



Spring 2023

APRIL • MAY • JUNE



WELCOME!

New to The Gathering Place? Start here!
Meet with a Participant Navigator anytime
to explore our FREE programs and services.

**VIRTUAL WELCOMING ORIENTATION IS
EVERY MONDAY AT 6:30PM**

**DROP-IN FROM 9:00AM-1:00PM
ON THE 2ND SAT AT TGP EAST
AND THE 3RD SAT AT TGP WEST**

Call 216-455-1507 to schedule an
in-person Welcoming Orientation.

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.



The Spring quarter at The Gathering Place (TGP) proves to be an exciting one. You'll see Cooking Classes, programs on Chemo brain and The Health Benefits of Nature, to name a few. Many of our programs and services are once again offered in person. Although joining programs virtually is still a viable option for many of our participants, we definitely see that the sense of community and ease of communication are some of the many benefits our participants experience when meeting in person.

In addition to the innovative programming we've always offered, we're excited to expand our Program Guide to include **TGP in the Community**. Please see the insert; it highlights programs during Minority Health Month and National Black Family Cancer Awareness Week, programs with MetroHealth Medical Center, the LGBTQ+ community and more. This quarter also brings us our largest annual fundraising event, Race for the Place. Join us on Sunday, June 4th at 8:45am at Beachwood Place as we celebrate National Cancer Survivors Day and raise money to keep the programs and services at The Gathering Place free of charge. We couldn't do it without your help. Without you, there is no us.



warm regards,
MICHELE SEYRANIAN
CEO

TOGETHER AGAIN

Please refer to the icons in this key throughout the Program Guide.



VIRTUAL



WELLNESS CENTER



BEACHWOOD



OFF SITE



WESTLAKE

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. 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 & Sydel 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



SYDNEY BEEMAN

MA, NCC, LPC
Community Program Manager
beeman@touchedbycancer.org
216-455-1520



TAYLOR BUSS

MSW, LISW-S, OSW-C
Children & Family Program Manager
buss@touchedbycancer.org
216-595-9546



STEPHEN CERNE

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



EILEEN COAN

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



SANDY CONOCHAN

ATC, PTA
Exercise Program Staff
conochan@touchedbycancer.org
216-455-1529



BRITTANI DAVIS

MA, LPCC-S, LICDC
Program Staff
davis@touchedbycancer.org
216-455-1528



MARY FISHER-BORNSTEIN

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



ADELLE GATES

MA, CCLS
Family & Children Program Staff
gates@touchedbycancer.org
216-455-1523



WHITNEY HADLEY

MA, MSW, LSW
Program Staff
hadley@touchedbycancer.org
216-455-1522



STEPHANIE HOPKINS

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



SUSAN MARINAC

MSSA, LISW-S
Program Staff
marinac@touchedbycancer.org
216-455-1512



ANDREA SONNIE

MSSA, LISW-S
Program Staff
sonnie@touchedbycancer.org
216-455-1521

ONGOING MOVEMENT PROGRAMS

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

CORE FOR MORE STABILITY & BALANCE

The "Core" is made up of muscles that are responsible for proper posture, efficient, functional movement, balance, and stability.

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

DRAGONBOAT MEETING

Get together with the DragonFly team as we prepare for on-water training. We discuss some of our off season training, review exercise and nutrition goals, and just check in with each other.

2ND WEDNESDAYS: 6:30-7:30PM

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: 6:00-6:45PM
TUESDAYS: 12:00-12:45PM
TUESDAYS: 12:00-12:45PM
THURSDAYS: 12:00-12:45PM
THURSDAYS: 12:00-12:45PM
THURSDAYS: 6:00-6:45PM

Health and fitness screenings are required before attending any movement classes. Please reach out to Sandy at 216-455-1529.

OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-11:00AM

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

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

QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

YOGA

A gentle flow class appropriate for all levels.

TUESDAYS: 10:00-11:00AM
TUESDAYS: 6:00-7:00PM
THURSDAYS: 11:00AM-12:00PM
SATURDAYS: 9:00-10:00AM

ZUMBA

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

MONDAYS: 11:00-11:45AM

ONGOING SUPPORT GROUPS

VIRTUAL
 BEACHWOOD
 WESTLAKE

TGP offers virtual and in-person support groups. Our support groups for adults are listed below. Children and Family support groups are featured on page 6. Please contact the group facilitator for more information, to register, and for group meeting location; some groups may meet virtually.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER
Brittani Davis, 216-455-1528
Mondays, 6:30-8:00pm

GROUP FOR ADULTS WITH CANCER
Andrea Sonnie, 216-455-1521
Tuesdays, 6:30-8:00pm
April 4 & 18, May 2, 16 & 30, June 13 & 27
April 11 & 25, May 9 & 23, June 6 & 20

GROUP FOR CAREGIVERS
Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm
April 3 & 17, May 1 & 15, June 5 & 26
April 10 & 24, May 8 & 22, June 12

GROUP FOR CAREGIVERS
Whitney Hadley, 216-455-1522
Tuesdays, 6:30-8:00pm

GROUP FOR OLDER ADULTS WITH CANCER
Brittani Davis, 216-455-1528
April 21, May 19, June 16, 11:00am-12:30pm

GROUP FOR YOUNG ADULTS WITH CANCER
Whitney Hadley, 216-455-1522
April 27, May 25, June 22, 6:30-8:00pm

KNITTING TOGETHER ***NEW GROUP**
Whitney Hadley, 216-455-1522
April 11, May 9, June 13, 2:00-3:30pm
April 24, May 22, June 26, 2:00-3:30pm

LGBTQ+ VIRTUAL DROP-IN GROUP
Brittani Davis, 216-455-1528
April 20, May 18, June 15, 12:00-1:00pm

LIFE AFTER CANCER TREATMENT GROUP
Whitney Hadley, 216-455-1522
April 17, May 15, 6:30-8:00pm
May 18, June 22, 2:00-3:30pm ***NEW TIME**
SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER
Sydney Beeman, 216-455-1520
April 6, May 4, June 1, 6:30-8:00pm
YA VIRTUAL DROP-IN GROUP ***NEW GROUP**
Whitney Hadley, 216-455-1522
April 6, May 4, June 1, 12:00-1:30pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - DAY
Andrea Sonnie, 216-455-1521
2:00-3:30pm
April 17 May 15 June 12
BREAST CANCER SUPPORT GROUP - EVENING
Andrea Sonnie, 216-455-1521
April 27, May 25, June 22, 6:30-8:00pm

GROUP FOR YOUNG WOMEN WITH BREAST CANCER
Susan Marinac, 216-455-1512
April 4, May 2, June 6, 6:30-8:00pm

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)
Andrea Sonnie, 216-455-1521
April 20, May 18, June 15, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP ***NEW GROUP**
Susan Marinac, 216-455-1512
April 25, May 23, June 27, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP
Mary Fisher Bornstein, 216-455-1506
April 18, May 16, June 20, 6:30-8:00pm

MYELOMA GROUP
Mary Fisher Bornstein, 216-455-1506
May 1, 5:30-7:00pm

INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions and transportation

EILEEN COAN, MA, MLS
216-455-1504

Individual Short-Term Cancer Focused Emotional Support

PARTICIPANT NAVIGATOR
216-455-1507

Support in the Community

SYDNEY BEEMAN, MA, NCC, LPC
216-455-1520

Children and Family/Parent Consultations

TAYLOR BUSS, MSW, LISW-S, OSW-C
216-595-9546

Nutrition and Exercise Consultations

STEPHANIE HOPKINS, MS, RDN, LD
216-455-1525

Wig Salon

DIANE WEINER, CVA
216-455-1508

ORAL, HEAD AND NECK CANCER GROUP
Brittani Davis, 216-455-1528
April 19, May 17, June 21, 3:30-4:30pm

OVARIAN CANCER SUPPORT GROUP
Susan Marinac, 216-455-1512
April 19, May 17, June 21, 2:00-3:30pm

PANCREATIC CANCER GROUP
Whitney Hadley, 216-455-1522
April 25, May 23, June 27, 3:30-4:30pm

PROSTATE PARTNERS
Contact facilitator for more details about program schedule.
Mary Fisher Bornstein, 216-455-1506 (East)
Brittani Davis, 216-455-1528 (West)
April 13, May 11, June 8
Information session 5:15-6:15pm
Group 6:30-8:00pm

GRIEF & LOSS

ADULT GRIEF SUPPORT
Brittani Davis, 216-455-1528
April 11, May 9, June 13, 2:00-3:30pm

ADULT GRIEF SUPPORT
Brittani Davis, 216-455-1528
April 25, May 23, June 27, 6:30-8:00pm

ADULT GRIEF SUPPORT
Mary Fisher-Bornstein, 216-455-1506
April 11 & 25, May 9 & 23, June 13 & 27
6:30-8:00pm

GRIEF: WHEN, WILL IT END?
Mary Fisher-Bornstein, 216-455-1506
April 19, May 17, June 21, 11:00am-12:00pm

INFORMATION & EDUCATION

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE  MINORITY HEALTH PROGRAM

ALL PROGRAMS ARE EDT TIME



LUNCH AND LEARN: COPING WITH FEAR OF RECURRENCE

Bring a bag lunch and meet with others as we learn about fear of recurrence and how to manage anxiety.


SUSAN MARINAC, MSSA, LISW-S

THURS, APRIL 6, 12:00-1:00PM 

THE ROLE OF INTEGRATIVE HEALTH COACHING FOR CANCER PATIENTS AND SURVIVORS

Do you ever feel like your cancer diagnosis has taken control of your life? Learn about the important role of a Certified Health Coach who can help you manage treatment side effects, provide education on treatment options laid out by your medical team, and emotional support around a cancer diagnosis. Resources provided.

MICHELLE JEFFERSON, PT, DPT, SCS

WED, APRIL 12, 6:30-8:00PM 

RESEARCH SUPPORTING THE HEALTH BENEFITS OF NATURE: PUTTING RESEARCH INTO ACTION STEPS, PART 1 (see Part 2 on page 5)

Discover the latest research supporting the healing powers of nature and learn how spending time in green space can bring mental and physical benefits including strengthening your immune system.

JOE BLANDA, MD

WED, APRIL 19, 6:30-7:30PM 

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. 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. Resources provided.

SYDNEY BEEMAN, MA, NCC, LPC

WED, 4:00-5:00PM

APRIL 19, MAY 17, JUNE 21 

Location: Friendly Inn, 2386 Unwin Rd,
Cleveland, OH 44104

NEWLY DIAGNOSED? THIS WORKSHOP IS FOR YOU

For those with a recent cancer diagnosis. We will explain what cancer is, provide you with useful terminology, dispel cancer myths, explore common emotional reactions to the diagnosis and provide you with clarifying questions to ask your medical team.

SUSAN MARINAC, MSSA, LISW-S

THURS, APRIL 20, 12:00-1:00PM 

ANDREA SONNIE, MSSA, LISW-S

THURS, MAY 11, 12:00-1:00PM 

MOVING FORWARD

A comprehensive 4-week program for participants who are receiving treatment or who have finished treatment within the last year. We will meet twice a week for 4 weeks, including a weekly support group, cooking classes and twice a week movement classes.

MARY FISHER BORNSTEIN, LISW-S

STEPHANIE HOPKINS, MS, RDN, LD

CARL HARMON, NSCA, CPT

MON, MAY 1, 8, 15 & 22, 4:00PM - 6:00PM 


WED, MAY 3, 10, 17 & 24, 4:00PM - 6:00PM 

PALLIATIVE CARE & TRADITIONAL HOSPICE: OPEN QUESTION FORUM

Ask questions that may be difficult to talk about regarding palliative care, hospice and preparing for end-of-life transition.

VANESSA COPELAND, LPN

KAYLA FLOWERS, LISW

WED, MAY 3, 12:00-1:00PM 

FRI, MAY 5, 12:00-1:00PM 

ADDRESSING THE IMPACTS OF CANCER RELATED COGNITIVE CHANGES

Learn cognitive exercises and mitigation techniques to optimize cognitive abilities for those with cancer related changes.

KELLY HILBORN, MA, CCC-SLP

WED, MAY 3, 6:30-7:30PM  

DENTAL CARE BEFORE, DURING AND AFTER CANCER TREATMENT

Ongoing health maintenance, including dental hygiene, can be easily overlooked when the priority is getting through treatment. Explore dental hygiene and dental care best practices when going through treatment and next steps if side effects affect dental health. Learn useful tips to be mindful of while in treatment and once treatment is completed.

OMAR SALAMEH, MD

THURS, MAY 4, 6:00-7:00PM 

LUNCH AND LEARN: HOW TO COMMUNICATE WITH YOUR MEDICAL TEAM

Bring a bag lunch and meet with others as you learn how to more effectively communicate with your medical team.


SUSAN MARINAC, MSSA, LISW-S

THURS, MAY 4, 12:00-1:00PM 

THE BEST (AND WORST!) WAY TO SUPPORT A FRIEND WITH CANCER

Practical advice to help you support your friends.

SUSAN MARINAC, MSSA, LISW-S

WED, MAY 10, 5:30-6:30PM 

CANCER'S IMPACT ON MENTAL HEALTH: SIGNS TO LOOK FOR AND HOW TO ASK FOR HELP

Discuss the most common mental health issues that individuals with cancer experience. This session will help you recognize symptoms and learn how to manage them. Strategies range from complimentary therapies such as mindfulness to medication and psychotherapy. Come ready to learn and ask questions!

AMELIA BAFFA, MSN, APRN, PMHNP-BC

FRI, MAY 12, 12:00-1:00PM 

INTRODUCTION TO HYPNOTHERAPY

Hypnotherapy can be a highly effective tool especially when it comes to managing chronic pain. Learn the basics of this practice from a Certified Medical Support Clinical Hypnotherapist including techniques for self-hypnosis.

KAREN MACPHERSON, NP-C, CMS-CHT, FIBH

SAT, MAY 20, 11:00AM-12:00PM 

CHEMO BRAIN

We will define "chemo brain" and answer the questions How can I alleviate my symptoms? What techniques might help me cope? Many cancer survivors experience "chemo brain"—cognitive problems, fatigue, insomnia, anxiety and/or depression—after treatment. Join us to learn about the latest research on "chemo brain", and some approaches that may help.

JEAN ALVEREZ, RN

TUES, MAY 30, 6:30-7:30PM 

INTRODUCTION TO FUNCTIONAL MEDICINE AND ONCOLOGY

Learn about the role of functional medicine before, during and after cancer treatment.

JEN BOUCHARD, APN, MPH, IFMCP

WED, MAY 31, 6:30-8:00PM 

LUNCH AND LEARN: WHAT IS CANCER SURVIVORSHIP?

Bring a bag lunch and meet with others as we learn about cancer survivorship.


SUSAN MARINAC, MSSA, LISW-S

THURS, JUNE 1, 12:00-1:00PM 

FINANCIAL TOXICITY & CANCER TREATMENT

The cost of cancer care and changes in ability to work can increase distress in cancer patients. Join us as we discuss the risk factors and effects of financial toxicity in cancer care.

SHONTIA GAMBLE, MSW, LSW

FRI, JUNE 16, 3:00-4:00PM 

Location: Langston Hughes Community Health
& Education Center, 2390 E. 79th St.,
Cleveland, OH 44104

LOW WHITE BLOOD CELL COUNT-NOW WHAT?

Discussion about immunosuppression, medications, why your doctor may prescribe it, side effects and more.

STEVIE GUTIN, RN, OCN

FRI, JUNE 23, 12:00-1:00PM 

THE INVISIBLE SIDE OF CANCER

An opportunity for the person with cancer and their support person to discuss with others what it's like after treatment ends. Let's discuss how to better understand and support one another in this next phase, "it's over, but it's not over".

BRITTANI DAVIS, MA, LPCC-S, LICDC

ANDREA SONNIE, MSSA, LISW-S

WED, JUNE 28, 6:30-8:00PM 

LEGAL CLINIC

Hear from a licensed attorney about navigating health insurance, COBRA, Affordable Care Act, Disability, etc. when dealing with a cancer diagnosis.

TYRA L. TAYLOR, ESQ.

WEDNESDAY, APRIL 26, 12:00-12:45PM 

NUTRITION & MOVEMENT

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

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE ALL PROGRAMS ARE EDT TIME



WHOLE FOOD LIFESTYLE CHECK-IN

Adults with cancer and caregivers 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.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, APRIL 7, 11:00AM-12:00PM 

FRI, MAY 5, 11:00AM-12:00PM 

FRI, JUNE 2, 11:00AM-12:00PM 

PHYSICAL THERAPY SCREENING

Meet one-on-one to assess your physical function, fall risk, and address any other individual questions or concerns related to physical health during and after cancer treatment.

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

MON, 2:30-5:00PM 

APRIL 10, MAY 15, JUNE 12

BALANCE SCREENING

Do you have a fear of falling or worried that your balance is not as good as it used to be? Meet for 15 minutes with a Physical Therapist for a balance screening.


SHELLEY ALBERT, PT, DPT
Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

SAT, MAY 20, 11:00AM-1:00PM 

NUTRITION & SIDE EFFECTS FROM TREATMENT

You may face eating issues during or after cancer treatment which can make maintaining a good nutrition status challenging. This presentation will help guide you through tips and ideas on how to manage treatment side effects so that you can continue to nourish your body.

STEPHANIE HOPKINS, MS, RDN, LD

WED, APRIL 12, 6:00-7:30PM 

DRAGONBOAT MONTHLY MEETING

Dragon Boating is a fun team sport. Paddlers work in unison along with someone who steers and another who keeps pace with a drum. Get together with the DragonFly team as we prepare for on-water training. We discuss some of our off season training, review exercise and nutrition goals, and just check in with each other. Call Sandy with questions at 216-455-1529.

SANDY CONOCHAN, ATC, PTA


WED, 6:30-7:30PM 

APRIL 12, MAY 10, JUNE 14

AICR COOKING SERIES: SOY

There often is much confusion around soy foods and cancer. However, whole soy foods such as tempeh, tofu, soy milk, and edamame can be nutritious proteins to include in your diet before, during, and after treatment. In fact, the American Institute for Cancer Research states soy is part of a diet that may reduce risk of cancer. Join this **hands-on cooking class** to learn about the health benefits of soy, clarify myths and misconceptions, and create delicious recipes.

STEPHANIE HOPKINS, MS, RDN, LD

WED, APRIL 19, 6:00-7:30PM 

SAT, APRIL 22, 10:00-11:00AM 

SAT, APRIL 22, 12:00-1:30PM 


FOUNDATIONS OF AQUATIC EXERCISE

In this 5 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 five classes in the series.


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

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

AQUATIC PRINCIPLES

FRI, APRIL 21, 1:00-2:00PM 

ENDURANCE TRAINING

FRI, APRIL 28, 1:00-2:00PM 


STRENGTH TRAINING

FRI, MAY 5, 1:00-2:00PM 

BALANCE TRAINING

FRI, MAY 12, 1:00-2:00PM 

DEEP WATER TRAINING

FRI, MAY 19, 1:00-2:00PM 

HIKE & SNACK

Pair exercise and nutrition together in a natural, outdoor setting. Learn the importance of balance as it relates to movement and consumption.

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

TUES, APRIL 25, 6:00-8:00PM 

Location: Shaker Lakes Nature Center
2600 S Park Blvd, Cleveland, OH 44120

AICR COOKING SERIES: WHOLE GRAINS

No single food or nutrient can prevent cancer by itself. But research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans, and other plant foods can help reduce the risk for many cancers and promote health in survivorship. This **hands-on cooking class** will focus specifically on adding whole grains to your plate.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, MAY 6, 10:00-11:00AM 


SAT, MAY 6, 12:00-1:30PM 

WED, MAY 10, 6:00-7:30PM 


POTLUCK AT THE PARK

Head out for a guided hike at a local park. Stay afterwards and socialize, while sharing a favorite dish.

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

WED, MAY 10, 6:00-8:00PM 

Location: Shelterhouse Picnic Area,
Hawthorn Pkwy, Bentleyville, OH 44022


WED, JUNE 14, 6:00-8:00PM 

Location: Emerald Necklace Marina,
Rocky River Reservation, 1500 Metropark Dr,
Lakewood, OH 44107

WALK WITH A DOC — THE HEALTH BENEFITS OF NATURE: PUTTING RESEARCH INTO ACTION STEPS, PART 2

Join Dr. Blanda on a short, gentle one hour walk and learn techniques used internationally by nature therapists. The goal is to experience mindfulness in nature to reap its therapeutic benefits.

JOE BLANDA, MD

WED, MAY 24, 6:30-7:30PM 

CANCER FIGHTING KITCHEN

Join this **hands-on cooking class** and become connected to chef Rebecca Katz's online cooking course on nutrition and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

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

SAT, JUNE 10, 12:00-1:30PM 

WED, JUNE 14, 6:00-7:30PM 

WALK THE LABYRINTH FOR THE SUMMER SOLSTICE

Experience a form of walking meditation and set your intentions for the summer months ahead.

EILEEN COAN, MA, MLS

TUES, JUNE 20, 5:30-7:30PM 

WED, JUNE 21, 5:30-7:30PM 

CANCER SPECIFIC PROGRAMS

PROGRAM LOCATION KEY:



ALL PROGRAMS ARE EDT TIME

See Support Groups on page 3 for more cancer specific options



PROSTATE PARTNERS

MARY FISHER BORNSTEIN, LISW-S
BRITTANI DAVIS, MA, LPCC-S, LICDC

OUTING

THURS, APRIL 13, 6:30-8:00PM

Location:
Pins Mechanical Co., 1880 W. 25th St.,
Cleveland, OH 44113

MANAGING SIDE EFFECTS

THURS, MAY 11, 6:30-8:00PM

LET'S GET OUTSIDE!

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

Location:
Brecksville Reservation,
9000 Chippewa Creek Dr.,
Brecksville, OH 44141

PROSTATE CANCER INFO SESSION

For those who have been diagnosed with prostate cancer within the last 12 months. This program takes place before each monthly Prostate Partners Group.

MARY FISHER BORNSTEIN, LISW-S
BRITTANI DAVIS, MA, LPCC-S, LICDC

THURS, 5:15-6:15PM

ORAL, HEAD & NECK CANCER GROUP

NUTRITION

STEPHANIE HOPKINS, MS, RDN, LD

WED, APRIL 19, 3:30-4:30PM

THE IMPACT OF COLON CANCER IN THE BLACK AND BROWN COMMUNITY

Discussion and information on prevention, screening, clinical trials and treatment updates. Resources provided. Location TBD.

MELISSA TIMES, MD

MON, APRIL 24, 12:00-1:30PM

PANCREATIC CANCER AND TREATMENT EFFECTS ON MENTAL HEALTH

Short presentation about the way pancreatic cancer and its treatment can impact your mental health. Q & A to follow.

AMELIA BAFFA, MSN, APRN, PMHNP-BC

TUES, APRIL 25, 2:30-3:30PM

MYELOMA GROUP

MYELOMA UPDATES

PRESENTER: ROBIN TUOHY, VP, SUPPORT GROUPS,
INTERNATIONAL MYELOMA FOUNDATION

MARY FISHER-BORNSTEIN, LISW-S
STEVIE GUTIN, RN

MON, MAY 1, 5:30-7:00PM

CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.

Please contact Adelle Gates, MA, CCLS at 216-455-1523.



ANIMAL CAMP

A special summer experience for children ages 6 to 12 who have been impacted by a cancer diagnosis.

Contact our Participant Navigator at
navigator@touchedbycancer.org or
216-455-1507 for information.

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.

ADELLE GATES, MA, CCLS

MON, 6:30-7:30PM
APRIL 3, MAY 1, JUNE 5

CHILDHOOD CANCER PARENT SUPPORT GROUP

Group for parents/caregivers of a child/teen with cancer currently on or post treatment.

ADELLE GATES, MA, CCLS

TUES, 6:30-7:30PM
APRIL 18, MAY 16, JUNE 20

CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

This interactive and creative group is 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.

ADELLE GATES, MA, CCLS

ENCOURAGING COURAGE

SAT, APRIL 8, 10:00-11:00AM

GROWTH AND CHANGE

SAT, MAY 13, 10:00-11:00AM

NURTURED BY NATURE

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

Location: West Creek Reservation
2277 West Ridgewood Dr. Parma, OH 44134

Our Children and Family staff are available to help you address behavioral reactions and tough questions from your child or teen when cancer impacts the family.

For more information contact
Adelle Gates at 216-455-1523 or
gates@touchedbycancer.org

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.

ADELLE GATES, MA, CCLS

ENCOURAGING COURAGE

MON, APRIL 10, 6:30-7:30PM

GROWTH AND CHANGE

MON, MAY 8, 6:30-7:30PM

GETTING IN TOUCH WITH NATURE

MON, JUNE 12, 6:30-7:30PM

Location: West Creek Reservation
2277 West Ridgewood Dr. Parma, OH 44134

FAMILY EVENT WITH THE CLEVELAND DANCE PROJECT: MINDFULNESS & MOVEMENT

Dancing and journaling have been shown to improve both our physical and mental health. This class is created by their company's physical therapist, helping families explore movement to find a release for emotions, and an escape from the daily stressors and anxieties of life. No experience necessary, adaptations to movement will be available for those who are more comfortable seated.

ANNA CERVENY, DPT, DIRECTOR
CLEVELAND DANCE PROJECT

SAT, JUNE 17, 2:30-4:00PM

YOUNG ADULTS

PROGRAM LOCATION KEY:



ALL PROGRAMS ARE EDT TIME



GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for young women diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S

TUES, 6:30-8:00PM
APRIL 4, MAY 2, JUNE 6

YOUNG ADULT VIRTUAL DROP-IN GROUP

WHITNEY HADLEY, MA, MSW, LSW

THURS, 12:00-1:30PM
APRIL 6, MAY 4, JUNE 1

YOUNG ADULT MEET & GREET AT EDGEWATER PARK

Bring a friend (furry or human) to hang out, enjoy some food and share some laughs. Meet us at the Beach House!

SYDNEY BEEMAN, MA, NCC, LPC

SUN, APRIL 16, 3:00PM
Location: Edgewater Park

GROUP FOR YOUNG ADULTS WITH CANCER

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

SYDNEY BEEMAN, MA, NCC, LPC
WHITNEY HADLEY, MA, MSW, LSW

ELEPHANTS AND TEA WRITING WORKSHOP

This workshop will focus on writing prompts that revolve around navigating a cancer diagnosis as a young adult. Themes covered may include, but are not limited to: reflecting on your cancer diagnosis, how cancer has changed you, finding gratitude through the difficult times, and more.

THURS, APRIL 27, 6:30-8:00PM

KARAOKE NIGHT

Join us when we will belt out our favorite songs, provide back up vocals, and maybe have a costume change or two!

THURS, MAY 25, 6:30-8:00PM

GARDEN TOUR

Spend an evening in Norma's Healing Garden with us! On this walking tour, learn all about the hidden gems, spiritual meanings, and stories tucked away in our little oasis.

EILEEN COAN, MA, MLS

THURS, JUNE 22, 6:30-8:00PM

CREATIVE ARTS & MEDITATION



GUIDED MEDITATION

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

EILEEN COAN, MA, MLS

TUES, 6:30-7:15PM
APRIL 4, 18, MAY 2 & 16, JUNE 6

ROOTS & BRANCHES

Where we come from, our families and our life experience are the roots. The tree trunk is created as we become adults. These parts ground each of us and form who we are. A cancer diagnosis and treatment may create loss, new branches, growth and bring about the need to prune. Come and write with a circle of others.

ANDREA SONNIE, MSSA, LISW-S

WED, APRIL 5, 6:30-8:00PM

INTRODUCTION TO MEDITATION

Experience the benefits of relaxation through guided imagery and breathwork.

EILEEN COAN, MA, MLS

WED, APRIL 5, 2:00-3:00PM

SINGING BOWLS (SOUND BATH)

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, APRIL 14, 11:00AM-12:00PM

FRI, MAY 12, 11:00AM-12:00PM

FRI, JUNE 9, 11:00AM-12:00PM

WRITING FOR CAREGIVER SELF-CARE

Join other caregivers in a workshop using short writing prompts as an introduction to journaling as a form of self-care.

WHITNEY HADLEY, MA, MSW, LSW

FRI, APRIL 21, 11:00AM-12:00PM

FRI, APRIL 21, 12:30PM-1:30PM

INTRODUCTION TO WEAVING

Learn how weaving can be a tool for coping with cancer. Participants will create a small weaving that can be turned into a wall hanging, necklace or keychain while enjoying the benefits of working with tactile materials. No experience required; materials provided.

GABRIELLE COOPER, LPC, ART THERAPIST,
ART THERAPY STUDIO

WED, APRIL 26, 6:30-8:00PM

CREATIVE WRITING WORKSHOP

Narrative medicine in cancer care uses literary arts (i.e., poetry, film, photography) to support cancer patients and caregivers. Open to anyone impacted by cancer interested in learning more about narrative medicine. No creative writing experience required; materials provided.

MARINA VLADOVA, MED, MPH, NARRATIVE
MEDICINE FACILITATOR

WED, MAY 17, 6:30-7:30PM

WED, JUNE 14, 6:30-7:30PM

WALK THE LABYRINTH FOR THE SUMMER SOLSTICE

Experience a form of walking meditation and set your intentions for the summer months ahead.

EILEEN COAN, MA, MLS

TUES, JUNE 20, 5:30-7:30PM

WED, JUNE 21, 5:30-7:30PM

POSITIVE AFFIRMATION CARDS

This session focuses on the power of positive self-talk through the creation of small cards with short positive messages. Participants may choose personally significant words or phrases or choose from a list of suggestions. Most effective for participants who can read and write, but can be adapted for those that are unable to do so.

GABRIELLE COOPER, LPC, ART THERAPIST,
ART THERAPY STUDIO

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

APRIL

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD
WESTLAKE
VIRTUAL ONLY

OFFSITE
WELLNESS CENTER

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
NEW TO THE GATHERING PLACE? LEARN ABOUT OUR PROGRAMS AND SERVICES AND HOW THEY CAN HELP YOU. HELD VIRTUALLY EVERY MONDAY, 6:30-7:30PM	SPECIAL EVENT: YOUNG ADULTS GROUP: MEET & GREET AT EDGEWATER PARK SUNDAY, APRIL 16TH AT 3:00PM	CHECK OUR WEBSITE FOR ADDITIONAL PROGRAMMING AROUND MINORITY HEALTH			9:00AM Yoga 10:00AM Qigong-Tai Chi 1
11:00AM Zumba* 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges 3	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Guided Meditation 4	12:30PM Balance for Improved Function 2:00PM Intro to Meditation 6:30PM Roots & Branches 5	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM Lunch & Learn 12:00PM YA Virtual Drop-in 6:00PM Exercise 6:30PM Sister Circle 6	11:00AM Whole Food Lifestyle Check-in* 12:30PM Restorative Motion 7	9:00AM-1:00PM Drop in 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Courage* 8
11:00AM Zumba* 2:30PM Physical Therapy Screening 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Kidshop/Teenshop 10	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Knitting Together 2:00PM Grief Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 11	12:30PM Balance for Improved Function 6:00PM Nutrition Side Effects & Treatment 6:30PM Integrative Health Coaching 6:30PM Dragonboat Monthly Meeting 12	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:00PM Exercise 6:30PM Prostate Partners Outing 13	11:00AM Singing Bowls (Sound Bath)* 12:30PM Restorative Motion 14	9:00AM-1:00PM Drop in 9:00AM Yoga 10:00AM Qigong-Tai Chi 15
11:00AM Zumba* 2:00PM Breast Cancer Group 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group 6:30PM Welcoming Orientation 17	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Childhood Cancer Parent Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Guided Meditation 18	11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group* 3:30PM Oral, Head & Neck Cancer Group 4:00PM How to Talk About Cancer 6:00PM AICR Cooking Series: Soy 6:30PM Health Benefits of Nature 19	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM Newly Diagnosed? 12:00PM LGBTQ+ Virtual Drop-in 6:00PM Exercise 6:30PM Gynecologic Cancer Group 20	11:00AM Older Adults Group* 11:00AM Writing for Caregiver Self Care 12:30PM Writing for Caregiver Self Care 12:30PM Restorative Motion 1:00PM Aquatics: Principles 21	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM AICR Cooking Series: Soy 12:00PM AICR Cooking Series: Soy 22
11:00AM Zumba* 12:00PM Colon Cancer in the Black & Brown Community 2:00PM Knitting Together 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Welcoming Orientation 24	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Lung Cancer Group 2:30PM Pancreatic Cancer & Mental Health 3:30PM Pancreatic Group 6:00PM Yoga 6:00PM Hike & Snack 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group 25	12:00PM Legal Clinic 12:30PM Balance for Improved Function 6:30PM Intro to Weaving 26	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:00PM Exercise 6:30PM Breast Cancer Group 6:30PM Young Adults Group: Elephants & Tea Writing Workshop 27	12:30PM Restorative Motion 1:00PM Aquatics: Endurance 28	9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Minority Health Month Community Fair 29

MAY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD
WESTLAKE
VIRTUAL ONLY

OFFSITE
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546

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

MON	TUES	WED	THUR	FRI	SAT
<p>11:00AM Zumba*</p> <p>4:00PM Moving Forward</p> <p>5:30PM Myeloma Group*</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM Bridges</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Young Women with Breast Cancer</p> <p>6:30PM Guided Meditation</p>	<p>12:00PM Palliative Care</p> <p>12:30PM Balance for Improved Function</p> <p>4:00PM Moving Forward</p> <p>6:30PM Impacts of Cancer Related Cognitive Changes*</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>12:00PM YA Virtual Drop-in</p> <p>12:00PM Lunch & Learn</p> <p>6:00PM Exercise</p> <p>6:00PM Dental Care & Cancer Treatment</p> <p>6:30PM Sister Circle</p>	<p>11:00AM Whole Food Lifestyle Check-in</p> <p>12:00PM Palliative Care</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Strength</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM AICR Cooking Series: Whole Grains</p> <p>12:00PM AICR Cooking Series: Whole Grains</p>
<p>11:00AM Zumba*</p> <p>4:00PM Moving Forward</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p> <p>6:30PM Kidshop/Teenshop</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>2:00PM Knitting Together</p> <p>2:00PM Grief Group</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p>	<p>12:30PM Balance for Improved Function</p> <p>4:00PM Moving Forward</p> <p>5:30PM Best and Worst Ways to Support</p> <p>6:00PM Potluck at the Park</p> <p>6:00PM AICR Cooking Series: Whole Grains</p> <p>6:30PM Dragonboat Monthly Meeting</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>12:00PM Newly Diagnosed?</p> <p>5:15PM Prostate Partners Info Session*</p> <p>5:15PM Prostate Partners Info Session*</p> <p>6:00PM Exercise</p> <p>6:30PM Prostate Partners Group*</p> <p>6:30PM Prostate Partners Group*</p>	<p>11:00AM Singing Bowls (Sound Bath)*</p> <p>12:00PM Impact on Mental Health</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Balance</p>	<p>9:00AM-1:00PM Drop in</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Connections: Growth & Change*</p>
<p>11:00AM Zumba*</p> <p>2:00PM Breast Cancer Group</p> <p>2:30PM Physical Therapy Screening</p> <p>4:00PM Moving Forward</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Welcoming Orientation</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Metastatic Breast Cancer Group</p> <p>6:30PM Childhood Cancer Parent Group</p> <p>6:30PM Guided Meditation</p>	<p>11:00AM Grief: When Will It End?</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group*</p> <p>3:30PM Oral, Head & Neck Cancer Group</p> <p>4:00PM Moving Forward</p> <p>4:00PM How to Talk About Cancer</p> <p>6:30PM Creative Writing Workshop</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>12:00PM LGBTQ+ Virtual Drop-in</p> <p>2:00PM Life After Cancer Group</p> <p>6:00PM Exercise</p> <p>6:30PM Gynecologic Cancer Group</p>	<p>11:00AM Older Adults Group*</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Deep Water</p>	<p>9:00AM-1:00PM Drop in</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Intro to Hypnotherapy</p> <p>11:00AM Balance Screening</p>
<p>11:00AM Zumba*</p> <p>2:00PM Knitting Together</p> <p>4:00PM Moving Forward</p> <p>6:00PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Welcoming Orientation</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>3:30PM Pancreatic Group</p> <p>6:00PM Yoga</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>12:30PM Balance for Improved Function</p> <p>4:00PM Moving Forward</p> <p>6:30PM Walk with a Doc</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:00PM Exercise</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Young Adults Group: Karaoke</p>	<p>12:30PM Restorative Motion</p>	<p>Closed for Memorial Day</p>
<p>Closed for Memorial Day</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Chemobrain</p>	<p>12:30PM Balance for Improved Function</p> <p>6:30PM Intro to Functional Medicine & Oncology</p>			<p>NEW TO THE GATHERING PLACE?</p> <p>LEARN ABOUT OUR PROGRAMS AND SERVICES AND HOW THEY CAN HELP YOU.</p> <p>HELD VIRTUALLY EVERY MONDAY, 6:30-7:30PM</p>

JUNE

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD
WESTLAKE
VIRTUAL ONLY

OFFSITE
WELLNESS CENTER


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>SPECIAL EVENT: RACE FOR THE PLACE SUNDAY, JUNE 4TH</p>			<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Lunch & Learn 12:00PM Exercise* 12:00PM YA Virtual Drop-in 6:00PM Exercise 6:30PM Sister Circle</p> <p>1</p>	<p>11:00AM Whole Food Lifestyle Check-in 12:30PM Restorative Motion</p> <p>2</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> <p>3</p>
<p>11:00AM Zumba* 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Bridges</p> <p>5</p>	<p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Guided Meditation</p> <p>6</p>	<p>12:30PM Balance for Improved Function</p> <p>7</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:00PM Exercise 6:30PM Prostate Partners</p> <p>8</p>	<p>11:00AM Singing Bowls (Sound Bath)* 12:30PM Restorative Motion</p> <p>9</p>	<p>9:00AM-1:00PM Drop in 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 10:00AM Connections: Nature 12:00PM Cancer Fighting Kitchen</p> <p>10</p>
<p>11:00AM Zumba* 2:30PM Physical Therapy Screening 2:00PM Breast Cancer Group 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Welcoming Orientation 6:30PM Kidshop/Teenshop</p> <p>12</p>	<p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Knitting Together 2:00PM Grief Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p> <p>13</p>	<p>12:30PM Balance for Improved Function 6:00PM Potluck at the Park 6:00PM Cancer Fighting Kitchen 6:30PM Creative Writing Workshop 6:30PM Dragonboat Monthly Meeting</p> <p>14</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM LGBTQ+ Virtual Drop-in 12:00PM Exercise* 6:00PM Exercise 6:30PM Gynecologic Cancer Group</p> <p>15</p>	<p>10:00AM Line Dancing for Health 11:00AM Older Adults Group* 12:30PM Restorative Motion 3:00PM Financial Toxicity & Cancer Treatment</p> <p>16</p>	<p>9:00AM-1:00PM Drop in 9:00AM Yoga 10:00AM Qigong-Tai Chi 2:30PM Cleveland Dance Project</p> <p>17</p>
<p>Closed for Juneteenth</p> <p>19</p>	<p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 5:30PM Walk the Labyrinth 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Childhood Cancer Parent Group</p> <p>20</p>	<p>11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group* 3:30PM Oral, Head & Neck Cancer Group 4:00PM How to Talk About Cancer 5:30PM Walk the Labyrinth 6:30PM Positive Affirmation Cards</p> <p>21</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 2:00PM Life After Cancer Group 6:00PM Exercise 6:30PM Breast Cancer Group 6:30PM Young Adults Group: Garden Tour</p> <p>22</p>	<p>12:00PM Low White Blood Cell Count 12:30PM Restorative Motion</p> <p>23</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> <p>24</p>
<p>11:00AM Zumba* 2:00PM Knitting Together 6:00PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group 6:30PM Welcoming Orientation</p> <p>26</p>	<p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Lung Cancer Group 3:30PM Pancreatic Group 6:00PM Yoga 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p> <p>27</p>	<p>12:30PM Balance for Improved Function 6:30PM Invisible Side of Cancer</p> <p>28</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:00PM Exercise</p> <p>29</p>	<p>12:30PM Restorative Motion</p> <p>30</p>	<p>NEW TO THE GATHERING PLACE? LEARN ABOUT OUR PROGRAMS AND SERVICES AND HOW THEY CAN HELP YOU. HELD VIRTUALLY EVERY MONDAY, 6:30-7:30PM</p>

Clinical Staff unavailable today due to clinical retreat

On Sunday, June 4, thousands of residents throughout the Cleveland area will head over to Beachwood Place for the 23rd annual Race for the Place. In celebration of National Cancer Survivors Day, participants can help raise funds to support those impacted by cancer in our local communities. Registrants are welcome to either walk or run the one mile or 5K, which will be chip timed.

"Each year, we are greatly inspired to see such strong community support for our organization," said Michele Seyranian, CEO of The Gathering Place. "It is because of their generosity and dedication that we can continue to help everyone who walks through our doors as they face a life altering cancer diagnosis. We are especially thankful to be able to gather in person this year as the energy from the event is contagious and provides such wonderful opportunities for connection."

This year's event is expected to draw more than 3,500 participants and net over \$350,000 in proceeds, which will help fund the free services offered at The Gathering Place, including support groups, children's programming, art therapy, nutrition and exercise classes, education and more.

The race starts, rain or shine, at Beachwood Place at 9 a.m. on the upper-level parking deck between Nordstrom and Dillard's, 26300 Cedar Road, Beachwood. A National Cancer Survivors Day ceremony begins at 8:45 a.m., with family activities including face painting, games, music and more all held in Celebration Village beginning at 8 a.m. An award ceremony will take place at 10:30 a.m., recognizing top teams.

Community members can register individually or as teams online at racefortheplace.org, by calling the organization at **216.595.9546** or by visiting the organization at either its Beachwood or Westlake facility.



TGP's Home Furnishings Warehouse Resale Shops conduct monthly sales in Warrensville Heights and our expanded space across from our TGP office in Westlake. Our volunteers make this all possible by donating time their time and effort. The resale shops rely solely on donated pre-loved, high-quality items for us to resell. The proceeds collected during our sales benefit The Gathering Place's mission.

Thanks to our very generous community, merchandise is always changing, and every shopping experience is incredibly unique. Visit one of our two locations in Warrensville Heights and Westlake to see our exceptional selection of resale furnishings.

Email tgpwarehouse@touchedbycancer.org for more information.

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 & Sydell Miller Family Campus
23300 Commerce Park,
Beachwood, Ohio 44122

Non-Profit Org.
U.S. Postage
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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 & Sydell Miller Family Campus
23300 Commerce Park
Beachwood, Ohio 44122

TGP WEST

The Sandy Borrelli Center
25425 Center Ridge Road
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