

Fall

2023

OCTOBER • NOVEMBER • DECEMBER



WELCOME!

New to The Gathering Place?

Call 216-455-1507 to speak with a Participant Navigator about our programs and services.

PROGRAMS FOR:

Children • Teens • Young Adults (YA)
Families • Adults



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.

As colder weather approaches, we extend a warm invitation to join us at The Gathering Place. Whether you're seeking a cozy fireplace and hot chocolate or looking to engage in our upcoming fall programs we look forward to providing you with support. We are thrilled to present an array of diverse offerings this quarter, including: *Moving Through Cancer, Having Children After Cancer, Your Nutrition & Cancer Questions Answered*, as well as the Holiday Open Houses at both of our locations (see calendar for dates).

We also understand the unique challenges that the holiday season can bring, particularly for those navigating their cancer journey. Whether it involves confronting a cancer diagnosis or dealing with grief, we stand beside you with understanding and compassion. Knowing this, we have several valuable programs surrounding the holidays such as *Gift of Touch, Coping with Stress During the Holidays*, and *Grief and the Holidays*.

In addition to recognizing some of our wonderful programming, we would like to take this time to acknowledge the exceptional dedication of our volunteers who play a vital role in strengthening our organization. Volunteers are welcome to join us in celebrating their remarkable contributions at our Volunteer Appreciation Event on Monday, November 6th at 4:30pm, at our Beachwood location. Please contact Diane Weiner for more information.

I look forward to seeing you this fall. Please stop by to say hello. I always enjoy hearing from you.



warm regards,

MICHELE SEYRANIAN
CEO

OUR OFFICES

OFFICE HOURS

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

Our Beachwood office Monday-Friday, 9:00am-5:00pm, and the 2nd Saturday of the month, 9:00am-1:00pm.

Our Westlake location is open Monday-Friday, 9:00am-5:00pm, and the 3rd Saturday of the month, 9:00am-1:00pm.

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

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 our Participant Navigator at 216-455-1507.

MEET THE CLINICAL TEAM



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
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216-455-1527



STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET
Exercise Program Staff
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Medical Librarian
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STEPHANIE HOPKINS

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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

In this class, participants will learn about the muscles that make up the core and be guided through exercises targeting the abdomen, low back, and muscles that control the hips and pelvis.

TUESDAYS: 1:00-1:30PM

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

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: 6:30-7:15PM

TUESDAYS: 12:00-12:45PM

TUESDAYS: 12:00-12:45PM

THURSDAYS: 12:00-12:45PM

THURSDAYS: 12:00-12:45PM

THURSDAYS: 6:30-7:15PM

OPEN GYM

Attend an orientation and work out on your own.

TUESDAYS: 6:30-7:30PM

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

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

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

Children and Family/Parent Consultations

TAYLOR BUSS, MSW, LISW-S, OSW-C
216-455-1527

Nutrition Consultations

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

Exercise Consultations

SANDY CONOCHAN, ATC, PTA
216-455-1529

Wig Salon, Reiki, and Reflexology Appointments

DIANE WEINER, CVA
216-455-1508

ONGOING SUPPORT GROUPS

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

CHILDHOOD CANCER PARENT SUPPORT GROUP

Adelle Gates, 216-455-1523
Oct 17, Nov 21, Dec 19, 6:30-7:30pm

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
Oct 3, 17 & Oct 31, Nov 14 & 28, Dec 12
Oct 10 & 24, Nov 7 & 21, Dec 5 & 19

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm
Oct 2, 16 & 30, Nov 13 & 27, Dec 11
Oct 9 & 23, Nov 6 & 20, Dec 4 & 18

GROUP FOR CAREGIVERS

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

GROUP FOR OLDER ADULTS

Brittani Davis, 216-455-1528
Oct 20, Nov 17, Dec 15, 11:00am-12:30pm

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522
Oct 26, 6:30-8:00pm

KNITTING TOGETHER

Whitney Hadley, 216-455-1522
Oct 23, Nov 27, 2:00-3:30pm

LGBTQ+ VIRTUAL DROP-IN GROUP

Brittani Davis, 216-455-1528
Oct 19, Nov 16, Dec 21, 12:00-1:00pm

LIFE AFTER CANCER TREATMENT GROUP

Whitney Hadley, 216-455-1522
Oct 16, Nov 20, 6:30-8:00pm

Andrea Sonnie, 216-455-1521

Oct 12, Nov 9, Dec 14, 6:30-8:00pm *NEW DATES

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Beeman, 216-455-1520
Oct 5, Nov 2, Dec 7, 6:30-8:00pm

YA VIRTUAL DROP-IN GROUP

Whitney Hadley, 216-455-1522
Oct 5, Nov 2, Dec 7, 12:00-1:00pm

CANCER SPECIFIC SEE PAGE 6 FOR DETAILS.

BREAST CANCER SUPPORT GROUP - DAY

Andrea Sonnie, 216-455-1521
2:00-3:30pm
Oct 16 Nov 20 Dec 18

BREAST CANCER SUPPORT GROUP - EVENING

Andrea Sonnie, 216-455-1521
Oct 5, Nov 2, Dec 7, 6:30-8:00pm

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512
Oct 3, Nov 7, Dec 5, 6:30-8:00pm

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)

Andrea Sonnie, 216-455-1521
Oct 19, Nov 16, Dec 21, 6:30-7:30pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512
Oct 24, Nov 28, 2:00-3:30pm
Andrea Sonnie, 216-455-1521
Oct 11, Nov 8, Dec 13, 2:00-3:00pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516
Oct 17, Nov 21, Dec 19, 6:30-8:00pm

MYELOMA GROUP

Mary Fisher Bornstein, 216-455-1506
Nov 6, 5:30-7:00pm

ORAL, HEAD AND NECK CANCER GROUP

Brittani Davis, 216-455-1528
Oct 18, Nov 15, Dec 20, 3:30-4:30pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512
Oct 18, Nov 15, Dec 20, 2:00-3:30pm

PANCREATIC CANCER GROUP

Andrea Sonnie, 216-455-1521
Oct 25, Nov 22, Dec 20, 3:30-4:30pm

PROSTATE PARTNERS

Contact facilitator for more details about program schedule.
Mary Fisher Bornstein, 216-455-1506
Oct 12, Dec 14
Information session 5:15-6:15pm
Group 6:30-8:00pm

GRIEF & LOSS

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528
Oct 10, Nov 14, Dec 12, 2:00-3:30pm

ADULT GRIEF SUPPORT

Sarah Axner Gilmore, 216-455-1516
Oct 24, Nov 28, 6:30-8:00pm

ADULT GRIEF SUPPORT

Mary Fisher-Bornstein, 216-455-1506
Oct 10 & 24, Nov 14 & 28, Dec 12
6:30-8:00pm

GRIEF: WHEN, WILL IT END?

Mary Fisher-Bornstein, 216-455-1506
Oct 18, Nov 15, Dec 20, 11:00am-12:30pm

INFORMATION & EDUCATION

PROGRAM DETAILS KEY:

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



HAVING CHILDREN AFTER CANCER SERIES

IS ADOPTION AN OPTION?

Choosing to have children after cancer often brings a host of questions. Will my children have a biological connection to me or my partner? Will I be able to adopt children with my cancer history? Can I afford nontraditional family-building methods? Join us to talk through common questions and concerns cancer survivors often face when deciding to build a family.


LAURA SULLIVAN, LISW, JUSTCHOICE
MIKE SCHERER, CFP, WORTH THE WAIT CO-FOUNDER
MEGAN SCHERER, WORTH THE WAIT CO-FOUNDER

THURS, OCT 5, 6:30-8:00PM  

HOW CANCER IMPACTS FERTILITY

Join us for a presentation about the impact of cancer and its treatment on female fertility and the latest science on the options available to female cancer patients to preserve, assess, and treat fertility concerns.

REBECCA FLYCKT, MD

THURS, NOV 2, 6:30-8:00PM 

GROWING THROUGH GRIEF

Part Three of Having Children After Cancer Series recognizes the losses cancer survivors face regarding their fertility. Through working with topiaries, you will hold space for this type of grief and visualize potential areas of growth, that may be experienced when navigating infertility and family, among peers who "get it".


KAREN KENNEDY

THURS, DEC 7, 6:30-8:00PM 

LUNCH AND LEARN: UNDERSTANDING YOUR LAB RESULTS AND SCANS

This informative session will help you to better understand your medical information and guide you in creating clarifying questions to ask your medical team. *Bring a bag lunch.


EILEEN COAN, MA

THURS, OCT 5, 12:00-1:00PM 

CHANGING THOUGHT PATTERNS TO REDUCE SUFFERING

Recognize thought patterns and learn alternative ways to think to help calm emotions during your cancer journey.

KERRI MAZZONE, LISW-S
ANDREA SONNIE MSSA, LISW-S

WED, OCT 11, 6:30-8:00PM 

COPING WITH STRESS DURING THE HOLIDAYS

The holiday season can be a stressful time, especially when dealing with a cancer diagnosis or grieving the loss of a loved one due to cancer. Join us to de-stress and learn tools that you can use to relax and get through the season. Family members are welcome.

MARY FISHER BORNSTEIN, LISW-S

THURS, OCT 19, 6:00-7:00PM 

CANCER-RELATED FATIGUE

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


CLARE OGONEK, OTR/L

WED, OCT 25, 12:00-1:00PM 

LEGAL CLINIC

Hear from an attorney about Consumer Rights for cancer patients, HIPAA, Women's Health Act, consumer law protection, Patient's Bill of Rights, etc.

CHARLITA ANDERSON-WHITE, ESQ

FRI, OCT 27, 12:00-1:00PM 

LUNCH AND LEARN: THE BASICS OF HYPNOTHERAPY FOR WELLNESS

Learn the basics of this relaxing technique including self-hypnosis to reduce pain. *Bring a bag lunch.

SUSAN MARINAC, MSSA, LISW-S

KAREN MACPHERSON, NP-C, CMS, CHT

THURS, NOV 2, 12:00-1:00PM 


LUNG CANCER TREATMENT UPDATE



Learn about the latest advances in research and treatment options for lung cancer.




MELINDA HSU, MD

THURS, NOV 2, 6:30-8:00PM 

WHAT YOU HAVEN'T HEARD ABOUT LYMPHOMA

When diagnosed with cancer, there are so many questions we don't know to ask. The "what is lymphoma" part of the process is often left out while evaluating next steps and treatment options. Join to learn more about being diagnosed with lymphoma and what to expect during and after treatment.

ALLISON WINTER, MD

TUES, NOV 7, 6:00-7:30PM 

GIFT OF TOUCH

Learn hand massage and beginning Reiki to nurture yourself and loved ones. A fun holiday gift, a great strategy for handling holiday stress. For the person with cancer, caregivers and those who have lost a loved one due to cancer.


MARY FISHER BORNSTEIN, LISW-S

THURS, NOV 9, 6:00-7:30PM 

AFTER GOODBYE

A program for those who have lost a loved one due to cancer within the last two years. We will honor those we have lost using readings and rituals to remember them. Please bring a picture of your loved one.

MARY FISHER BORNSTEIN, LISW-S
ADELLE GATES, MA, CCLS

WED, NOV 15, 6:00-7:30PM 

GRIEF AND THE HOLIDAYS

The holidays can be a difficult time when you are grieving the loss of a loved one. This class will offer techniques and tips to help you survive and thrive this holiday season.

SUSAN MARINAC, MSSA, LISW-S

THURS, NOV 16, 12:00-1:00PM 

LUNCH AND LEARN: UNDERSTANDING BONE MARROW/STEM CELL TRANSPLANT

Learn the basics of this procedure and get your questions answered. *Bring a bag lunch.

JANE DABNEY, LISW-S, OSW-C
SUSAN MARINAC, MSSA, LISW-S

THURS, DEC 7, 12:00-1:00PM 

NUTRITION & MOVEMENT

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

PROGRAM DETAILS KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE

ALL PROGRAMS ARE EDT TIME



MOVING THROUGH CANCER SERIES

EXERCISE ANATOMY

Take some time to review your body's anatomy so you can better understand exercise form and function.

SANDY CONOCHAN, ATC, PTA

TUES, OCT 3, 6:00-7:30PM  

EXERCISE SAMPLER

The Gathering Place offers a wide range of exercise classes. Join us as we provide a hands-on sampling of some of those programs.

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

THURS, OCT 10, 6:00-7:30PM  

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 
OCT 9, NOV 13, DEC 11

YOUR NUTRITION & CANCER QUESTIONS ANSWERED

Does sugar feed cancer? Should I adopt a vegan diet? Do I need to purchase organic fruits? Many nutrition questions can come up when faced with a cancer diagnosis. Join this presentation to get answers from a registered dietitian so you feel comfortable and confident in your food choices.

STEPHANIE HOPKINS, MS, RDN, LD
WED, OCT 11, 4:00-5:00PM 

SNACK & CHAT

Adults with cancer and caregivers join this monthly discussion on what a healthy lifestyle means for cancer survivors. Feel free to bring a snack to enjoy as we talk. We share recipes and resources as we review topics of interest and the latest research around cancer and nutrition.

STEPHANIE HOPKINS, MS, RDN, LD
FRI, OCT 13, 11:00AM-12:00PM  
FRI, NOV 3, 11:00AM-12:00PM  
FRI, DEC 1, 11:00AM-12:00PM  

COOKING WITH PLANT BASED PROTEINS

The American Institute for Cancer Research encourages cancer survivors to consume more plant foods including plant based proteins such as beans, lentils, and soy foods. Join this **hands-on cooking class** to learn about the nutritional benefits of plant based proteins, considerations for cancer survivors, and how to make different recipes with these foods.

STEPHANIE HOPKINS, MS, RDN, LD




WED, OCT 18, 3:00-4:00PM 
WED, OCT 18, 6:00-7:30PM 
SAT, OCT 21, 11:00AM-12:30PM 
Location: The Village Project
27378 W Oviatt Rd
Bay Village, OH 44140

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 
FRI, OCT 20, 1:00-2:00PM
ENDURANCE TRAINING 
FRI, OCT 27, 1:00-2:00PM
STRENGTH TRAINING 
FRI, NOV 3, 1:00-2:00PM
BALANCE TRAINING 
FRI, NOV 10, 1:00-2:00PM
DEEP WATER TRAINING 
FRI, NOV 17, 1:00-2:00PM

Location: University Hospitals
Avon Fitness Center, 1997 Healthway Dr,
Avon, OH 44011

AQUATIC PRINCIPLES 
WED, OCT 18, 5:00-6:00PM
ENDURANCE TRAINING 
WED, OCT 25, 5:00-6:00PM
STRENGTH TRAINING 
WED, NOV 1, 5:00-6:00PM
BALANCE TRAINING 
WED, NOV 8, 5:00-6:00PM
DEEP WATER TRAINING 
WED, NOV 15, 5:00-6:00PM

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, OCT 21, 11:00AM-1:00PM 

IMPACT OF PLANT-BASED NUTRITION ON CHRONIC DISEASE

Join The Gathering Place and InMotion for a talk on nutrition. The Gathering Place's dietitian, Stephanie Hopkins, will discuss plant-based nutrition and how diet can be used as a tool to help manage chronic diseases such as cancer and Parkinson's disease. The presentation will conclude with a cooking demonstration before opening for questions and answers.

STEPHANIE HOPKINS, MS, RDN, LD
WED, NOV 8, 5:00-6:15PM 

CANCER FIGHTING KITCHEN: HOLIDAY MEALS

Join this **hands-on cooking class** and become connected to chef Rebecca Katz's online cooking course on nutrition and cancer. We will make favorites from her cookbook to add to your holiday table.

STEPHANIE HOPKINS, MS, RDN, LD
WED, NOV 1, 6:00-7:30PM 
SAT, NOV 11, 10:00-11:00AM 
SAT, NOV 11, 12:00-1:30PM 

STRETCHLAB

One-on-one 15-minute session with a Flexologist from StretchLab Pinecrest.

STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET
WED, NOV 15, 4:00-8:00PM 

NOURISHING SOUPS

Soup is such a versatile meal - a variety of ingredients can be used to maximize nutrition and it can be manageable to eat when not feeling well during treatment. Join this **hands-on cooking class** to make and taste test nourishing soup recipes.

STEPHANIE HOPKINS, MS, RDN, LD
SAT, DEC 2, 10:00-11:00AM 
SAT, DEC 2, 12:00-1:30PM 
WED, DEC 6, 6:00-7:30PM 

BEATING THE WINTER BLUES WITH FOOD AND MOVEMENT

As fall turns to winter, many people may experience a slump in mood and energy. Join this program to utilize exercise and nutrition to help boost and support your wintertime perspective.

JENNA WEIGEL
STEPHANIE HOPKINS, MS, RDN, LD
MON, DEC 4, 12:30-1:30PM 

“

Plant-focused eating is a challenge for me but I'm giving it a try. Adding things, a little at a time. I'm certainly learning new things thanks to you.”

TGP PARTICIPANT

CANCER SPECIFIC PROGRAMS

PROGRAM DETAILS KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE

ALL PROGRAMS ARE EDT TIME

MYELOMA GROUP

Adult family members/loved ones welcome to attend.

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

FIGHTING FATIGUE WITH EXERCISE
MON, NOV 6, 5:30-7:00PM 

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.

BRITTANI DAVIS, MA, LPCC-S, LICDC
TUES, OCT 10, 5:15-6:15PM 

MARY FISHER BORNSTEIN, LISW-S
THURS, OCT 12, DEC 14, 5:15-6:15PM 

PROSTATE PARTNER'S PARTNERS

Support group for the partners of those diagnosed with prostate cancer.

MARY FISHER BORNSTEIN, LISW-S
THURS, OCT 12, DEC 14, 5:15-6:15PM 

PROSTATE PARTNERS

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

**CHAT WITH THE PHARMACIST:
UNDERSTANDING MEDICATION**

TUES, OCT 10, 6:30-8:00PM 

THURS, OCT 12, 6:30-8:00PM 

SOCIAL GATHERING

THURS, DEC 14, 6:30-8:00PM 

PROSTATE CANCER FORUM



Join us for presentations from experts in the field, Q&A and nutrition and exercise strategies. Whether you are the person with cancer or a loved one, you're bound to learn new and helpful information for navigating a prostate cancer diagnosis.

SAT, NOV 4, 8:00AM-4:00PM 

Location: SITE Centers
3300 Enterprise Place
Beachwood, OH 44122


CHILDREN & FAMILY


Registration required for all children and family programs.
Please contact Taylor Buss, MSW, LISW-S, OSW-C at 216-455-1527.


BRIDGES: GRIEF GROUP FOR FAMILIES

Group for children and their parents/caregivers who have experienced a death of a loved one from cancer. Includes expressive, age-specific activities and a concurrent support group for the parents/caregivers.

TAYLOR BUSS, MSW, LISW-S, OSW-C

WED, OCT 4, 6:30-7:30PM 

WED, NOV 1, 6:30-7:30PM 

WED, DEC 6, 6:30-7:30PM 

CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

ADELLE GATES, MA, CCLS

DRUMMING EMOTIONS

Participants will explore emotions through drumming. No experience necessary. Drums provided.

SAT, OCT 14, 10:00-11:00AM  

COMFORT FOOD

Participants will discuss the meaning and emotions food can represent while making a delicious treat.

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

A HOME FOR THE HOLIDAYS

Participants will construct a house made of gingerbread while discussing components of feeling "home".

SAT, DEC 9, 10:00-11:00AM  

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 

OCT 17, NOV 21, DEC 19

KIDSHOP

This workshop is designed for children who have an adult family member with cancer. Children utilize art, play, and discussion to process their emotions and enhance their coping skills with peers in similar situations. Includes a concurrent support group for their adult loved ones to interact with others who understand the challenges of raising children and navigating cancer within the family.

TAYLOR BUSS, MSW, LISW-S, OSW-C

UNMASKING EMOTIONS

WED, OCT 18, 6:30-7:30PM 

GIVING THANKS

WED, NOV 8, 6:30-7:30PM 


SOUPS FOR THE SOUL

WED, DEC 13, 6:30-7:30PM 

TRUNK OR TREAT

No tricks, just treats! Bring your little goblins and ghouls for a fun afternoon trunk or treating at TGP! Weather permitting, this event will be in the parking lot. Costumes encouraged but not required!

TAYLOR BUSS, MSW, LISW-S, OSW-C

SAT, OCT 21, 2:00-4:00PM 



KIDS ONLY PAJAMA PARTY!

Kids- keep your jammies on and join us for a pajama party at TGP! Pajama party fun in the afternoon with movies, dancing, and crafts. Grown-ups can use this time to holiday prep or shop. Leave the partying to the kids and TGP!

TAYLOR BUSS, MSW, LISW-S, OSW-C

SAT, DEC 2, 1:00-4:00PM 

ADOLESCENTS & YOUNG ADULTS (YA)

ADOLESCENTS: AGES 13-17 | YA: AGES 18-45

PROGRAM DETAILS KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE

ALL PROGRAMS ARE EDT TIME



YOUNG ADULT VIRTUAL DROP-IN GROUP

Virtual drop-in group for young adults. Bring your lunch and join us for a check in with your YA lunch buddies.

WHITNEY HADLEY, MA, MSW, LSW

THURS, 12:00-1:00PM 
OCT 5, NOV 2, DEC 7

HAVING CHILDREN AFTER CANCER SERIES

Growing your family once a cancer diagnosis is part of the equation can often create lots of questions, emotions, uncertainties and need for research. This series will help you understand options, have questions answered and create space to discuss all the consideration of what having children after cancer treatment may look like for you.

SEE PAGE 4 FOR MORE DETAILS


IS ADOPTION AN OPTION?

THURS, OCT 5, 6:30-8:00PM  

HOW CANCER IMPACTS FERTILITY

THURS, NOV 2, 6:30-8:00PM 

GROWING THROUGH GRIEF

THURS, DEC 7, 6:30-8:00PM 

TRUNK OR TREAT


SEE PAGE 6 FOR MORE DETAILS

SAT, OCT 21, 2:00-4:00PM 

YA GROUP: THE MASKS WE WEAR

Join a discussion and art-making session of the masks we wear as YAs throughout the experience of cancer.

WHITNEY HADLEY, MA, MSW, LSW

THURS, OCT 26, 6:30-8:00PM 

TEEN GROUP

Connect and build community with teens (13-17) who have been diagnosed with cancer

WHITNEY HADLEY, MA, MSW, LSW

THE MASKS WE WEAR

Join a discussion and art-making session of the masks we wear as YAs throughout the experience of cancer.

SAT, OCT 14, 10:00-11:00AM 


GIVING THANKS

Participate in a discussion of the various people, places and things you are grateful for and find different ways to express thanks through writing activities.

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

HOLIDAY TRADITIONS

Meet up with other teens to celebrate the holidays with favorite traditions and discuss the impact cancer has had on them.

SAT, DEC 9, 10:00-11:00AM 

TEEN BREAKFAST CLUB

Connect with other teens (13-17) who get the challenges of dealing with cancer (as patients, cancer in a loved one, or grieving the loss of a loved one to cancer). Donuts will be provided.

WHITNEY HADLEY, MA, MSW, LSW

SAT, NOV 18, 11:00AM-12:00PM 

THANKS & TOGETHERNESS: YA RETREAT

Participate in a half day retreat to gather with fellow young adult cancer patients and survivors focusing on giving thanks – through a guided writing workshop and creative art exercises. Reflect on who and what you have gratitude for, ways to communicate your thanks, and identify new ways to integrate gratitude into your life. Food will be provided. Open to young adults ages 18-40s.

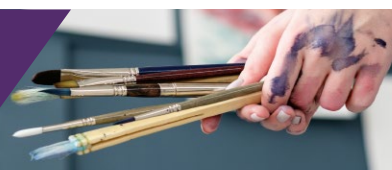
TAYLOR BUSS, MSW, LISW-S, OSW-C

WHITNEY HADLEY, MA, MSW, LSW

SUSAN MARINAC, MSSA, LISW-S

SAT, NOV 18, 10:00AM-1:00PM 

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

MON, 6:30-7:15PM 

OCT 2 & 16, NOV 6, DEC 4 & 18


MON, OCT 9, NOV 13, DEC 11, 6:30-8:00PM 

MON, OCT 23, NOV 27, 5:30-6:15PM  *NEW TIME

MINDFUL GARDEN WALK

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.

JOSEPH BLANDA, MD

WED, OCT 4, 12:00-1:00PM 

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, 11:00AM-12:00PM 

OCT 13, NOV 10, DEC 8

CREATE YOUR OWN HERBAL TEA BLENDS

Learn how to create your own herbal tea blends to enjoy for relaxing, stress-relieving moments. We'll talk about how to brew tea from fresh and dried herbs as well as how you can grow and dry them yourself. Come and sip tea with us and take home recipes and samples.

KAREN KENNEDY

TUES, OCT 24, 6:00-7:30PM 

THURS, OCT 26, 6:00-7:30PM 

MASKS OF SURVIVORSHIP

How do you present yourself as a person in survivorship? What don't you share with the world? Participants will explore what survivorship means to them by painting the outside of a mask in a way that conveys what aspects are shown to the world. Followed by painting the inside to depict what may be kept to themselves now, as survivors, or during their journey.

GABRIELLE COOPER, LPC, ART THERAPIST
ART THERAPY STUDIOS


WED, OCT 25, 6:30-8:00PM 

DOODLING TO REDUCE STRESS

Learn how random doodles can be fun and relaxing.

EILEEN COAN, MA, MLS

WED, NOV 8, 4:00-5:00PM 

WED, NOV 15, 4:00-5:00PM 

INDOOR NATURESCAPES

What if it's too cold to hike, too icy to go outside, or too far to travel to get to a park? How do you bring nature into your home to stimulate your senses for healthy benefits? Join in this virtual presentation to get ideas on setting up a therapeutic indoor nature scene with easily accessible items.

JOSEPH BLANDA, MD WED, NOV 8, 6:30-7:00PM 

COLLAGES FOR CAREGIVERS

Caregivers, past and present, will assemble a collage to explore the complex emotions associated with caregiving, many of which are opposing emotions that exist simultaneously. Current caregivers, caregivers of people who have passed, or caregivers of people in survivorship are all welcome.

GABRIELLE COOPER, LPC, ART THERAPIST
ART THERAPY STUDIOS

WED, NOV 29, 6:30-8:00PM 

DRUM CIRCLE

Experience the health benefits of drumming in this experiential class. No experience needed and drums are provided. Families & children are welcome.

SUSAN MARINAC, MSSA, LISW-S WED, NOV 29, 6:30-7:30PM 

WALKING THE LABYRINTH: WINTER SOLSTICE

Learn a form of walking meditation to honor the shortest day of the year.

EILEEN COAN, MA, MLS

WED, DEC 20, 4:30-5:30PM 

THURS, DEC 21, 4:30-5:30PM 

OCTOBER

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>11:00AM Zumba* 2</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>	<p>10:00AM Yoga* 3</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:00PM Exercise Anatomy*</p> <p>6:30PM Open Gym</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM YA Breast Cancer Group</p>	<p>4</p> <p>12:00PM Mindful Garden Walk</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Bridges Grief Group: Families</p>	<p>5</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: Lab Results</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Having Children After Cancer Part 1</p>	<p>6</p> <p>12:30PM Restorative Motion</p>	<p>7</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>9</p> <p>11:00AM Zumba*</p> <p>2:30PM Physical Therapy Screening</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>	<p>10</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:00PM Exercise Sampler*</p> <p>6:00PM Yoga</p> <p>6:30PM Open Gym</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Prostate Partners Group</p>	<p>11</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Lung Cancer Group</p> <p>4:00PM Nutrition & Cancer Questions</p> <p>6:30PM Changing Thought Patterns</p>	<p>12</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Exercise</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Life After Cancer Group</p>	<p>13</p> <p>11:00AM Singing Bowls</p> <p>11:00AM Snack & Chat*</p> <p>12:30PM Restorative Motion</p>	<p>14</p> <p>9:00AM Drop-in Hours</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Connections: Drumming*</p> <p>10:00AM Teen Group: The Masks We Wear</p>
<p>16</p> <p>11:00AM Zumba*</p> <p>2:00PM Breast Cancer Group</p> <p>6:30PM 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 Guided Meditation</p>	<p>17</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 Open Gym</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Childhood Cancer Parent Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Metastatic Breast Cancer Group</p>	<p>18</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>3:00PM Cooking w/ Plant-Based Proteins</p> <p>3:30PM Oral, Head & Neck Cancer Group</p> <p>5:00PM Aquatics: Principles</p> <p>6:00PM Cooking w/ Plant-Based Proteins</p> <p>6:30PM Kidshop: Unmasking Emotions</p>	<p>19</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>6:00PM Stress During the Holidays</p> <p>6:30PM Exercise</p> <p>6:30PM Gynecologic Cancer Group</p>	<p>20</p> <p>12:30PM Restorative Motion</p> <p>11:00AM Older Adults Group*</p> <p>1:00PM Aquatics: Principles</p>	<p>21</p> <p>9:00AM Drop-in Hours</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Cooking w/ Plant-Based Proteins</p> <p>11:00AM Balance Screening</p> <p>2:00PM Trunk or Treat</p>
<p>23</p> <p>11:00AM Zumba*</p> <p>2:00PM Knitting Together</p> <p>5:30PM Guided Meditation</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>	<p>24</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>6:00PM Yoga</p> <p>6:00PM Herbal Tea Blends</p> <p>6:30PM Open Gym</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>25</p> <p>12:00PM Cancer-Related Fatigue</p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>5:00PM Aquatics: Endurance</p> <p>6:30PM Masks of Survivorship</p>	<p>26</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:00PM Herbal Tea Blends</p> <p>6:30PM Exercise</p> <p>6:30PM YA Group</p>	<p>27</p> <p>12:00PM Legal Clinic</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Endurance</p>	<p>28</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>30</p> <p>11:00AM Zumba*</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>	<p>31</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 Open Gym</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p>				

NOVEMBER

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
		1 12:30PM Balance for Improved Function 5:00PM Aquatics: Strength 6:30PM Bridges Grief Group: Families 6:00PM Cancer Fighting Kitchen	2 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM YA Virtual Drop-in 12:00PM Lunch & Learn: Hypnotherapy 6:30PM Exercise 6:30PM Sister Circle 6:30PM Lung Cancer Treatment Update 6:30PM Breast Cancer Group 6:30PM Having Kids Children Cancer Part 2	3 11:00AM Snack & Chat* 12:30PM Restorative Motion 1:00PM Aquatics: Strength	4 8:00AM Prostate Forum 9:00AM Yoga 10:00AM Qigong-Tai Chi
6 11:00AM Zumba* 5:30PM Myeloma Group* 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	7 10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM YA Breast Cancer Group 6:30PM What You Haven't Heard About Lymphoma	8 12:30PM Balance for Improved Function 2:00PM Lung Cancer Group 4:00PM Doodling to Reduce Stress 5:00PM Aquatics: Balance 5:00PM Impact of Plant-Based Nutrition on Chronic Disease 6:30PM Kidshop: Giving Thanks 6:30PM Indoor Naturescape	9 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:00PM Gift of Touch 6:30PM Exercise 6:30PM Life After Cancer Group	10 11:00AM Singing Bowls 12:30PM Restorative Motion 1:00PM Aquatics: Balance	11 9:00AM Drop-in Hours 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Cancer Fighting Kitchen 10:00AM Connections: Comfort Food* 10:00AM Teen Group: Giving Thanks 12:00PM Cancer Fighting Kitchen
13 11:00AM Zumba* 2:30PM Physical Therapy Screening 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	14 10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Grief Group	15 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 Stretchlab 4:00PM Doodling to Reduce Stress 6:00PM After Goodbye 5:00PM Aquatics: Deep Water	16 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM LGBTQ+ Virtual Drop-in 12:00PM Grief and the Holidays 6:30PM Exercise 6:30PM Gynecologic Cancer Group	17 12:30PM Restorative Motion 11:00AM Older Adults Group* 1:00PM Aquatics: Deep Water	18 9:00AM Drop-in Hours 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM YA Retreat 11:00AM Teen Breakfast Club
20 11:00AM Zumba* 2:00PM Breast Cancer Group 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group	21 10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Childhood Cancer Parent Group 6:30PM Adults with Cancer Group 6:30PM Metastatic Breast Cancer Group	22 12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group	23 Offices closed for the holiday	24 Offices closed for the holiday	25 9:00AM Yoga 10:00AM Qigong-Tai Chi
27 11:00AM Zumba* 2:00PM Knitting Together 5:30PM Guided Meditation 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	28 10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Grief Group 6:30PM Grief Group	29 12:30PM Balance for Improved Function 6:30PM Drum Circle 6:30PM Collages for Caregivers	30 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 5:30PM Holiday Open House 6:30PM Exercise		

DECEMBER

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
				11:00AM Snack & Chat* 12:30PM Restorative Motion <div>1</div>	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Nourishing Soups 12:00PM Nourishing Soups 1:00PM Kids Only Pajama Party! <div>2</div>
11:00AM Zumba* 12:30PM Beating the Winter Blues 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation <div>4</div>	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM YA Breast Cancer Group <div>5</div>	12:30PM Balance for Improved Function 6:00PM Nourishing Soups 6:30PM Bridges Grief Group: Families <div>6</div>	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM YA Virtual Drop-in 12:00PM Lunch & Learn: Bone Marrow/Stem Cell Transplant 6:30PM Exercise 6:30PM Sister Circle 6:30PM Breast Cancer Group 6:30PM Having Children After Cancer Part 3 <div>7</div>	11:00AM Singing Bowls 12:30PM Restorative Motion <div>8</div>	9:00AM Drop-in Hours 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Holidays* 10:00AM Teen Group: Holiday Traditions <div>9</div>
11:00AM Zumba* 2:30PM Physical Therapy Screening 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation <div>11</div>	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Grief Group <div>12</div>	12:30PM Balance for Improved Function 2:00PM Lung Cancer Group 6:30PM Kidshop: Soups for the Soul <div>13</div>	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 5:15PM Prostate Partners Info Session 6:30PM Exercise 6:30PM Prostate Partners Group 6:30PM Life After Cancer Group <div>14</div>	12:30PM Restorative Motion 11:00AM Older Adults Group* <div>15</div>	9:00AM Drop-in Hours 9:00AM Yoga 10:00AM Qigong-Tai Chi <div>16</div>
11:00AM Zumba* 2:00PM Breast Cancer Group 5:30PM Holiday Open House 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation <div>18</div>	10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Open Gym 6:30PM Caregiver Group 6:30PM Childhood Cancer Parent Group 6:30PM Adults with Cancer Group 6:30PM Metastatic Breast Cancer Group <div>19</div>	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 3:30PM Pancreatic Cancer Group 4:30PM Walking the Labyrinth for Winter Solstice <div>20</div>	9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM LGBTQ+ Virtual Drop-in 6:30PM Exercise 6:30PM Gynecologic Cancer Group 4:30PM Walking the Labyrinth for Winter Solstice <div>21</div>	12:30PM Restorative Motion <div>22</div>	9:00AM Yoga 10:00AM Qigong-Tai Chi <div>23</div>
<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>
Offices closed for the holiday	Offices closed for the holiday	Offices hours 10:00AM-3:00PM	Offices hours 10:00AM-3:00PM	Offices hours 10:00AM-3:00PM	

TGP IN THE COMMUNITY



We are pleased that our efforts in the community continue to engage those who may not have traditionally participated in our in-house programming. Our collaboration with MetroHealth gives individuals the opportunity to receive support and build community on-site at the MetroHealth Cancer Center. Our medical librarian, Eileen Coan, and Program Staff member Brittani Davis offer a variety of individual and group support services to meet patient needs throughout the week. [For more information, please contact Brittani at davis@touchedbycancer.org or 216-455-1528.](mailto:davis@touchedbycancer.org)


Our Community Program Manager, Sydney Beeman continues to further our initiative to bring TGP programming into the city of Cleveland. Our goal remains to increase access to services for residents throughout the city, with an emphasis on Ward 5 Central Neighborhood. Residents of Ward 5 are disproportionately affected by cancer, and often receive a diagnosis at much later stages. Sydney's program "How to Talk About Cancer" includes themes of how to talk to health care providers and family members and debunks myths about the healthcare system. As a result of these conversations, a growing number of Cleveland residents can now list The Gathering Place as part of their support team. With generous support from The Cleveland Foundation, we continue to build and sustain relationships with our healthcare partners and various community organizations such as Friendly Inn, Thea Bowman Center, St. Joseph and Mary's Home and others around the city. We are grateful to our partners and to the residents of Cleveland for allowing us to work with you.

VISIT OUR ART GALLERY

Discover the enchanting world of art and nature in our upcoming art exhibits featuring the captivating works of local artists Helen Wilson at our Beachwood location and Paul Johanni at our Westlake location.




HELEN WILSON

Art reception on **Saturday, October 14th**
from 11:00am-1:00pm
in Beachwood. 



PAUL JOHANNI

Art reception on **Saturday, October 21st** from **11:00am-1:00pm** in Westlake. 

Art Demonstration
Saturday, December 16th
9:00am-1:00pm in Westlake. 

To view their work, visit our website at touchedbycancer.org/art-galleries.

What makes our art galleries more meaningful is that our committed artists generously donate part of the proceeds to The Gathering Place to help keep our services free of charge for individuals and families touched by cancer.



TGP's Home Furnishing Warehouse Resale Shop conducts monthly sales in Warrensville Heights. Our volunteers make this all possible by donating their time and effort. The resale shop relies 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 our location in Warrensville Heights to see our exceptional selection of resale furnishings.

Contact **Adam Ross** at ross@touchedbycancer.org for dates and information.



THE GATHERING PLACE

The Arnold & Sydel 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

Fall Edition

OCTOBER • NOVEMBER • DECEMBER

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.



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