

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.

In our TGP world, Race for the Place officially kicks off summer. We are so grateful for the generous support of our event sponsors and every person who participated or donated to our largest fundraiser of the year. Between achieving our goal and finally being able to gather in person, we consider this event an amazing success – and that is thanks to you.

We are also excited to welcome new staff members to our team. Brittani Davis, MA, LPCC, LICDC, has joined us as a Licensed Professional Counselor who will provide programming and support to our adult participants. She will help to support positive change and healing for our participants at our Beachwood and Westlake location, and in the community. Sandy Conochan, PTA, ATC an athletic trainer, and physical therapy assistant will help develop and expand our exercise programming onsite and in the community. She will work with our participants to create personalized plans to improve overall health.

We're looking forward to seeing more of you in the sunny days ahead (virtual options are still offered for many programs) and remain honored to be a part of your journey. Please stop by to say hello.





# TOGETHER AGAIN

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



VIRTUAL



**WELLNESS CENTER** 



**BEACHWOOD** 



OFF SITE



WESTLAKE



FAMILIES WELCOME

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 & 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



#### SYDNEY BEEMAN

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



#### STEPHEN CERNE

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



#### EILEEN COAN

coan@touchedbycancer.org 216-455-1504



#### SANDY CONOCHAN

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



#### BRITTANI DAVIS

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



#### MARY FISHER-BORNSTEIN

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



#### ADELLE GATES

MA, CCLS gates@touchedbycancer.org 216-455-1523



#### STEPHANIE HOPKINS

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



#### **SUSAN MARINAC**

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



#### ERIN RAFTER

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



#### ANDREA SONNIE

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

















🖪 VIRTUAL 🔼 BEACHWOOD 🔼 OFF SITE 😩 WESTLAKE 🔼 WELLNESS CENTER 🕰 FAMILIES WELCOME 🛮 ALL PROGRAMS ARE EDT TIME

## **ONGOING 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

#### **EXERCISE CLASSES** (FOR THOSE DIAGNOSED WITH CANCER)

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

MONDAYS: 7:00-8:00PM\*

TUESDAYS 12:00-12:45PM

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

THURSDAYS: 12:00-12:45PM THURSDAYS: 6:30-7:30PM\*

\* Beginning in September, Mon/Thurs evening classes change to Tues/Thurs, 6:00-7:00pm

#### required before attending any movement class. OPEN GYM ★ NEW!

Attend an orientation and work out on your own.

All exercise programs are virtual, unless

otherwise noted. Health and fitness screening

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** WITH JEANNIE KORAN

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

#### YOGA WITH LISA THIEL NEW DAYS

A gentle flow class appropriate for all levels.

CONTRACTOR 

TUESDAYS: 10:00-11:00AM SATURDAYS: 9:00-10:00AM

For Yoga in Westlake see page 5

#### **ZUMBA** with anita bartel

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

A MONDAYS: 11:00-11:45AM

### **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

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

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

Wig Salon

**DIANE WEINER, CVA** 216-455-1508

# **SUPPORT GROUPS**









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**

216-455-1528

#### GROUP FOR ADULTS WITH CANCER 🔼 🖪

Mondays: 6:30-8:00pm Brittani Davis, MA, LPCC, LICDC

#### GROUP FOR ADULTS WITH CANCER 🔼 🖪 Tuesdays: 6:30-8:00pm

Andrea Sonnie, LISW-S, OSW-C 216-455-1521

#### GROUP FOR CAREGIVERS 🔼 🖪

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

#### GROUP FOR CAREGIVERS 🔼 🖪

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

#### GROUP FOR OLDER ADULTS WITH CANCER 🔼 🖪

3rd Fridays: 11:00am-12:30pm Brittani Davis, MA, LPCC, LICDC 216-455-1528

#### GROUP FOR YOUNG ADULTS WITH CANCER

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

#### LIFE AFTER CANCER TREATMENT GROUP 🔼 🖪

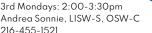
2nd Thursdays: 6:30-8:00pm Sydney Beeman, MA, NCC, LPC 216-455-1520

#### SISTER CIRCLE: FOR AFRICAN AMERICAN 🔼 🖪 WOMEN WITH CANCER

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

#### CANCER SPECIFIC

#### BREAST CANCER SUPPORT GROUP - DAY 🔼 🖪



#### BREAST CANCER SUPPORT GROUP - EVENING 🔼 🗗



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

#### GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)

4th Wednesdays: 3:30-5:00pm 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

#### MYELOMA GROUP 🔼 🖪

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

#### ORAL, HEAD AND NECK CANCER GROUP 🔼 🖪 2nd Mondays: 3:30-4:30pm

Brittani Davis, MA, LPCC, LICDC 216-455-1528

#### OVARIAN CANCER SUPPORT GROUP 🔼 🗖

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

#### PANCREATIC CANCER GROUP

4th Mondays: 3:30-4:30pm Sydney Beeman, MA, NCC, 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 🔼 🗖 Brittani Davis, MA, LPCC, LICDC 216-455-1528

#### YOUNG WOMEN WITH BREAST CANCER GROUP 🔼 🗗

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

#### **GRIEF & LOSS**

#### GRIEF GROUP 🔼 😃



Erin Rafter, PHD, CCLS 216-455-1516

#### GRIEF GROUP 🔼 🖪

4th Tuesdays: 6:30-8:00pm Brittani Davis, MA, LPCC, LICDC 216-455-1528

#### GRIEF GROUP 🔼 💷

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

#### GRIEF: WHEN, WILL IT END?



# INFORMATION & EDUCATION





VIRTUAL P BEACHWOOD









#### WHEN SOMEONE YOU LOVE HAS CANCER

For families, friends and other support people for those with cancer. Learn the right things to say and avoid awkward conversations. Learn what is helpful and what is not helpful. Learn how to be of the greatest help emotionally.

EILEEN COAN, MA, MLS

WEDNESDAY, JULY 6, 6:30-8:00PM

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

#### SELF-CARE FOR THE CAREGIVER

Gain tips on how to care for you while caring for your loved one.

SYDNEY BEEMAN, MA, NCC, LPC

WEDNESDAY, JULY 13, 6:30-8:00PM



#### MANAGING LYMPHEDEMA IN YOUR LEGS

Lymphedema does not just impact individuals treated for breast cancer. This session will focus on the common cancers that may cause lymphedema in the lower body. Diagnosis, treatment, and management of lymphedema will be discussed, and resources will be provided. ROBERT HUNDT OTR/L. CHT. CLT. COMT-UE

WEDNESDAY, JULY 20, 6:30-7:30PM 😫 🖪



#### **LUNG CANCER REHABILITATION**

After treatment for lung cancer, you may experience shortness of breath and have less endurance. This session will focus on the importance of a multi-disciplinary rehab approach for lung cancer survivors to increase quality of life.

MARY VARGO, MD

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



#### FORGIVENESS CAN SET YOU FREE

During this three-part series you will learn about the effect that forgiveness has on your life. This program will help you move through the steps of forgiveness toward better mental, physical and spiritual health.

MARY FISHER BORNSTEIN, LISW-S

THURSDAYS: 6:30-8:00PM JULY 21, AUGUST 18, SEPTEMBER 15 🔼

#### **COVER YOUR ASSETS: FINANCIAL PLANNING**

Learn how to protect your assets and savings when dealing with a cancer diagnosis.

SARAH PARRAN, LISW-S KATHY JOSEPH, ESQ.

WEDNESDAY, JULY 27, 6:30-8:00PM 🔼 🖪



#### **ROOTS AND BRANCHES: HOW CANCER TRANSFORMS OUR LIVES**

During this program we will explore via writing exercises and discussion how you have changed and what new growth has taken place in your life since your cancer diagnosis.

ANDREA SONNIE, LISW-S, OSW-C

THURSDAY, AUGUST 4, 6:00-7:30PM

#### **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, AUGUST 5, 12:00-1:00PM 🔼 🖪



#### **GENETICS AND CANCER**

Some kinds of cancer run in families. If you've had cancer at a young age, had two or more separate cancers, or have several close family members who have had cancer, you may have questions for a genetic counselor. Resources provided.

CAMERON FRIEDMAN, MS, LGC, LICENSED. CERTIFIED GENETIC COUNSELOR

THURSDAY, AUGUST 18, 6:00-7:00PM 🔼 🖪



#### **CLEVELAND DANCE PROJECT:** MINDFULNESS & MOVEMENT

Dancing and journaling have been shown to improve both our physical and mental health. This class, created by their company's physical therapist, helps participants 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

SATURDAY, AUGUST 27, 12:00-2:00PM 🔼



#### **CALMING WATERS: LEARN TO COPE WITH BIG EMOTIONS**

Learn to move from tidal waves to lapping shores. Big emotions are part of the cancer experience. Learn about dysregulated emotions and how to calm the waves using DBT (Dialectical Behavior Therapy) skills. ANDREA SONNIE, LISW-S, OSW-C

WEDNESDAY, AUGUST 31, 6:30-7:30PM



#### MOVING FORWARD THOUGH CANCER

A 6-week program for individuals currently in treatment or who have finished treatment in the last year. It involves a weekly support group, twice-weekly fitness training and 4 healthy interactive cooking classes.

MARY FISHER-BORNSTEIN, LISW-S, STEPHANIE HOPKINS, MS, RDN, LD CARL HARMON, NSCA-CPT

ORIENTATION: MONDAY, AUGUST 29, 6:00-7:30PM 🔼 MONDAYS & WEDNESDAYS: 6:00-8:15PM SEPTEMBER 12 - OCTOBER 19

#### **UPDATES ON MEDICAL CANNABIS** AND CANCER

Medical cannabis use is increasing among cancer patients, yet barriers to access and lack of understanding by health care professionals are still quite common. This program will provide updates on medical cannabis and its role in symptom management during cancer

KATY PACK, PHARMD KALI SZENTE, RISE CLEVELAND

WEDNESDAY, SEPTEMBER 7, 6:30-7:30PM 🕮 🔼





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, SEPTEMBER 8, 6:30-7:30PM



#### **CANCER RELATED FATIGUE AND ENERGY CONSERVATION**

Cancer-related fatique is frequently experienced by patients during and after therapy. This session will explore simple ways to reduce cancer related fatique. Resources provided.

CLARE OGONEK, OTR/L

WEDNESDAY, SEPTEMBER 14, 6:30-7:30PM THURSDAY, SEPTEMBER 15, 6:30-7:30PM

#### PROSTATE CANCER CARE FOR GAY MEN

Prostate cancer is the most prevalent invasive cancer among men, affecting nearly one in eight at some point in their lives, according to the Centers for Disease Control. But the unique challenges facing gay and bisexual men with prostate cancer have largely gone unaddressed. This program will explore the unique challenges for this population. Co-sponsored by the LGBT Center of Greater Cleveland.

LOUIS NOVAK, MD

THURSDAY, SEPTEMBER 15, 6:30-7:30PM 🖪



STEPPING STONES: FINDING NEW Change Four becapedine around what your cancer journey may mean to you.

SYDNEY BEEMAN, MA, NCC, LPC

THURSDAY, AUGUST 25, 6:30-8:00PM



# **NUTRITION & EXERCISE**















ALL PROGRAMS ARE EDT TIME

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.

STEPHANIE HOPKINS, MS, RDN, LD

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

FRIDAY, AUGUST 5, 11:00AM-12:00PM

FRIDAY, SEPTEMBER 2, 11:00AM-12:00PM 🔼 🖪



#### NUTRITION IN CANCER SURVIVORSHIP

What you eat before, during, and after cancer treatment can vary greatly based on your nutritional needs to fuel your body. Learn how nutrition goals can shift from active treatment to beyond treatment.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, JULY 6, 6:00-7:30PM WEDNESDAY JULY 13, 3:00-4:00PM

SATURDAY, JULY 16, 10:30AM-12:00PM Location: The Village Project,

27378 W. Oviatt Rd., Bay Village

#### PHYSICAL THERAPY SCREENING

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 during and after cancer treatment. Recommendations and resources provided.

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

MONDAYS: 1:00-5:00PM **JULY 11. AUGUST 8. SEPTEMBER 12** 

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

SATURDAYS: 12:00-2:00PM **AUGUST 27, SEPTEMBER 24** 

Oncology Rehabilitation

#### INTRODUCTION TO DRAGON BOATING

Join the fun and learn the basics of dragon boating, a fun team sport for anyone in cancer treatment, finished with treatment, caregivers, or those who have lost a loved one to cancer. No experience required. The 12th Annual Cleveland Dragon Boat Association Festival will be on Sunday, September 18, 2022

QUESTIONS TO BETH BENNETT, 216-455-1517

WEDNESDAYS: 6:30-8:00PM JULY 13 THROUGH SEPTEMBER 14

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

#### **YOGA4CANCER**

This six-part series addresses the specific needs of individuals diagnosed with cancer as they build strength and flexibility, reduce cancer related fatique, increase bone density, and reduce the effects of neuropathy and lymphedema. The yoga4cancer program was developed by Tari Prinster and is based upon yoga for cancer research.

ANGIE GIALLOURAKIS, PHD, MED, Certified Yoga4Cancer Teacher, Co-Founder STEVEN G. Cancer Foundation & Elephants and Tea

TUESDAYS: 6:00-7:00PM JULY 26, AUGUST 2, 9, 16, 23 & 30

#### FOUNDATIONS OF AQUATIC EXERCISE

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 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** FRIDAY, JULY 29, 2:00-3:00PM



**ENDURANCE TRAINING** 

FRIDAY, AUGUST 5, 2:00-3:00PM



BALANCE TRAINING

STRENGTH TRAINING

FRIDAY, AUGUST 19, 2:00-3:00PM 🦰



DEEP WATER TRAINING

FRIDAY, AUGUST 26, 2:00-3:00PM 🤼

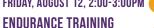
#### SHELLEY ALBERT, PT, DPT

Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

Location: Rocky River Civic Center 21016 Hilliard Blvd., Rocky River,

**AQUATIC PRINCIPLES** 

FRIDAY. AUGUST 12. 2:00-3:00PM 🧲



FRIDAY, AUGUST 19, 2:00-3:00PM STRENGTH TRAINING



FRIDAY, AUGUST 26, 2:00-3:00PM

**BALANCE TRAINING** FRIDAY, SEPTEMBER 9, 2:00-3:00PM

**DEEP WATER TRAINING** FRIDAY, SEPTEMBER 16, 2:00-3:00PM



# **NUTRITION & SIDE EFFECTS FROM**

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

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, AUGUST 10, 6:00-7:00PM



#### SUMMERTIME REFRESHERS TO BEAT THE HEAT

Proper hydration is important year-round, but especially in the summer months as temperatures rise. Learn how to adequately hydrate your body through different beverage recipes.

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, AUGUST 17 6:00-7:30PM SATURDAY, AUGUST 20, 10:00-11:00AM



12:00-1:30PM

#### **YOGA SERIES**

A 4-week yoga series where all levels are welcome including beginners. This series is designed to reduce stress and increase flexibility.

CHRISTINA CARROLL, RYT 500

TUESDAYS: 6:00-7:00PM SEPTEMBER 6, 13, 20 & 27



#### CANCER FIGHTING KITCHEN

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

STEPHANIE HOPKINS, MS, RDN, LD

WEDNESDAY, SEPTEMBER 7, 6:00-7:30PM SATURDAY, SEPTEMBER 10, 10:00-11:00AM





#### **PUTTING RESEARCH INTO ACTION: GUIDELINES FOR PHYSICAL ACTIVITY & NUTRITION**

Earlier this year, the American Cancer Society released their guidelines for nutrition and physical activity in cancer survivors. This 2-part series provides information about the new guidelines and how to implement their recommendations into your daily lifestyle.

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

PART 1: MONDAY, SEPTEMBER 12, 12:30-1:30PM PART 2: MONDAY, SEPTEMBER 19, 12:30-1:30PM 💻







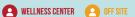
# **CANCER SPECIFIC PROGRAMS**















ALL PROGRAMS ARE EDT TIME

#### **MYELOMA GROUP**

**TOPIC:** NUTRITION TIPS FOR PEOPLE DIAGNOSED WITH MYELOMA

MARY FISHER-BORNSTEIN. LISW-S. STEVI GUTIN, RN

BECCA NOERNBERG, MS, RDN, LD

MONDAY, JULY 11, 5:30-7:00PM 🔼 🗖



**TOPIC:** UNDERSTANDING YOUR BLOOD COUNTS MARY FISHER-BORNSTEIN, LISW-S. STEVI GUTIN, RN

MONDAY, SEPTEMBER 12, 5:30-7:00PM (2)



#### **LUNG CANCER REHABILITATION**

After treatment for lung cancer, you may experience shortness of breath and have less endurance. This session will focus on the importance of a multi-disciplinary rehab approach for lung cancer survivors to increase quality of life.

MARY VARGO, MD

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



#### UPDATES ON LYMPHOMA

Updates on the latest treatments for Lymphoma. BRIAN HILL, MD, PHD

WEDNESDAY, AUGUST 10, 6:30-8:00PM 🔼 🖪

#### PROSTATE PARTNERS

TOPIC: GRILL AND CHILL: NETWORKING, **GRILLING AND EATING** 

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

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



**TOPIC:** TREATING ERECTILE DYSFUNCTION & INCONTINENCE THURSDAY, AUGUST 11, 6:30-8:00PM 🔼 🖪

TUESDAY AUGUST 16, 6:30-8:00PM 🔼 📻

**TOPIC:** COMMUNITY OUTING

Social networking event in the community. THURSDAY, SEPTEMBER 8, 6:30-8:00PM

Location: Great Lakes Brewing Co.

#### 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

BRIDGES GRIEF GROUP FOR FAMILIES

Group for parents, children and teens who

one from cancer. Includes expressive, age

specific, group activities and a concurrent

support group for parents.

MONDAYS: 6:30-7:30PM

WEDNESDAYS: 6:30-7:30PM

**JULY 18. SEPTEMBER 19** 

JULY 20, SEPTEMBER 21

MONDAY: 6:30-7:30PM

have experienced a death of an adult loved

THURSDAY, SEPTEMBER 8, 6:30-7:30PM



#### PROSTATE CANCER INFO 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.

See Support Groups on page 3 for more cancer specific options



TUESDAYS: 5:15-6:15PM 🔼 THURSDAYS: 5:15-6:15PM 🔼



#### PROSTATE CANCER CARE FOR GAY MEN

Prostate cancer is the most prevalent invasive cancer among men, affecting nearly one in eight at some point in their lives, according to the Centers for Disease Control. But the unique challenges facing gay and bisexual men with prostate cancer have largely gone unaddressed. This program will explore the unique challenges for this population. Co-sponsored by the LGBT Center of Greater Cleveland.

LOUIS NOVAK, MD

THURSDAY, SEPTEMBER 15, 6:30-7:30PM



#### UPDATES IN OVARIAN CANCER RESEARCH

Hear from a researcher studying ovarian tumor biology at the cellular level. Dr. DiFeo will provide an overview of research in this area and share specifics about her lab.

ANALISA DIFEO, PH.D.

WEDNESDAY, SEPTEMBER 21, 6:30-7:30PM



# LDREN, TEEN & FAMILY

Please contact Erin Rafter at 216-455-1516.

# 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

THEME: COOLING DOWN HOT EMOTIONS-WATER BALLOON FUN!

SATURDAY, JULY 9, 10:00-11:00AM 🔼 💷

**FAMILY PIZZA NIGHT** 

ERIN RAFTER, PHD, CCLS MONDAY, AUGUST 15, 6:30-8:00PM



THEME: MINDFULNESS SCAVENGER HUNT SATURDAY, AUGUST 13, 10:00-11:00AM 🔼 🗖

Come out and join us for a fun night of pizza

making! All ingredients are provided for you

and your family to customize your own stone fired pizza. Enjoy an evening while meeting

other families, playing games, and crafts.

WEDNESDAY, AUGUST 17, 6:30-8:00PM



#### **FAMILY FUN FEST**

**AUGUST 1** 

Celebrating families facing childhood cancer is the focus of this festive event which will include games, food and fun. Families will receive t-shirts and goodie bags and enjoy meeting other families.

ADELLE GATES, MA, CCLS

SATURDAY, SEPTEMBER 10, 1:30-3:00PM



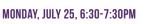


#### KIDSHOP/TEENSHOP

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: COOLING DOWN HOT EMOTIONS

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







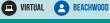








# **YOUNG ADULTS**











ALL PROGRAMS ARE EDT TIME

#### **SUMMER GARDEN PARTY**

Join us for an evening of community and fun! Activities include a Drum Circle for stress reduction, a tour of our healing garden and support and networking with other YA's. We will hear from Nick Giallourakis from Elephants and Tea and learn about TGP offerings for Young Adults as well as national resources. Refreshments will be provided. Co-sponsored by Elephants & Tea.

QUESTIONS TO SYDNEY BEEMAN AT 216-455-1520

FRIDAY, JULY 29, 5:30-7:30PM





#### **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: JULY 5 **AUGUST 2** SEPTEMBER 6 6:30-8:00PM 🔼 🗖





#### **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.

SYDNEY BEEMAN, MA, LPC

**TOPIC: A SOUND BATH EXPERIENCE** THURSDAY, AUGUST 18, 6:30-8:00PM 🔼

TOPIC: LEAVES ON A STREAM- AN **EXERCISE IN MINDFULNESS** SEPTEMBER 22, 6:30-8:00PM



# CREATIVE ARTS & MEDITATION

#### **CLAY CLASS: MOTIVATION & CHANGE**

Work with clay during this two-part art therapy program to explore changes after a cancer diagnosis. Encourages relaxation and stress reduction.

MAUREEN MOSES, MA, ATR-BC

SINGING BOWLS

and more.

THURSDAYS, JULY 14 & 28, 6:00-7:30PM

Immerse yourself in the healing power of

sound on this relaxing journey using the

highest-grade Crystal Alchemy Singing

anxiety, depression, grief, physical pain,

BECKY HOPP, CERTIFIED SOUND HEALER

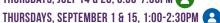
FRIDAY, SEPTEMBER 23, 11:00AM-12:00PM

FRIDAY, JULY 22, 11:00AM-12:00PM

FRIDAY, AUGUST 26, 11:00AM-12:00PM

Bowls. This full body relaxation experience

will help with stress, tension, sleeplessness,





#### KAREN KENNEDY, HTR

sample some teas.

WEDNESDAY, AUGUST 24, 6:30-8:00PM



WEDNESDAY, AUGUST 31, 6:30-8:00PM

#### DRUMMING FOR HEALTH

HORTICULTURE THERAPY: HERBAL TEA

herbs, how to brew tea from fresh and dried

herbs, how to dry for future use and we'll

Learn how to make your own herbal tea

blends from fresh herbs you can grow

yourself. We'll talk about easy to grow



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

MARY FISHER-BORNSTEIN, LISW-S SUSAN MARINAC, LISW-S, MT-BC

TUESDAY, AUGUST 30, 6:30-7:30PM 🔼 THURSDAY, SEPTEMBER 1, 6:30-7:30PM

#### CELEBRATE INTERNATIONAL DAY PEACE WITH THE ARTS AT HOME

Explore what peace means to you personally in light of cancer, loss and world events. With supplies you already have at home, use art, writing and meditation to set a new peaceful intention.

EILEEN COAN, MA, MLS

WEDNESDAY, SEPTEMBER 21, 6:30 - 7:30 PM



#### **GUIDED MEDITATION**

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

5:30-6:15PM

9:30-10:15AM 💻

TUESDAYS: **JULY 5 & 19 AUGUST 2 & 16 SEPTEMBER 20** 

EILEEN COAN, MA, MLS

FRIDAYS: JULY 1 **AUGUST 5 SEPTEMBER 2** 

ERIN RAFTER, PHD, CCLS

At TGP, I appreciate having a resource I can count on for support and information.

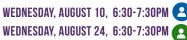
TGP PARTICIPANT

## **NATURE COLLAGE**

Gather objects found in nature, make abstract collages. We will take photos and then return the objects back to nature.

EILEEN COAN, MA, MLS

WEDNESDAY, AUGUST 10, 6:30-7:30PM







6:30PM Caregiver Group

7:00PM Exercise

6:30PM Kidshop/Teenshop

6:30PM Caregiver Group

6:30PM Grief Group

ALL PROGRAM TIMES ARE EDT

**CHECK PAGES 3-7 FOR PROGRAM LOCATION** AND VIRTUAL AVAILABILITY

#### ADVANCE REGISTRATION REQUIRED. 216-595-9546

Offices Close at 2:00PM

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

TOUCHEDBYCANCER.ORG/CALENDAR and events. MON TUES WED **THUR** FRI SAT Closed for July 4th Holiday 9:30AM Guided Meditation **JULY 11-15** 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion ANIMAL CAMP: Offices Close at 2:00PM **AUGUST 1-5** 8 Closed for July 4th Holiday 12:30PM Balance for Improved Function 10:30AM Welcoming Orientation 10:00AM Yoga 9:00AM Open Gvm 9:00AM Yoga 6:00PM Nutrition in Cancer Survivorship 12:00PM Exercise 12:30PM Restorative Motion 10:00AM Qiqong-Tai Chi 12:00PM Exercise 5:30PM Guided Meditation 6:30PM When Someone You Love Has 6:30PM Exercise 10:00AM Connections: Balloon Fun! 6:30PM Adults with Cancer Group Cancer 6:30PM Sister Circle Offices Close at 2:00PM 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 14 12 11:00AM Zumba 10:00AM Yoga 10:30AM Welcoming Orientation 1:00PM Physical Therapy Screening 12:30PM Balance for Improved Function 9:00AM Open Gvm 9:00AM Yoga 3:00PM Nutrition in Cancer Survivorship 12:00PM Exercise 11:00AM Older Adults Group 10:00AM Qigong-Tai Chi 3:30PM Oral, Head & Neck Cancer Group 12:00PM Exercise 12:30PM Restorative Motion 2:00PM Grief Group 6:30PM Self-Care for the Caregiver 6:00PM Clay Class: Motivation & Change 10:30AM Nutrition in Cancer Survivorship 5:30PM Myeloma Group: Nutrition Tips 6:30PM Adults with Cancer Group 6:30PM Intro to Dragon Boating 6:30PM Exercise 6:30PM Welcoming Orientation 6:30PM Life After Cancer Group Offices Close at 2:00PM 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Grief Group 6:30PM Caregiver Group 6:30PM Prostate Partners Group 6:30PM Kidshop/Teenshop 7:00PM Exercise 11:00AM Grief: When Will It End? 10:30AM Welcoming Orientation 11:00AM Zumba 10:00AM Yoga 9:00AM Open Gym 9:00AM Yoga 12:30PM Balance for Improved Function 11:00AM Singing Bowls 10:00AM Qiqong-Tai Chi 2:00PM Breast Cancer Group 12:00PM Exercise 12:00PM Exercise 12:30PM Restorative Motion 6:30PM Welcoming Orientation 5:30PM Guided Meditation 2:00PM Ovarian Cancer Group 6:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Adults with Cancer Group 6:30PM Bridges 6:30PM Lung Cancer Rehabilitation 6:30PM Bridges 6:30PM Caregiver Group 6:30PM When Someone You Love Has 6:30PM Forgiveness Can Set You Free Offices Close at 2:00PM Cancer 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Managing Lymphedema 7:00PM Exercise 5:15PM Prostate Partners Info Session 6:30PM Intro to Dragon Boating 6:30PM Prostate Partners Group 29 11:00AM Zumba 10:00AM Yoga 12:30PM Balance for Improved Function 9:00AM Open Gvm 10:30AM Welcoming Orientation 9:00AM Yoga 3:30PM Gynecologic Cancers Group 12:00PM Exercise 12:30PM Restorative Motion 10:00AM Qigong-Tai Chi 3:30PM Pancreatic Cancer Group 12:00PM Exercise 6:30PM Intro to Dragon Boating 6:00PM Clay Class: Motivation & Change 2:00PM Aquatic Exercise: Principles 6:30PM Welcoming Orientation 6:00PM Yoga4Cancer 6:30PM Kidshop/Teenshop 6:30PM Exercise 6:30PM Breast Cancer Group 5:30PM Summer Garden Party 6:30PM Adults with Cancer Group 6:30PM Adults with Cancer Group

6:30PM Cover Your Assets: Financial

Planning



ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION AND VIRTUAL AVAILABILITY

#### ADVANCE REGISTRATION REQUIRED.

216-595-9546

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

AND VIRTUAL AVAILABILITY

TOUCHEDBYCANCER.ORG/CALENDAR

MON	TUES	WED	THUR	FRI	SAT
11:00AM Zumba 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer	12:30PM Balance for Improved Function 6:30PM Intro to Dragon Boating	9:00AM Open Gym 12:00PM Exercise 6:00PM Roots and Branches 6:30PM Exercise 6:30PM Sister Circle	9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:00PM Roundtable Discussion 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Endurance Offices Close at 2:00PM	9:00AM Yoga 10:00AM Qigong-Tai Chi
11:00AM Zumba 1:00PM Physical Therapy Screening 3:30PM Oral, Head & Neck Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	12:30PM Balance for Improved Function 6:00PM Nutrition & Treatment Side Effects 6:30PM Updates on Lymphoma 6:30PM Intro to Dragon Boating 6:30PM Nature Collage	9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Strength 2:00PM Aquatic Exercise: Principles Offices Close at 2:00PM	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Scavenger Hunt
11:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Family Pizza Night 7:00PM Exercise	10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group	11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Summertime Refreshers 6:30PM Intro to Dragon Boating 6:30PM Family Pizza Night	9:00AM Open Gym 12:00PM Exercise 6:00PM Genetics and Cancer 6:30PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Young Adults Group	10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance 2:00PM Aquatic Exercise: Endurance Offices Close at 2:00PM	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Summertime Refreshers 12:00PM Summertime Refreshers
11:00AM Zumba 3:30PM Pancreatic Cancer Group 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group	12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:30PM Intro to Dragon Boating 6:30PM Nature Collage 6:30PM Horticulture Therapy	9:00AM Open Gym 12:00PM Exercise 6:30PM Exercise 6:30PM Breast Cancer Group 6:30PM Stepping Stones	10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water 2:00PM Aquatic Exercise: Strength Offices Close at 2:00PM	9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Cleveland Dance Project 12:00PM Physical Therapy Screening
11:00AM Zumba 6:00PM Moving Forward Orientation 6:30PM Welcoming Orientation 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:00PM Exercise	10:00AM Yoga 12:00PM Exercise 6:00PM Yoga4Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Drumming for Health	12:30PM Balance for Improved Function 6:30PM Calming Waters 6:30PM Intro to Dragon Boating 6:30PM Horticulture Therapy			

# SEPTEMBER PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

CHECK PAGES 3-7 FOR PROGRAM LOCATION AND VIRTUAL AVAILABILITY

## ADVANCE REGISTRATION REQUIRED.

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	MON	TUES	WED	THUR	FRI	SAT
				9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Sister Circle 6:30PM Drumming for Health	9:30AM Guided Meditation 10:30AM Welcoming Orientation 11:00AM Whole Food Lifestyle Check-In 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Balance Offices Close at 2:00PM	Closed for Labor Day Holiday 3
Closed for Lab	oor Day Holiday 5	10:00AM Yoga 12:00PM Exercise 2:00PM Grief Group 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Young Women with Breast Cancer 6:30PM Grief Group	12:30PM Balance for Improved Function 6:00PM Cancer Fighting Kitchen 6:30PM Intro to Dragon Boating 6:30PM Medical Cannabis & Cancer	9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Life After Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM High Risk Breast Health	10:30AM Welcoming Orientation 12:30PM Restorative Motion 2:00PM Aquatic Exercise: Deep Water	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 12:00PM Cancer Fighting Kitchen 1:30PM Family Fun Fest
1:00PM Physica 3:30PM Oral, He 5:30PM Myelom 6:00PM Moving 6:30PM Welcom	cal Activity & Nutrition Pt1 al Therapy Screening ead & Neck Cancer Group na Group: Blood Counts I Forward Through Cancer ning Orientation with Cancer Group ver Group	10:00AM Yoga 12:00PM Exercise 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	12:30PM Balance for Improved Function 6:00PM Moving Forward Through Cancer 6:30PM Cancer Related Fatigue 6:30PM Intro to Dragon Boating	9:00AM Open Gym 12:00PM Exercise 1:00PM Clay Class: Motivation & Change 6:00PM Exercise 6:30PM Forgiveness Can Set You Free 6:30PM Cancer Related Fatigue 6:30PM Prostate Cancer Care for Gay Men	10:30AM Welcoming Orientation 11:00AM Older Adults Group 12:30PM Restorative Motion	9:00AM Yoga 10:00AM Qigong-Tai Chi
2:00PM Breast ( 6:00PM Moving 6:30PM Bridges 6:30PM Welcom	al Activity & Nutrition Pt2 Cancer Group Forward Through Cancer s ining Orientation with Cancer Group	10:00AM Yoga 12:00PM Exercise 5:30PM Guided Meditation 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 5:15PM Prostate Partners Info Session 6:30PM Grief Group	11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Moving Forward Through Cancer 6:30PM Bridges 6:30PM Ovarian Cancer Research Updates 6:30PM Celebrate International Day of Peace with the Arts at Home	9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise 6:30PM Young Adults Group 6:30PM Breast Cancer Group	10:30AM Welcoming Orientation 11:00AM Singing Bowls 12:30PM Restorative Motion	9:00AM Yoga 10:00AM Qigong-Tai Chi 12:00PM Physical Therapy Screening
6:00PM Moving 6:30PM Welcom	atic Cancer Group I Forward Through Cancer ning Orientation with Cancer Group ver Group	10:00AM Yoga 12:00PM Exercise 6:00PM Yoga Series 6:00PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group	12:30PM Balance for Improved Function 3:30PM Gynecologic Cancers Group 6:00PM Moving Forward Through Cancer 6:30PM Kidshop/Teenshop	9:00AM Open Gym 12:00PM Exercise 6:00PM Exercise	10:30AM Welcoming Orientation 12:30PM Restorative Motion	

# CURIOUS ABOUT DRAGON BOATING?



A dragon boat is a human-powered watercraft with 20 paddlers, a steer person, and a drummer who sets a pace for the paddlers. Fun is the best way to describe this activity! The fastest way to move a dragon boat through the water, requires real teamwork and communication.

Dragon boating originated in Ancient China thousands of years ago, where the first participants were Chinese villagers who celebrated the 5th day of the 5th lunar month of the Chinese calendar. It was believed that Dragon Boat Racing would help avert misfortune and encourage the rains needed for prosperity; the dragon of Asia has traditionally been a symbol of water.

Dragon boating came to the United States around 1980, and in 1990, breast cancer survivors participated in a multi-month study by a physician from British Columbia who proved exercising in a sport like dragon boating does not increase lymphedema. From this small study, the sport of dragon boating exploded for cancer survivors. Today, there are numerous teams across the country who participate in dragon boat festivals every season. Race distance averages 250-500 meters.

For over 10 years, every fall, The Gathering Place has taken part in an annual Dragon Boat Festival sponsored by the Cleveland Dragon Boat Association. In preparation for this annual event, our participants spend one night a week learning how to paddle a dragon boat through the water honing their paddling skills and meeting new friends along the way. Each week, after a fun filled hour long practice we gather at a local restaurant or bar (i.e., Merwin's Wharf) to share stories, food, and a cold beverage. This year, we start our weekly hour-long practices on Wednesday, July 13th at 6:30pm at Merwin's Wharf in the Flats and continue each Wednesday night until we will compete against other teams across NE Ohio on Sunday, September 18th in a day long event that is fun for the whole family.

#### STILL CURIOUS?

Please reach out to Beth Bennett at 216-455-1517 or bennett@touchedbycancer.org for more information.



# THE GATHERING PLACE HELPS SUPPORT YOUNG ADULTS WHOSE LIVES HAVE BEEN INTERRUPTED BY CANCER.

The Gathering Place offers a safe place to socialize and learn from other Young Adults with similar concerns who are at similar places in their lives. Participants gain the emotional support required to navigate an extraordinarily overwhelming experience.

# 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.

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Find out more at touchedbycancer.org/donate.



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

## **INSIDE!**

## PROGRAM GUIDE

# Summer Edition JULY-AUGUST-SEPTEMBER



### **WAYS TO CONNECT**

216-595-9546 touchedbycancer.org













23300 Commerce Park Beachwood, Ohio 44122

25425 Center Ridge Road Westlake, Ohio 44145