



**GILDA'S
CLUB
METRO
DETROIT**

An Affiliate of the
CANCER SUPPORT COMMUNITY

FREE **CANCER SUPPORT SERVICES**

Everyone's cancer is unique. Your support should be too.



ROYAL OAK



ST. CLAIR SHORES



DETROIT



VIRTUAL COMMUNITY

ABOUT

GILDA'S CLUB METRO DETROIT

Gilda's Club Metro Detroit (GCMD) has 4 locations across metro Detroit. Together, we create a vibrant community of cancer survivors and their loved ones. We are here to provide relevant and highly personalized tools to face the complexities of cancer.

INTERESTED IN CANCER SUPPORT

To become a new member, our process is simple!

Call us to get started stated, 248-577-0800.

Our cancer support program and membership is 100% free. Whether you or someone you love has been diagnosed with cancer, or have recently lost someone to cancer, there is a place for you at Gilda's Club.



CONTACT US:



248-577-0800



INFO@GILDASCLUBDETROIT.ORG



WWW.GILDASCLUBDETROIT.ORG





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A SNAPSHOT OF OUR CANCER SUPPORT SERVICES

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Our programming is constantly changing based on the needs of our membership and community. We promise you that if you are impacted by cancer and in need of support, we have something for you. Always feel free to give us a call or check our online calendar for our latest, most up to date program information.

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
LEUKEMIA, LYMPHOMA GROUP
LUNG CANCER GROUP
METASTATIC BREAST CANCER GROUP
MULTIPLE MYELOMA GROUP
*OVARIAN & GYNECOLOGICAL GROUP
PANCREATIC GROUP
COLORECTAL CANCERS GROUP
ADVANCED CANCERS GROUP

HEALTHY LIFESTYLE PROGRAMS:

BOOK CLUB
CHAIR YOGA
KARMA-YOGA MEDITATION
KIDS CREATIVE ART
KIDS YOGA
MINDFUL HOUR
MINDFUL MEDITATION
NIA
POUND!
TAI CHI
TODDLER TIME
UKULELE JAM SESSION
YOGA

SOCIAL PROGRAMS:

CREATIVE ART TIME
FAMILY FUN DAYS
TRIVIA
SCATTERGORIES
WOMEN'S GROUP
YOGA

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

EDUCATIONAL OPPORTUNITIES:

TOPICS SUCH AS:
ALTERNATIVE & COMPLIMENTARY
COVID-19 SUPPORT & MORE
DIAGNOSIS SPECIFIC UPDATES IN TREATMENT
MENTAL HEALTH EDUCATION & SUPPORT
NUTRITION GUIDANCE
SIDE EFFECT MANAGEMENT
TREATMENT APPROACHES CLINICAL TRIALS

ONLINE PROGRAM CALENDAR:

For a full view of our
program calendar, scan
the code to the right.



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