



FREE CANCER SUPPORT GILDA'S CLUB VIRTUAL COMMUNITY

CANCER DIDN'T STOP. NEITHER DID WE.

More than 40 free weekly programs. More than 300 member visits each week.
ZERO MISSED DAYS OF PROGRAMMING IN THIS TEMPORARY COVID-19 ENVIRONMENT.



HOW TO BECOME A GILDA'S CLUB MEMBER IN THIS VIRTUAL COMMUNITY:

Membership is free to anyone who is seeking support through a cancer diagnosis, whether diagnosed themselves, are caring for someone diagnosed or have lost someone to cancer.

STEP ONE

Call 248.577.0800 to request a New Member Meeting

STEP TWO

You will be matched with a program staff member who will discuss the type of support you are looking for and provide a comprehensive overview of our current virtual program.

STEP THREE

Enjoy our programming and receive the support you need.

For a quick look at our virtual programs available on visual and audio platforms, please see the reverse side of this document. For a comprehensive calendar and more about Gilda's Club go to:

www.gildasclubdetroit.org

ALL programming is currently being offered on audio and visual platforms.

Royal Oak Clubhouse

3517 Rochester Rd.
Royal Oak, MI 48073
248.577.0800

Durfee Innovation Society

2470 Collingwood St.
Rooms 118 & 120
Detroit, MI 48206
313.356.7600

Lake House Location

23500 Pare St. Suite 1
St. Clair Shores, MI 48080
586.777.7761

GILDA'S CLUB: FREE CANCER SUPPORT

SUPPORT AND NETWORKING GROUPS:

We offer various support groups for those diagnosed themselves, have a loved one diagnosed or have lost someone to cancer, and are seeking support. ALL support groups are facilitated by Masters level mental health clinicians. Family and friends are welcome to attend unless noted with an asterisk (*).

DIAGNOSIS SPECIFIC GROUPS:

BRAIN CANCERS GROUP
BREAST CANCER GROUP
HEAD & NECK CANCERS GROUP
LEUKEMIA, LYMPHOMA GROUP
LUNG CANCER GROUP
METASTATIC BREAST CANCER GROUP
MULTIPLE MYELOMA GROUP
*OVARIAN & GYNECOLOGICAL CANCERS GROUP
PANCREATIC GROUP
*PROSTATE CANCER GROUP
SARCOMA GROUP

NETWORKING GROUPS:

ART THERAPY FOR ALL GROUP
CAREGIVERS GROUP
FAMILY BEREAVEMENT GROUP
KIDS SUPPORT GROUP
*LIFE AFTER TREATMENT GROUP
*LIVING WITH CANCER GROUP
*MEN'S GROUP
*PARENTING WITH CANCER
*RACK PACK GROUP
SPOUSES BEREAVEMENT GROUP
*WOMEN OF COLOR GROUP
*YOUNG ADULT GROUP

HEALTHY LIFESTYLE PROGRAMS:

ANGEL PILLOW PROJECT: Come work with other members to sew soft pillows for mastectomy patients.
BOOK CLUB: Fascinating fiction and non-fiction books are chosen by members and discussed.
CHAIR YOGA: A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.
HEALTHY START!: Learn a variety of 'Healthy Start' options to your day, including juicing, smoothies and healthy snacks.
KIDS CREATIVE ART: An interactive art workshop for kids ages 5-12
KIDS YOGA: To help children take a calming movement and mindfulness journey. For kids ages 5-12.
MINDFUL HOUR: Discover your creative side, learn coping or relaxation practices, followed by guided meditation.
MINDFUL MEDITATION: Learn to quiet your mind through deep breathing exercises and muscle relaxation techniques.
TAI CHI: Enhance your health and vitality with this ancient practice of moving yoga and meditation.
TODDLER TIME: A space for toddlers (ages 2-4) to connect for story time, art, or a fun game.
UKULELE JAM SESSION: Learn a fun, easy new instrument. Beginners and experts welcome.
YOGA: Wear comfortable clothing and be prepared to stretch your mind and body.
ZUMBA: Easy-to-follow dance-fitness class allows you to move to the beat at your own speed.

EDUCATIONAL OPPORTUNITIES INCLUDE TOPICS SUCH AS:

ALTERNATIVE & COMPLIMENTARY TREATMENT APPROACHES
CLINICAL TRIALS
COVID-19 SUPPORT & MORE
DIAGNOSIS SPECIFIC UPDATES IN TREATMENT
PRE-HAB FOR THE CANCER PATIENT
REFLEXOLOGY
SIDE EFFECT MANAGEMENT

SOCIAL PROGRAMS INCLUDE:

BINGO
CREATIVE ART TIME
FAMILY FUN DAYS
MORNING COFFEE HOUR
TALENT SHOWS
GAME DAYS
WOMEN'S GROUP

Our online programming is constantly evolving as we assess the needs of our community.
For the most up to date program offerings please visit our online calendar

WWW.GILDASCLUBDETROIT.ORG