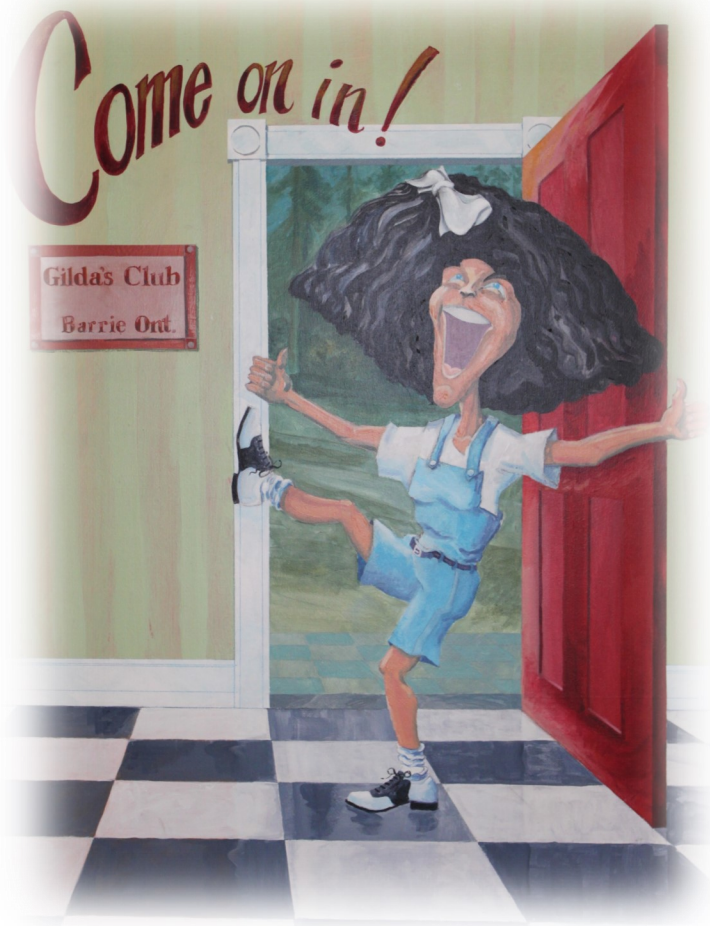
LEGEND

 In-person, at our Clubhouse in Barrie

 Virtually, on Zoom.

Become a Member today!

Scan the QR Code below with your cell phone or tablet.



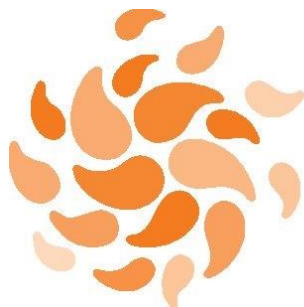
**Call 705-726-5199
for support, education, and hope.**



**GILDA'S
CLUB
SIMCOE
MUSKOKA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

We thank you for your support.



**THE COMMUNITY
FOUNDATION
OF ORILLIA AND AREA**