

Spring
2022

APRIL • MAY • JUNE

FREE CANCER SUPPORT
Now online and in-person



WELCOME!

New to The Gathering Place? Start here! Meet with a staff member to explore our FREE programs and services. Visit touchedbycancer.org/welcome to begin.

WHAT'S INSIDE:

- High Risk Breast Health
- Cancer in the Black and Brown Community
- Balancing Cancer and Work

The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services
provided free of charge.



Spring. It wakes us, nurtures us and revitalizes our surroundings. The feeling of revival is in full swing here at TGP. We look so forward to opening our doors and once again welcoming you to be part of the TGP community. Having received guidance from the healthcare community, please go to our website to review the COVID protocols we will have in place for your safety.

We are so excited to be able to offer in person programming once again. As we learned through the pandemic, our ability to also offer virtual programming is equally important. As you review our program guide you will see that we will continue to offer many of our programs and services virtually so that you can stay connected no matter the distance, weather or circumstance.

April is also National Minority Health Month. Please join us for programming throughout the Spring that highlights ways in which The Gathering Place provides education and resources to help those across our diverse community impacted by cancer. We are committed to identifying ways to reduce the health disparities that exist for those with cancer.

Please be sure to stop by my office to say hello. Looking so forward to welcoming you back!

As always many thanks to our staff, volunteers, participants and supporters - without you there is no us.



with gratitude,
MICHELE SEYRANIAN
CEO

TOGETHER AGAIN

As we return to in-person programs, please refer to the icons in this key throughout the Program Guide.



**PROGRAM OCCURS
VIRTUALLY**



**PROGRAM OCCURS
AT THE WELLNESS CENTER**



**PROGRAM OCCURS AT THE
GATHERING PLACE IN BEACHWOOD**



PROGRAM OCCURS OFF SITE



**PROGRAM OCCURS AT THE
GATHERING PLACE IN WESTLAKE**

If you see more than one icon grouped together, it means the program has limited space in person at one of our locations, and is also offered virtually. If you have additional questions, please contact Beth Bennett, Chief Program Officer, at 216-455-1517.

OUR OFFICES

We are available by phone at 216-595-9546, Monday through Friday from 9:00am-5:00pm.

For a complete list of programs and to register, visit touchedbycancer.org/calendar.

THE GATHERING PLACE EAST

The Arnold & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST

The Sandy Borrelli Center
25425 Center Ridge Road, Westlake, OH 44145

WELLNESS CENTER

Richman Family Wellness Center
23295 Commerce Park, Beachwood, OH 44122

MEET THE CLINICAL TEAM



BETH BENNETT

PT, RDN, LD, MS, MA
Chief Program Officer
bennett@touchedbycancer.org
216-455-1517



EILEEN COAN

MA, MLS
coan@touchedbycancer.org
216-455-1504



SUSAN MARINAC

MSSA, LISW-S, MT-BC
Program Director
marinac@touchedbycancer.org
216-455-1512



SYDNEY BEEMAN

MA, LPC
beeman@touchedbycancer.org
216-455-1520



MARY FISHER-BORNSTEIN

LISW-S
bornstein@touchedbycancer.org
216-455-1506



ERIN RAFTER

PHD, CCLS
Family & Children Program Director
rafter@touchedbycancer.org
216-455-1516



STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET
cerne@touchedbycancer.org
216-455-1503



STEPHANIE HOPKINS

MS, RDN, LD
hopkins@touchedbycancer.org
216-455-1525



ANDREA SONNIE





LISW-S, OSW-C
sonnie@touchedbycancer.org
216-455-1521

ONGOING PROGRAMS

All exercise programs are virtual, unless otherwise noted. Health and fitness screening required before attending any movement class.

EXERCISE CLASSES (FOR THOSE DIAGNOSED WITH CANCER)

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

-  MONDAYS: 7:00-8:00PM
-  TUESDAYS 12:30-1:00PM
-  THURSDAYS: 12:30-1:15PM
-  THURSDAYS: 6:30-7:30PM

ZUMBA WITH ANITA BARTEL

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

-  MONDAYS: 11:00-11:45AM


YOGA WITH LISA THIEL

A gentle flow class appropriate for all levels.

-  WEDNESDAYS: 10:00-11:00AM

BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

-  WEDNESDAYS: 12:30-1:00PM
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

-  FRIDAYS: 12:30-1:00PM
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

TAI CHI WITH JEANNIE KORAN

Reduce stress & improve balance.

-  SATURDAYS: 10:00-11:00AM

SUPPORT GROUPS

GREEN TEXT Indicates West Location Group
BLUE TEXT Indicates East Location Group

TGP offers virtual and in-person support groups. Below shows our support groups for adults - Children and Family support groups are featured on page 6. Please contact the group facilitator to register and for more information.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER

Mondays: 6:30-8:00pm
Sydney Beeman, MA, LPC
216-455-1520

GROUP FOR CAREGIVERS

Mondays: 6:30-8:00pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

GROUP FOR ADULTS WITH CANCER

Tuesdays: 6:30-8:00pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1521

GROUP FOR CAREGIVERS

Tuesdays: 6:30-8:00pm
Ellen Heyman, MSN, RN
216-455-1509

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

1st Thursdays: 6:30-8:00pm
Sydney Beeman, MA, LPC
216-455-1520

LIFE AFTER CANCER TREATMENT GROUP

2nd Thursdays: 6:30-8:00pm
Sydney Beeman, MA, LPC
216-455-1520

GROUP FOR YOUNG ADULTS WITH CANCER

4th Thursdays: 6:30-8:00pm
Sydney Beeman, MA, LPC
216-455-1520

GROUP FOR OLDER ADULTS WITH CANCER

3rd Fridays: 11:00am-12:30pm
Erin Rafter, PHD, CCLS
216-455-1516

CANCER SPECIFIC

MYELOMA GROUP

1st Mondays (every other month): 5:30-7:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

YOUNG WOMEN WITH BREAST CANCER GROUP

1st Tuesdays: 6:30-8:00pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

ORAL, HEAD, AND NECK CANCERS GROUP

2nd Mondays: 3:30-4:30pm
Sydney Beeman, MA, LPC
216-455-1520

PROSTATE PARTNERS GROUP

2nd Thursdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

3rd Tuesdays: 6:30-8:00pm

Erin Rafter, PHD, CCLS
216-455-1516

BREAST CANCER GROUP - DAY

3rd Mondays: 2:00-3:30pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1521

METASTATIC BREAST CANCER GROUP

3rd Tuesdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)

4th Wednesdays: 3:30-5:00pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1521

PANCREATIC CANCER GROUP

4th Mondays: 3:30-4:30pm
Sydney Beeman, MA, LPC
216-455-1520

BREAST CANCER SUPPORT GROUP - EVENING

4th Thursdays (every other month): 6:30-8:00pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1521

OVARIAN CANCER SUPPORT GROUP

3rd Wednesdays, 2:00-3:30pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

GRIEF & LOSS

GRIEF GROUP

2nd Tuesdays: 2:00-3:30pm
Erin Rafter, PHD, CCLS
216-455-1516

GRIEF GROUP

4th Tuesdays: 6:30-8:00pm
Erin Rafter, PHD, CCLS
216-455-1516

GRIEF GROUP

2nd & 4th Tuesdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

GRIEF: WHEN, WILL IT END?

3rd Wednesdays: 11:00am-12:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

INDIVIDUAL SERVICES

Medical research, resources, legal consultations and medical bill questions

EILEEN COAN, MA, MLS
216-455-1504

Individual Short-Term Cancer Focused Emotional Support

SUSAN MARINAC, MSSA, LISW-S, MT-BC
216-455-1512

Children and Family/Parent Consultations

ERIN RAFTER, PHD, CCLS
216-455-1516

Nutrition and Exercise Consultations

BETH BENNETT, PT, MA, MS, RDN, LD
216-455-1517

Wig Salon

DIANE WEINER, CVA
216-455-1508

INFORMATION & EDUCATION

PROGRAM LOCATION KEY:



LUNG CANCER IN THE BLACK AND BROWN COMMUNITY

African American men have the highest rates of lung cancer in the U.S. Learn about the latest research and updates on the diagnosis and treatment of lung cancer. We will discuss risk factors for lung cancer and the importance of screening individuals at higher risk for being diagnosed with lung cancer. Resources provided.

MELINDA HSU, MD

WEDNESDAY, APRIL 20, 6:30-8:00PM

THE "C" WORD: HOW TO TALK ABOUT CANCER

According to the U.S. Department of Health and Human Services, African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined. Cancer can be a completely different experience for people who are Black. In this session, we will explore how to talk about, normalize, and take your power back from the "C" word. Resources provided.

SYDNEY BEEMAN, MA, LPC

THURSDAY, APRIL 21, 6:30-7:30PM

BREAST & ENDOMETRIAL CANCER IN THE BLACK AND BROWN COMMUNITY

A discussion on the impact of Breast and Endometrial cancer in the African American and Hispanic Community. The importance of prevention, screening, and cancer support. Resources will be included.

SHEEN CHERIAN, MD

THURSDAY, APRIL 28, 6:00-7:00PM

ROUNDTABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER

Feeling overwhelmed with your new cancer diagnosis? You are not alone. Share with others and learn how to navigate the challenges. Includes information on important questions to ask your physician.

SUSAN MARINAC, LISW-S, MT-BC

FRIDAY, APRIL 29, 12:00-1:00PM

CANCER AND COVID-19 UPDATE

Are you curious about the impact of COVID-19, variants, vaccines and boosters for the cancer community? Bring your questions and join us for a discussion on these important updates.

PAOLO CAIMI, MD

FRIDAY, MAY 6, 12:00-1:00PM

MORE MINDFULNESS

What's the buzz about mindfulness? Learn more about this simple yet powerful practice and how it can help you on the cancer journey.

KIMBERLY SHADOAN, MSW, LSW

THURSDAY, MAY 12, 4:00-5:00PM

THE ROLE OF EXERCISE IN MANAGING BREAST CANCER RELATED LYMPHEDEMA

Learn why exercise plays an important part in preventing and managing lymphedema. Racial disparities will also be discussed. Resources provided.

MARIA PICKSTON, OT, CLS

WEDNESDAY, MAY 18, 6:30-8:00PM

HIGH RISK BREAST HEALTH

Join our quarterly meeting with experts in high-risk breast health as they discuss the Oncology Clinical Practice Guidelines from the National Comprehensive Cancer Network on breast cancer detection, prevention, and risk reduction. Resources provided.

HEIDI GOODWIN, APRN, MSN, CNP, CNM, CBCN
JOY KNIGHT, MS

THURSDAY, MAY 19, 6:30-7:30PM

LET'S TALK ABOUT SEX AND CANCER

Learn how cancer or cancer treatment may affect sexual health in men and women, and how to initiate a conversation about sexual health with your medical team. Learn how a physical therapist can help improve sexual function through pelvic floor therapy. Resources provided.

LAUREN MERCURIO, PT, DPT

WEDNESDAY, JUNE 15, 6:00-7:00PM

BALANCING CANCER AND WORK

Learn new ways to advocate for yourself, learn coping skills, and stay healthy while managing cancer and earning a living.

SYDNEY BEEMAN, MA, LPC

THURSDAY, JUNE 16, 6:30-7:30PM

WHEN SOMEONE YOU LOVE HAS CANCER

Learn the do's and don'ts of what to say to be helpful to friends and family diagnosed with cancer.

EILEEN COAN, MA, MLS

SATURDAY, JUNE 18, 11:00 AM-12:30PM

Location: Geauga West Library, 13455 Chillicothe Rd., Chesterland

CANCER AND THE EMOTIONAL ROLLER COASTER

At any stage after a cancer diagnosis, you may experience times of distress and feel a range of strong emotions, such as disbelief, fear, sadness, anxiety, and anger. Join us as we talk about cancer and the emotional roller coaster. Resources provided.

AMANDA BURGER, PSYCHOLOGIST

THURSDAY, JUNE 30, 6:30-8:00PM



A CONVERSATION AROUND CANCER IN THE BLACK AND BROWN COMMUNITY

Every April, the Department of Health and Human Service Office of Minority Health (OMH) observes National Minority Health Month to highlight the importance of reducing health disparities and improving the health of racial and ethnic minorities. This year's theme is "Give Your Community a Boost" focusing on the importance of COVID-19 vaccination and boosters.

Throughout April, May and June, The Gathering Place will be offering Community Events in various parts of Cleveland on a wide range of topics including discussions on COVID-19 and cancer, and the impact of Lung, Breast, and Endometrial cancer in the African American and Hispanic Communities. Look for updates on our website and weekly e-News for details on additional events in your community.

NUTRITION & EXERCISE

PROGRAM LOCATION KEY:

For more exercise classes see Ongoing Exercise Programs on page 3.



WHOLE FOOD LIFESTYLE CHECK-IN

Join this monthly discussion on what a healthy lifestyle means for cancer survivors. We will share recipes and resources as we review the latest research around cancer and nutrition. First Friday of every month.

STEPHANIE HOPKINS, MS, RDN, LD

FRIDAY, APRIL 1, 11:00AM-12:00PM  

FRIDAY, MAY 6, 11:00AM-12:00PM  

FRIDAY, JUNE 3, 11:00AM-12:00PM  

COOKING MEALS FOR BONE HEALTH

Bone loss happens with age for many people, but certain types of cancer and cancer treatments may lead to bone loss regardless of age. Nutrition is one tool to help protect your bones.

STEPHANIE HOPKINS, MS, RDN, LD

SATURDAY, APRIL 2, 10:00-11:30AM  
OR 12:00-1:30PM


WEDNESDAY, APRIL 6, 3:00-4:30PM  
OR 6:00-7:30PM

FOUNDATIONS OF AQUATIC EXERCISE

In this 4-part series, participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Each class will focus on a different topic related to aquatic exercise. Participants are encouraged but not required to complete all four classes in the series.

JOY NOWELS, EXERCISE SPECIALIST, ACSM Certified, Ai Chi Certified, Arthritis Foundation Certified Aquatic Program Leader

AQUATIC PRINCIPLES

FRIDAY, APRIL 8, 2:00-3:00PM 

ENDURANCE TRAINING

FRIDAY, APRIL 15, 2:00-3:00PM 

STRENGTH TRAINING

FRIDAY, APRIL 22, 2:00-3:00PM 

BALANCE TRAINING

FRIDAY, APRIL 29, 2:00-3:00PM 

Location: Peter B. Lewis Aquatic & Therapy Center, 27300 Cedar Rd, Beachwood, OH 44122

ADDITIONAL PROGRAMS

Look for our dietician, Stephanie Hopkins, at MetroHealth

Check our website for days and times for these programs:

- GROW YOUR OWN INDOOR HERB GARDEN
- COOKING BOX RECIPE DEMO
- HOPE & HEALING GARDEN COOKING DEMOS

PHYSICAL THERAPY SCREENING

Come meet a PT! Physical therapists work with cancer patients to help relieve pain, improve strength, balance, movement and restore function. Sign up to meet one-to-one for a 30-minute screening to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health. Recommendations and resources provided.

MICHAEL GROESCH, PT, DPT, Board-Certified Clinical Specialist in Orthopedic Physical Therapy

MONDAYS: 1:00-5:00PM 
APRIL 11, MAY 9, JUNE 13


FINDING FLAVOR: CULINARY HERBS & SPICES

Cooking with herbs and spices is a win-win: not only are you boosting the flavor of a meal, but you are also boosting the phytochemical content of a meal. Learn how to incorporate herbs and spices into your recipes for taste and health benefits.

STEPHANIE HOPKINS, MS, RDN, LD

TINA CHAMOUN of Terranean Herbs & Spices

WEDNESDAY, MAY 11, 6:00-7:00PM 

SATURDAY, MAY 14, 11:00AM-1:00PM 

WEDNESDAY, MAY 18, 6:00-7:30PM 

THE ROLE OF EXERCISE IN MANAGING BREAST CANCER RELATED LYMPHEDEMA

Learn why exercise plays an important part in preventing and managing lymphedema. Racial disparities will also be discussed. Resources provided.

MARIA PICKSTON, OT, CLS

WEDNESDAY, MAY 18, 6:30-8:00PM 

BACK TO THE BASICS....WITH BANDS

Sticking to an exercise routine is not always as easy as it sounds, and the lack of variety often leads to complacency. Explore simple exercises using bands that add variety and better results to your home or gym exercise routine.

STEPHEN CERNE, BS, NSCA-CPT, ACSM-CET

MONDAY, MAY 23, 12:30-1:30PM 

CANCER FIGHTING KITCHEN

Become connected to chef Rebecca Katz's online cooking course on nutrition and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JUNE 1, 3:00-4:00PM OR  
6:00-7:30PM

SATURDAY, JUNE 11, 10:00AM-11:30AM OR  
12:00-1:30PM

HIKE & SNACK

Expand your exercise beyond your home or gym and try movement outside. Hiking is a great way to be physically active while also taking the opportunity to calm the mind with fresh air. After hiking, and even during long hikes, it's important to refuel with proper nutrition. Join Stephanie and Stephen for a hike and snack session.

STEPHEN CERNE, BS, NSCA-CPT, ACSM-CET
STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JUNE 15, 5:30-6:30PM 

Location: North Chagrin Reservation Nature Center

INTRODUCTION TO DRAGON BOATING

Join the fun and learn the basics of dragon boating, a fun team sport for anyone in treatment, finished with treatment or caregivers. No experience required. Weekly practice sessions begin Wednesday, July 13, 6:30-8:00PM in preparation for the 12th Annual Cleveland Dragon Boat Association Festival which will be held on Saturday September 17, 2022.

SATURDAY, JUNE 18, 12:00-2:00PM 

Location: Merwin's Wharf, 1785 Merwin Ave, Cleveland, OH 44113

TRX TUTORIAL: AN INTRODUCTION TO SUSPENSION TRAINERS

Exercise can often be limited by space, equipment, or access to funds. Whether you use the gym, home, or take it with you on vacation, suspension trainers, including the TRX, can be a versatile and cost-effective "tool" in your exercise toolbox.

STEPHEN CERNE, BS, NSCA-CPT, ACSM-CET

MONDAY, JUNE 20, 12:30-1:30PM 

WHAT TO KNOW ABOUT NUTRITION AND IMMUNOTHERAPY

Side effects vary from immunotherapy and may impact your nutrition. Join the presentation to learn about how nutrition may be affected by this type of cancer treatment.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JUNE 22, 6:00-7:00PM  

CANCER SPECIFIC PROGRAMS

PROGRAM LOCATION KEY:

See Support Groups on page 3 for more cancer specific options



MYELOMA GROUP

Topic: A discussion with a Myeloma survivor of 30 years.

MARY FISHER-BORNSTEIN, LISW-S,
STEVIE GUTIN, RN AND JIM BOND

MONDAY, MAY 2, 5:30-7:00PM

PROSTATE CANCER INFORMATION SESSION

For those who have been diagnosed with prostate cancer within the last six months. *This program takes place before each monthly Prostate Partners group.

CONTACT ERIN RAFTER

216-455-1516

TUESDAYS: 5:15-6:15PM

CONTACT MARY FISHER-BORNSTEIN

216-455-1506

THURSDAYS: 5:15-6:15PM

PROSTATE PARTNERS

Group education and support for those diagnosed with prostate cancer. Family members welcome to attend.

TOPIC: MANAGING MY MEDICAL AND SUPPORT TEAM

THURSDAY, APRIL 14, 6:30-8:00PM

TUESDAY, APRIL 19, 6:30-8:00PM

TOPIC: LIVING WITH RECURRENCE

THURSDAY, MAY 12, 6:30-8:00PM

TUESDAY, MAY 17, 6:30-8:00PM

TOPIC: PROSTATE CANCER MINDSET & DEALING WITH EMOTIONS

THURSDAY, JUNE 9, 6:30-8:00PM

TOPIC: PATHOLOGY & UROLOGY

TUESDAY, JUNE 21, 6:30-8:00PM

LUNG CANCER IN THE BLACK AND BROWN COMMUNITY

African American men have the highest rates of lung cancer in the US. Learn about the latest research and updates on the diagnosis and treatment of lung cancer. We will discuss risk factors for lung cancer and the importance of screening individuals at higher risk for being diagnosed with lung cancer. Reliable resources provided.

MELINDA HSU, MD

WEDNESDAY, APRIL 20, 6:30-8:00PM

HIGH RISK BREAST HEALTH

Join our quarterly meeting with experts in high-risk breast health as they discuss the Oncology Clinical Practice Guidelines from the National Comprehensive Cancer Network on breast cancer detection, prevention, and risk reduction. Resources provided.

HEIDI GOODWIN, APRN, MSN, CNP, CNM, CBCN
JOY KNIGHT, MS

THURSDAY, MAY 19, 6:30-7:30PM

CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.
Please contact Erin Rafter at 216-455-1516.

CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

New name, same group! These interactive and creative groups are designed to connect and support the entire family (caregivers, children, and siblings) in coping with the impact of cancer. Families can also connect with each other to know they are not alone in this experience.

THEME: SIBLING CELEBRATION

SATURDAY, APRIL 9, 10:30-11:30AM

THEME: GROWTH AND CHANGE

SATURDAY, MAY 14, 11:00-12:00PM

Location: CMA Community Arts Center
2937 W. 25th Street, Cleveland

THEME: LET'S GET OUT OF CONTROL!
LETTING GO OF CONTROL AND GUILT

SATURDAY, JUNE 11, 10:00-11:00AM

MEET-UP FOR TEENS WITH CANCER

Open to all teens current or post cancer treatment. Enjoy Spring by getting into nature and joining us for a short hike and smores!

ADELLE GATES, MA, CCLS

TUESDAY, MAY 24, 6:30-8:00PM

Location: Cleveland Metroparks, West Creek
Reservation 2277 W. Ridgewood Dr., Parma.

BRIDGES GRIEF GROUP FOR FAMILIES

Group for parents, children and teens who have experienced a death of an adult loved one from cancer. Includes expressive, age specific, group activities and a concurrent support group for parents.

MONDAYS: 6:30-7:30PM

APRIL 4, MAY 2, JUNE 6

MONDAYS: 6:30-7:30PM

APRIL 18, MAY 16, JUNE 20

WEDNESDAYS: 6:30-7:30PM

APRIL 20, MAY 18, JUNE 15

FAMILY FLOWERS: A PROGRAM OF GROWTH AND CHANGE

Open to all young families affected by cancer, including children diagnosed with cancer and their siblings and parents, children who have an adult family member with cancer and children who have experienced a loss due to cancer. Families new to The Gathering Place are welcome to attend. We will create beautiful flower-themed art in a creative space and learn ways to adapt, grow and change during cancer.

SATURDAY, MAY 14, 10:00AM-12:00PM

Location: CMA Community Arts Center
2937 W. 25th Street, Cleveland

KIDSHOP/TEENSHOP

Workshop for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents interact with families in similar situations.

THEME: FAMILY GAME NIGHT

MONDAY, APRIL 11, 6:30-7:30PM

MONDAY, APRIL 25, 6:30-7:30PM

WEDNESDAY, APRIL 27, 6:30-7:30PM

THEME: GROWING AS A FAMILY

MONDAY, MAY 9, 6:30-7:30PM

MONDAY, MAY 23, 6:30-7:30PM

WEDNESDAY, MAY 25, 6:30-7:30PM

THEME: SUMMER TRANSFORMATION

MONDAY, JUNE 13, 6:30-7:30PM

MONDAY, JUNE 27, 6:30-7:30PM

WEDNESDAY, JUNE 22, 6:30-7:30PM

SPOTLIGHT Q&A On page 10

Adelle Gates, Certified Child Life Specialist answers questions about the Connections: Support for Families Affected by Childhood Cancer program at The Gathering Place.



YOUNG ADULTS



PROGRAM LOCATION KEY:



GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for women in their 20's, 30's and 40's diagnosed with breast cancer.




SUSAN MARINAC, MSSA, LISW-S, MT-BC

TUESDAYS: 6:30-8:00PM  
APRIL 5
MAY 3
JUNE 7

GROUP FOR YOUNG ADULTS WITH CANCER

Program for young adults in their 20's, 30's and 40's surviving cancer. Opportunities provided for social networking and creative outlets to assist with coping.

MARY FISHER-BORNSTEIN, LISW-S
SYDNEY BEEMAN, MA, LPC

TOPIC: FIGHTING FATIGUE WITH EXERCISE
THURSDAY, APRIL 28, 6:30-8:00PM 
TOPIC: SELF-CARE – RELAXATION TECHNIQUES
THURSDAY, MAY 26, 6:30-8:00PM 
TOPIC: DRUM CIRCLE
THURSDAY, JUNE 23, 6:30-8:00PM 

“

Big thank you for sharing your insight and expertise with me last week. I am so grateful for your support.

TGP PARTICIPANT

CREATIVE ARTS & MEDITATION



MIXING WRITING & MEDITATION

Learn to slow down and focus on the present in this creative workshop.

EILEEN COAN, MA, MLS

WEDNESDAY, APRIL 13, 6:30-8:00PM 
WEDNESDAY, APRIL 27, 6:30-8:00PM 

ART THERAPY: LIVING LIFE WITH HEART & PURPOSE

Create a collage of hearts that represent the many ways you can and do find purpose in life while living with a cancer diagnosis.

MAUREEN B. MOSES, MA, ATR-BC

THURSDAY, APRIL 28, 1:00-2:30PM 
THURSDAY, MAY 5, 1:00-2:30PM 

LIVING HERBAL WREATH

Plant a fragrant herbal wreath, including herbal flowers, to enjoy this spring and summer. Reflect on how flowers impact mood and ways to include them in your self-care routine.


KAREN L. KENNEDY, HTR Horticultural Therapist

WEDNESDAY, MAY 4, 6:30-8:00PM 
WEDNESDAY, MAY 11, 6:30-8:00PM 

MINDFUL MANDALAS

Creating art is a very mindful experience. Join us to learn more about different types of mandalas and create your own.

ERIN RAFTER, PHD, CCLS

FRIDAY, MAY 13, 2:00-3:30PM 

ART THERAPY: THE TREE OF LIFE

Experience the joy of creating a tree and colorful background filled with poems, verse and sayings that are a representation of what is unique to your life's journey.



MAUREEN B. MOSES, MA, ATR-BC

THURSDAY, JUNE 9, 1:00-2:30PM 
THURSDAY, JUNE 16, 1:00-2:30PM 

WALK THE LABYRINTH FOR THE SUMMER SOLSTICE

Experience the peace of walking the labyrinth in this experiential workshop.

EILEEN COAN, MA, MLS

WEDNESDAY, JUNE 22, 5:00-6:00PM 
THURSDAY, JUNE 23, 5:00-6:00PM 

THE POWER OF MUSIC: SHARE YOUR SONG

Please bring a recording of a song that you connect with to share with the group. We will share music and learn why music is a powerful healer.

SUSAN MARINAC, LISW-S, MT-BC

THURSDAY, JUNE 23, 6:30-8:00PM 

DRUMMING FOR HEALTH


Community drum circle for individuals diagnosed with cancer and their family members. Children are welcome and no experience necessary. Drums are provided.

SUSAN MARINAC, LISW-S, MT-BC


WEDNESDAY, JUNE 29, 7:00-8:00PM 

GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress in the comfort of your own home during these virtual sessions.

TUESDAYS: 5:30-6:15PM 
APRIL 5 & 19
MAY 3 & 17
JUNE 7 & 21

EILEEN COAN, MA, MLS

FRIDAYS: 9:30-10:15AM 
APRIL 1
MAY 6
JUNE 3

ERIN RAFTER, PHD, CCLS

APRIL

PROGRAM CALENDAR

Please refer to the following icons within the program pages for program or support group location.

 (Key on page 2)

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
				1 9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion	2 10:00AM Tai Chi 10:00AM Cooking Meals for Bone Health 10:30AM Welcoming Orientation 12:00PM Cooking Meals for Bone Health
4 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	5 12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group	6 10:00AM Yoga 12:30PM Balance for Improved Function 3:00PM Cooking Meals for Bone Health 6:00PM Cooking Meals for Bone Health	7 12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle	8 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Principles	9 10:00AM Tai Chi 10:30AM Connections 10:30AM Welcoming Orientation
11 11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise	12 12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	13 10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Writing and Meditation	14 12:30PM Exercise 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment	15 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Endurance	16 10:00AM Tai Chi 10:30AM Welcoming Orientation
18 11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	19 12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group	20 10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 6:30PM Bridges 6:30PM Lung Cancer in the Black and Brown Community	21 12:30PM Exercise 6:30PM The "C" Word 6:30PM Exercise	22 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Strength	23 10:00AM Tai Chi 10:30AM Welcoming Orientation
25 11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise	26 12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group	27 10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Writing and Meditation 6:30PM Kidshop	28 12:30PM Exercise 1:00PM Art Therapy: Living with Heart & Purpose 6:00PM Breast & Endometrial Cancer in the Black and Brown Community 6:30PM Exercise 6:30PM Young Adults with Cancer Group 6:30PM Breast Cancer Group	29 12:00PM Roundtable Discussion 12:30PM Restorative Motion 2:00PM Aquatic Exercise - Balance	30 10:00AM Tai Chi 10:30AM Welcoming Orientation

MAY

PROGRAM CALENDAR

Please refer to the following icons within the program pages for program or support group location.

 (Key on page 2)

ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p>2</p> <p>11:00AM Zumba 5:30PM Myeloma Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>3</p> <p>12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group</p>	<p>4</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:30PM Horticulture: Living Herbal Wreath</p>	<p>5</p> <p>12:30PM Exercise 1:00PM Art Therapy: Living with Heart & Purpose 6:30PM Exercise 6:30PM Sister Circle</p>	<p>6</p> <p>9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:00PM Cancer & COVID-19 Update 12:30PM Restorative Motion</p>	<p>7</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>9</p> <p>11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>10</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>11</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Finding Flavor 6:30PM Horticulture: Living Herbal Wreath</p>	<p>12</p> <p>12:30PM Exercise 4:00PM More Mindfulness 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment</p>	<p>13</p> <p>12:30PM Restorative Motion 2:00PM Mindful Mandalas</p>	<p>14</p> <p>10:00AM Family Flowers 10:00AM Connections 10:00AM Tai Chi 10:30AM Welcoming Orientation 11:00AM Finding Flavor</p>
<p>16</p> <p>11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>17</p> <p>12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>18</p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 6:30PM Bridges 6:30PM Breast Cancer Related Lymphedema & Exercise</p>	<p>19</p> <p>12:30PM Exercise 6:30PM High Risk Breast Health 6:30PM Exercise</p>	<p>20</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>21</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>23</p> <p>11:00AM Zumba 12:30PM Back to Basics 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>24</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group 6:30PM Teens with Cancer Meetup</p>	<p>25</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Kidshop</p>	<p>26</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Young Adults with Cancer Group</p>	<p>27</p> <p>12:30PM Restorative Motion</p>	<p>28</p> <p>Closed for Memorial Day Holiday</p>
<p>30</p> <p>Closed for Memorial Day Holiday</p>	<p>31</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

JUNE

PROGRAM CALENDAR

Please refer to the following icons within the program pages for program or support group location.

 (Key on page 2)


ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p>SUN, JUNE 5 RACE FOR THE PLACE</p> 		<p>1</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:00PM Cancer Fighting Kitchen 6:00PM Cancer Fighting Kitchen</p>	<p>2</p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p>3</p> <p>9:30AM Guided Meditation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion</p>	<p>4</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>6</p> <p>11:00AM Zumba 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>7</p> <p>12:30PM Exercise 5:30PM Guided Meditation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Cancer Group</p>	<p>8</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p>9</p> <p>12:30PM Exercise 1:00PM Art Therapy: The Tree of Life 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise 6:30PM Life After Cancer Treatment</p>	<p>10</p> <p>12:30PM Restorative Motion</p>	<p>11</p> <p>10:00AM Connections 10:00AM Cancer Fighting Kitchen 10:00AM Tai Chi 10:30AM Welcoming Orientation 12:00PM Cancer Fighting Kitchen</p>
<p>13</p> <p>11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Kidshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>14</p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p>15</p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Support Group 5:30PM Hike and Snack 6:00PM Let's Talk About Sex & Cancer 6:30PM Bridges</p>	<p>16</p> <p>12:30PM Exercise 1:00PM Art Therapy: The Tree of Life 6:30PM Balancing Cancer & Work 6:30PM Exercise</p>	<p>17</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p>18</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation 11:00AM When Someone You Love Has Cancer 12:00PM Intro to Dragon Boating</p>
<p>20</p> <p>11:00AM Zumba 12:30AM TRX Tutorial 2:00PM Breast Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>21</p> <p>12:30PM Exercise 5:15PM Prostate Partners Info Session 5:30PM Guided Meditation 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p>22</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 5:00PM Walk the Labyrinth 6:00PM Nutrition & Immunotherapy 6:30PM Kidshop</p>	<p>23</p> <p>12:30PM Exercise 6:30PM Power of Music: Share Your Song 5:00PM Walk the Labyrinth 6:30PM Exercise 6:30PM Young Adults with Cancer Group 6:30PM Breast Cancer Group</p>	<p>24</p> <p>12:30PM Restorative Motion</p>	<p>25</p> <p>10:00AM Tai Chi 10:30AM Welcoming Orientation</p>
<p>27</p> <p>11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Adults with Cancer Group 6:30PM Kidshop 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p>28</p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p>29</p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 7:00PM Drumming for Health</p>	<p>30</p> <p>12:30PM Exercise 6:30PM Cancer & the Emotional Roller Coaster 6:30PM Exercise</p>		

RACE FOR THE PLACE

Race for the Place in support of The Gathering Place, will take place on June 5, National Cancer Survivors Day. Race for the Place, a 5K and 1 Mile run/walk, is a wonderful celebration of cancer survivors and an opportunity to raise money to support the free programs and services provided by The Gathering Place to help children, teens, adults, individuals, families and friends cope while on the cancer journey.

Let's come together to celebrate those who have survived, inspire those who have been diagnosed, support our families and connect with our great community.



VISIT [RACEFORTHEPLACE.COM](https://racefortheplace.com) to register, donate or learn about sponsorship opportunities. Thank you for your support - there's no us without **you**.



Q&A WITH ADELLE GATES

Certified Child Life Specialist

Answering questions about the **Connections: Support for Families Affected by Childhood Cancer** program at The Gathering Place

Q Who can attend this group?

A When a child or teen is diagnosed with cancer, it affects everyone in the family. This group focuses on supporting the entire family as a unit and welcomes caregivers, children, and siblings to attend together. All ages are encouraged to participate. We realize that it is not always possible for the entire family to join and encourage any family members available to participate.

Q What can families expect when they join a session?

A Each group focuses on a different topic that families might be dealing with, such as family communication, coping with anger, or changing roles. While focusing on a fun activity, participants discuss the topic and share ideas. Participants can be involved as much or as little as they choose.

Q What do families find most helpful about attending these groups?

A Many families say they have learned helpful communication tools and coping techniques to deal with changes and emotions cancer brings to a family. Families also report taking comfort in engaging with other parents, children, and siblings going through similar experiences and emotions.

WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at touchedbycancer.org/donate.





THE GATHERING PLACE

The Arnold & Sydel Miller Family Campus
23300 Commerce Park,
Beachwood, Ohio 44122

Non-Profit Org.
U.S. Postage
PAID
Cleveland, OH
Permit #769

INSIDE!

PROGRAM GUIDE

Spring Edition

APRIL ■ MAY ■ JUNE



FACING CANCER • EMBRACING LIFE



The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

provided free of charge.

WAYS TO CONNECT

216-595-9546
touchedbycancer.org



TGP EAST

The Arnold & Sydel Miller Family Campus
23300 Commerce Park
Beachwood, Ohio 44122

TGP WEST

The Sandy Borrelli Center
25425 Center Ridge Road
Westlake, Ohio 44145