



TGP IN CLE

Community Education

The Gathering Place is committed to moving our mission forward by educating and increasing awareness in the community about cancer awareness, prevention, and support. The topics listed below can be catered to your organization's needs.



TGP's Community Program Manager, Sydney Beeman, will work with you to bring education and awareness into your community organizations. She takes pride in educating others about leading healthy lifestyles to prevent late-stage cancer diagnoses, understanding cancer screening guidelines & resources, and providing cancer support. Sydney looks forward to the opportunity to partner with you to empower your community.

COMMUNITY EDUCATION TOPICS

Cancer Related

How to Talk About Cancer

Learn how to talk about, normalize, and take your power back from the "C" word to best navigate the healthcare systems for yourself and/or loved ones.

The Importance of Cancer Screening

Cancer disproportionately affects those in underserved communities. Learn when to be screened, how to access screenings, and how to navigate the healthcare system.

Mental Health

Self-Care

Self-care has been defined as the process of taking care of oneself with behaviors that promote health and well-being, physically, emotionally, and spiritually. Learn how to create a plan which includes self-care.

Mindfulness

Mindfulness is learning how to live in the present. Learn techniques to appreciate every day, focus on the here & now and lead a happier life.

Focus on Your Mental Health

Stress is a state of mental or emotional strain resulting from adverse circumstances. Learn stress reduction techniques to help ease tension and find balance.

Onsite Support

TGP Pop-Up

Book Sydney to come support your community members on site with information about The Gathering Place's services, cancer screening resources, and more.

Lunch & Learn

Book Sydney to come support your employees on site with information about The Gathering Place's services, cancer screening resources, and more.

Ready to connect?

Contact Sydney to schedule and customize programming for your organizational needs.

Sydney Beeman, MA, LPC, NCC

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*Please note, all programs are based on speaker availability

The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided *free of charge*.

the
gathering
Place

FACING CANCER · EMBRACING LIFE

