



Summer 2023

JULY • AUGUST • SEPTEMBER



WELCOME!

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

**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 or virtual 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 summer quarter at The Gathering Place (TGP) is truly remarkable! We're thrilled to offer in-person programs and services like Reiki, Reflexology, Lunch & Learn series, and even an Eyebrow Class. While virtual options remain available, the sense of community that comes with in-person gatherings is invaluable. Don't miss the chance to enjoy our healing garden at our Beachwood location as the weather warms up, immersing yourself in the beauty of nature.

I'd like to express our heartfelt appreciation to Beth Bennett for her outstanding contributions as our Chief Program Officer (CPO) over the past 3 years. Furthermore, we celebrate her remarkable dedication during her 14 years working to grow our nutrition and fitness programs. As we bid farewell to Beth, we eagerly welcome Karen Hatfield to our team as our new CPO. Karen's extensive background in music and grief therapies makes her an exceptional addition to our leadership team, and together, we look forward to continued growth in our programs and services.

I would also like to take a moment to express my deepest gratitude to all who participated in our "Race for the Place" fundraiser. Whether you ran, walked, volunteered, or donated, your efforts made a tangible impact on the lives of those we serve. Seeing participants cross the finish line with joy and witnessing the strong sense of community during the event reaffirms our purpose. Thank you for being a beacon of hope and reminding us of the power of unity in achieving our goals. You are the reason we are able to continue providing hope, healing, and support. I look forward to seeing you throughout the summer!



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 our Participant Navigator at 216-455-1507.

OUR OFFICES

We are available by phone at 216-595-9546.
Monday through Friday 9:00am-5:00pm
*Friday 9:00am-2:00pm through September 1st
(Returning to normal hours starting Tuesday, Sept 5th)

Our Beachwood office is open the 2nd Saturday of the month, 9:00am-1:00pm.
Our Westlake location is open 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

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
buss@touchedbycancer.org
216-455-1527



STEPHEN CERNE

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



EILEEN COAN

MA, MLS
Medical Librarian
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216-455-1504



SANDY CONOCHAN

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



BRITTANI DAVIS

MA, LPCC-S, LICDC
Program Staff
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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



KAREN HATFIELD

Chief Program Officer
hatfield@touchedbycancer.org
216-455-1517



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

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

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

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

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

CHILDHOOD CANCER PARENT SUPPORT GROUP

Adelle Gates, 216-455-1523
July 18, Aug 22, Sept 19, 6:30-7:30pm

GROUP FOR ADULTS

Brittani Davis, 216-455-1528
Mondays, 6:30-8:00pm

GROUP FOR ADULTS

Andrea Sonnie, 216-455-1521
Tuesdays, 6:30-8:00pm
July 11 & 25, Aug 8 & 22, Sept 5 & 19
July 18, Aug 1, 15 & 29, Sept 12 & 26

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm
July 3, 17 & 31, Aug 14 & 28, Sept 18
July 10 & 24, Aug 7 & 21, Sept 11 & 25

GROUP FOR CAREGIVERS

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

GROUP FOR OLDER ADULTS

Brittani Davis, 216-455-1528
July 21, Aug 18, Sept 15, 11:00am-12:30pm

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522
July 27, Aug 24, Sept 28, 6:30-8:00pm

KNITTING TOGETHER

Whitney Hadley, 216-455-1522
July 11, Aug 8, Sept 12, 2:00-3:30pm
July 24, Aug 28, Sept 25, 2:00-3:30pm

LGBTQ+ VIRTUAL DROP-IN GROUP

Brittani Davis, 216-455-1528
July 20, Aug 17, Sept 21, 12:00-1:00pm

LIFE AFTER CANCER TREATMENT GROUP

Whitney Hadley, 216-455-1522
July 17, Aug 21, Sept 18, 6:30-8:00pm

Andrea Sonnie, 216-455-1521

July 27, Aug 24, Sept 28, 6:30-8:00pm ***NEW**

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Beeman, 216-455-1520
July 6, Aug 3, Sept 7, 6:30-8:00pm

YA VIRTUAL DROP-IN GROUP

Whitney Hadley, 216-455-1522
July 6, Aug 3, Sept 7, 12:00-1:00pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - DAY

Andrea Sonnie, 216-455-1521
2:00-3:30pm
July 17 Aug 21 Sept 18

BREAST CANCER SUPPORT GROUP - EVENING

Andrea Sonnie, 216-455-1521
Aug 3, Sept 7, 6:30-8:00pm

GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Susan Marinac, 216-455-1512
Aug 1, Sept 5, 6:30-8:00pm

GROUP FOR WOMEN WITH GYNECOLOGIC CANCERS (NON-OVARIAN)

Andrea Sonnie, 216-455-1521
July 20, Aug 17, Sept 21, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512
July 25, Aug 22, Sept 26, 2:00-3:30pm
Andrea Sonnie, 216-455-1521 ***NEW**
July 12, Aug 9, Sept 13, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1507
July 18, Aug 15, Sept 19, 6:30-8:00pm

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
216-455-1527

Nutrition Consultations

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

Exercise Consultations

SANDY CONOCHAN, ATC, PTA
216-455-1529

Wig Salon

DIANE WEINER, CVA
216-455-1508

MYELOMA GROUP

Mary Fisher Bornstein, 216-455-1506
July 10, Sept 11, 5:30-7:00pm

ORAL, HEAD AND NECK CANCER GROUP

Brittani Davis, 216-455-1528
July 19, Aug 16, Sept 20, 3:30-4:30pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512
July 19, Aug 16, Sept 20, 2:00-3:30pm

PANCREATIC CANCER GROUP

Andrea Sonnie, 216-455-1521
July 26, Aug 23, Sept 27, 3:30-4:30pm ***NEW DAY**

PROSTATE PARTNERS

Contact facilitator for more details about program schedule.
Mary Fisher Bornstein, 216-455-1506
July 13, Aug 10, Sept 14
Information session 5:15-6:15pm
Group 6:30-8:00pm

GRIEF & LOSS

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528
July 11, Aug 8, Sept 12, 2:00-3:30pm

ADULT GRIEF SUPPORT

Sarah Axner Gilmore, 216-455-1507
July 25, Aug 22, Sept 26, 6:30-8:00pm

ADULT GRIEF SUPPORT

Mary Fisher-Bornstein, 216-455-1506
July 11 & 25, Aug 8 & 22, Sept 12 & 26, 6:30-8:00pm

GRIEF: WHEN, WILL IT END?

Mary Fisher-Bornstein, 216-455-1506
July 19, Aug 16, Sept 20, 11:00am-12:00pm

INFORMATION & EDUCATION

PROGRAM LOCATION KEY:

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



LUNCH AND LEARN: WHAT IS REIKI

Bring a bag lunch and join us at our Westlake location for information, support and lively conversation. Reiki is an energy healing technique that uses touch with the intention to guide the flow of healthy energy to reduce stress and promote healing. Hear from a certified reiki master and learn how to reduce stress.

MARY FISHER BORNSTEIN, LISW-S
SUSAN MARINAC, MSSA, LISW-S

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

COMMUNITY EVENT: SINGING BOWLS & RESTORATIVE YOGA

Join us as we combine the healing power of sound using the highest-grade Crystal Alchemy Singing Bowls with the gentle movement and mindfulness of Restorative Yoga. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more. No experience required.

KIP CRONK, E-RYT 200 YOGA TEACHER
BECKY HOPP, CERTIFIED SOUND HEALER

SAT, JULY 8, 11:00AM-1:00PM 


SAT, JULY 15, 11:00AM-1:00PM 

AROMATHERAPY

Learn the basics of aromatherapy: how it can help and how to make your own essential oils.

AROMA DE TERRA, CLEVELAND

FRI, JULY 14, 12:00-1:00PM 

FRI, JULY 21, 12:00-1:00PM 

UH & TGP SURVIVORSHIP DAY

Survivorship often comes with unexpected changes and needs and often leaves people asking, "now what?" Join us for a day filled with information and useful tips as you figure out how to navigate survivorship. More details to come!

UNIVERSITY HOSPITAL AND TGP STAFF


FRI, JULY 14, 9:00AM-5:00PM 

Location: Ahuja Medical Center
3999 Richmond Rd, Beachwood, OH 44122

EYEBROW CLASS

Hair loss can be a side effect of cancer treatment. While you may be able to get a wig for your head, eyebrows are a different story. Eyebrows are important as they are one of our most expressive facial features. Come and learn from experts on how to create amazing brows with a few simple steps.


STAFF FROM BELLA CAPELLI SANCTUARIO

TUES, JULY 18, 11:00AM-12:30PM 

THE ROLE OF MEDICAL CANNABIS FOR CANCER PATIENTS

Join us for this overview of medical cannabis including its role in managing cancer treatment side effects including barriers to its use, research on medical cannabis for treating cancer, and steps for obtaining a medical cannabis card in Ohio. Resources provided.

KATY PACK, PHARM.D.
STEPHEN SALUGA, OHIO MARKET
DEVELOPMENT SPECIALIST

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

LEGAL CLINIC

Hear from a legal attorney about employment law, ADA, accommodations, workplace rights, FMLA, etc. when dealing with a cancer diagnosis.

JUNE RISING, ESQ
TYRA L. TAYLOR, ESQ

FRI, JULY 28, 12:00PM 

LUNCH AND LEARN: SLEEP ISSUES & CANCER

Getting a good night's sleep can be difficult when you are coping with cancer. Learn about the importance of sleep and tips for healthy sleep.
*Bring a bag lunch.

SUSAN MARINAC, MSSA, LISW-S

THURS, AUG 3, 12:00-1:00PM 

GRIEF IN THE VIRTUAL WORLD

Explore how social media and online resources impact grief in today's culture.

KAREN HATFIELD, MMT, MT-BC

WED, AUG 16, 12:00-1:00PM 

FINDING MEANING IN THE FACE OF SUFFERING

Cancer affects us body, mind and soul. So many questions run through our minds when we face cancer. Some questions may be small but some may be big - "Who am I?" "Why am I here?" "Why me?" "Am I going to die?" This program will address the big questions and help you to feel more connected.

CHUCK BEHRENS, M.DIV.,
SPIRITUAL CARE COORDINATOR,
HOSPICE OF THE WESTERN RESERVE

THURS, AUG 24, 6:30-7:30PM 

LUNCH AND LEARN: BIG EMOTIONS

Cancer makes us have feelings - lots of feelings. Join us as we discuss the impact cancer has on our emotional state. Learn how to cope with emotions so you don't get overwhelmed.

*Bring a bag lunch.

SUSAN MARINAC, MSSA, LISW-S

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

UNDERSTANDING LYMPHEDEMA: CARE AND TREATMENT METHODS

In this course, participants will learn the definition of lymphedema, causes, risk factors and psycho-social impacts. Complete Decongestive Therapy, which is the current standard of care, will also be covered. Participants will gain an understanding of caring for themselves and loved ones who have been diagnosed with lymphedema.

KATHLEEN ONDAK, OTD, OTR/L, CHT, CLT

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

YOGA RETREAT - COMMUNITY EVENT

Relax and unwind in our healing space. Retreat will include a slow flow yoga class with extended Savasana, meditation, journaling and a labyrinth walk. Please join us for this restorative practice.

SANDY BORELLI, RYT
STEPHANIE HOPKINS, MS, RDN, LD
SUSAN MARINAC, MSSA, LISW-S


SAT, SEPT 16, 10:00AM-12:00PM 

LOWER EXTREMITY LYMPHEDEMA

Have you been diagnosed with Lymphedema in one or both legs? PT can help! What is lymphedema and why do we develop it? Learn the early signs and symptoms of lymphedema, a brief review of the lymphatic system, and how to manage lymphedema in order to improve your daily functional mobility. Discover the components of Complete Decongestive Therapy (CDT) and have your questions answered by a Certified Lymphedema Therapist

SHELLEY ALBERT, PT, DPT

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

WED, SEPT 27, 6:30-7:30PM 

MOVING THROUGH CANCER

Join us in this virtual discussion with Dr. Kathryn Schmitz as we highlight her research on the benefits of exercise during and after cancer treatment. In partnership with Cancer Bridges in Pittsburgh.

KATHRYN H SCHMITZ, PHD, MPH

THURS, SEPT 28, 6:00-7:30PM 

★ FEATURED PROGRAM MOVING THROUGH CANCER



Exercise researcher Kathryn Schmitz will share information on cancer and exercise during and after treatment. In partnership with Cancer Bridges in Pittsburgh.

KATHRYN H SCHMITZ, PHD, MPH

THURS, SEPT 28, 6:00-7:30PM 



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 13th Annual Cleveland Dragon Boat Association Festival will be on Sunday, September 10, 2023.

SANDY CONOCHAN, ATC, PTA

WEDNESDAYS: 6:00-8:00PM

JULY 5, 12, 19 & 26, AUG 2, 9, 16, 23 & 30, SEPT 6

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

PUSH & PULL: EXERCISE SIMPLIFIED

Research has shown the most effective way to work muscle groups is in a push-pull fashion. Learn how to pair muscle groups for a more efficient workout, saving time, improving balance and correcting compensation.

STEPHEN CERNE, NSCA-CPT ACSM/ACS-CET

MON, JULY 10 12:30-1:30PM

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, JULY 14, 11:00AM-12:00PM

FRI, AUG 4, 11:00AM-12:00PM

FRI, SEPT 1, 11:00AM-12:00PM

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, JULY 15, 11:00AM-1:00PM

BUILD YOUR OWN BACKYARD BBQ

Grilling is a favorite meal prep method in the summer. Learn how to safely grill to support your health as a cancer survivor. There are so many tasty dishes to enjoy at a backyard BBQ. Come learn different ways to prepare nutritious recipes everyone will enjoy at this **hands-on cooking class**.

STEPHANIE HOPKINS, MS, RDN, LD

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

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

WED, JULY 26, 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, JULY 19, 6:00-8:00PM

Location: South Chagrin Reservation Shelterhouse Picnic Area, Hawthorn Pkwy, Bentleyville, OH 44022

WED, SEPT 6, 6:00-8:00PM

Location: Brecksville Reservation, Harriet Keeler Picnic Area, 9000 Chippewa Rd. Brecksville, OH

HIKE & SNACK

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

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

STEPHANIE HOPKINS, MS, RDN, LD

MON, AUG 7, 6:00-8:00PM

Location: Edgewater Park Upper Pavilion Upper Edgewater Dr, Cleveland, OH 44102

DIGESTIVE ISSUES IN CANCER SURVIVORSHIP

After cancer treatment has stopped it is not uncommon to struggle with digestive issues like diarrhea, constipation, or bloating. Join this presentation to learn about nutrition strategies you can use to feel better around food.

STEPHANIE HOPKINS, MS, RDN, LD

WED, AUG 30, 12:00-1:30PM

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

AUG 14, SEPT 11

COOKING WITH SEASONAL PRODUCE

Enjoy the bounty of summertime produce! Join this **hands-on cooking class** to learn how eating seasonal produce can add benefit to your health. We will discuss various ways to incorporate summer fruits and vegetables onto your plate and will prepare a few recipes.

STEPHANIE HOPKINS, MS, RDN, LD

WED, AUG 23, 6:00-7:30PM

SAT, AUG 26, 10:00-11:00AM

SAT, AUG 26, 12:00-1:30PM

CANCER FIGHTING KITCHEN: MEAL PREP 101

Join this **hands-on cooking class** and become connected to chef Rebecca Katz's online cooking course on nutrition and cancer. In class we will focus on her tips to successfully meal prep.

STEPHANIE HOPKINS, MS, RDN, LD

WED, SEPT 20, 6:00-7:30PM

SAT, SEPT 23, 10:00-11:00AM

SAT, SEPT 23, 12:00-1:30PM

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, AUG 18, 1:00-2:00PM

ENDURANCE TRAINING

FRI, AUG 25, 1:00-2:00PM

STRENGTH TRAINING

FRI, SEPT 1, 1:00-2:00PM

BALANCE TRAINING

FRI, SEPT 8, 1:00-2:00PM

DEEP WATER TRAINING

FRI, SEPT 15, 1:00-2:00PM

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

AQUATIC PRINCIPLES

WED, AUG 30, 5:00-6:00PM

ENDURANCE TRAINING

WED, SEPT 6, 5:00-6:00PM

STRENGTH TRAINING

WED, SEPT 13, 5:00-6:00PM

BALANCE TRAINING

WED, SEPT 20, 5:00-6:00PM

DEEP WATER TRAINING

WED, SEPT 27, 5:00-6:00PM

MOVING THROUGH CANCER

Join us in this virtual discussion with Dr. Kathryn Schmitz as we highlight her research on the benefits of exercise during and after cancer treatment. In partnership with Cancer Bridges in Pittsburgh.

KATHRYN H SCHMITZ, PHD, MPH

THURS, SEPT 28, 6:00-7:30PM

“

Before I started, I had no energy nor a will to exercise. After a couple of classes my outlook on staying fit has increased greatly. Thank you Gathering Place for having such a program.”

CANCER SPECIFIC PROGRAMS

See Support Groups
on page 3 for more
cancer specific options

PROGRAM LOCATION KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE  FAMILIES WELCOME

ALL PROGRAMS ARE EDT TIME



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

THURS, 5:15-6:15PM 

PROSTATE PARTNERS




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

DIAGNOSING PROSTATE CANCER: UNDERSTANDING PATHOLOGY

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

GRILL & CHILL

Join us for this hands on evening of preparing a meal and networking with others.

TUES, JULY 11, 6:30-8:00PM 

THURS, AUG 10, 6:30-8:00PM 


INTIMACY & RELATIONSHIPS

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

MYELOMA GROUP

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

MANAGING ANXIETY AND FEAR

MON, JULY 10, 5:30-7:00PM 

UNDERSTANDING YOUR LABS

MON, SEPT 11, 5:30-7:00PM 

CHILDREN, TEEN & FAMILY

Registration required for all children and family programs.

Please contact Taylor Buss, MSW, LISW-S, OSW-C at 216-455-1527.



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

RECHARGING

What recharges you? Participants will discuss this topic while making quick, high energy snacks for an on the go summer schedule.

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

SIBLING CELEBRATION & MUFFIN MINGLE

A ceremony to recognize siblings for their contributions of support followed by time for families to have brunch snacks and socialize.

SAT, AUG 12, 10:00-11:00AM 

WHAT MAKES YOU PROUD?

Participants will identify and share what makes them proud by engaging in a fun art activity while building their "pride" of social supports.

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

PLAY DATES & COFFEE MATES



Let the kids play at the playground while their grown-ups enjoy a cup of coffee with others who have an understanding of what it's like to be a family touched by cancer.

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

SATURDAYS 9:30-10:30AM 

JULY 1, AUG 5, SEPT 2

Location: Lakewood Park
14532 Lake Ave, Lakewood OH 44107

JULY 15, AUG 19, SEPT 16

Location: Coventry P.E.A.C.E Park
2843 Washington Blvd. Cleveland Hts. 44118

TEENS TOUCHED BY CANCER: BREAKFAST CLUB

Come together with other teens (13-18) who are touched by cancer. Connect with others 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, JULY 15, 11:00AM-12:00PM 

SAT, SEPT 9, 11:00AM-12:00PM 

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 


JULY 18, AUG 22, SEPT 19


FAMILY PIZZA PARTY



Make your own wood-fired pizza at Pizzeria TGP! All delicious toppings are provided- just bring your creativity! And what's a pizza party without games and family fun?!

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

MON, AUG 14, 6:30-8:00PM 

WED, AUG 16, 6:30-8:00PM 

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

MON, SEPT 6, 6:30-7:30PM 

KIDSHOP



We're back in person! 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

FALLING TO SLEEP

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

BROWNS SUNDAY FUNDAY OPEN HOUSE



Bring the family and watch the Browns at The Gathering Place! Enjoy your favorite football foods, a little friendly competition with tailgate games, and fun for the whole family!

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

WHITNEY HADLEY, MA, MSW, LSW

SUN, SEPT 24, 12:30-4:00PM 

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, AUG 1, SEPT 5, 6:30-8:00PM

YOUNG ADULT VIRTUAL DROP-IN GROUP

Virtual drop-in group for young adults. Bring your lunch and join us for a time to check in with either other wherever you are!

WHITNEY HADLEY, MA, MSW, LSW

THURS, 12:00-1:00PM

JULY 6, AUG 3, SEPT 7

BROWNS SUNDAY FUNDAY OPEN HOUSE

Bring the family and watch the Browns at The Gathering Place! Enjoy your favorite football foods, a little friendly competition with tailgate games, and fun for the whole family!

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

WHITNEY HADLEY, MA, MSW, LSW

SUN, SEPT 24, 12:30-4:00PM

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.

PAPERMAKING-THE ART OF TRANSFORMATION

Join us at The Morgan Paper Studio to learn basic sheet formation, pulp painting, and embedding techniques of papermaking.

SYDNEY BEEMAN, MA, NCC, LPC

WHITNEY HADLEY, MA, MSW, LSW

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

Location: Morgan Art of Papermaking Conservatory & Educational Foundation
1754 E. 47th Street, Cleveland, Ohio 44103

DRUMMING YOUR EMOTIONS

Join our drum circle to have fun and express yourself through drumming. No experience necessary. Drums are provided.

SYDNEY BEEMAN, MA, NCC, LPC

MARY FISHER BORNSTEIN, LISW-S

THURS, AUG 24, 6:30-8:00PM

YOGA FOR RELAXATION AND ENERGY

Explore the ways yoga can be used for relaxation and to boost energy with some gentle yoga movements led by Jen Nebraska, YTT.

SANDY CONOCHAN, ATC, PTA

WHITNEY HADLEY, MA, MSW, LSW

THURS, SEPT 28, 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

MON, 6:30-8:00PM

JULY 3 & 17, AUG 7 & 21, SEPT 18

IN-PERSON MEDITATION

Experience the benefits of relaxation through guided imagery and breathwork.

EILEEN COAN, MA, MLS

MON, JULY 10, AUG 14, SEPT 11, 6:30-8:00PM

MON, JULY 24, AUG 28, SEPT 25, 6:30-8:00PM

NATURE COLLAGE

Gather bits of nature to make a collage. We will work with rearranging our designs, and returning them to nature after taking a photo.

EILEEN COAN, MA, MLS

WED, JULY 12, 4:00-5:30PM

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, JULY 14, 11:00AM-12:00PM

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

FRI, SEPT 8, 11:00AM-12:00PM

MINDFUL GARDEN WEEDING WITH A DOC

Join Dr. Joe Blanda in the TGP Garden as he guides you through exploring mindfulness and the healing aspects of nature. Please dress comfortably.

DR. JOE BLANDA

WED, JULY 19, 1:00-2:00PM

HORTICULTURE THERAPY: SUMMER-STYLE RELAXING

Summer is the perfect time to learn new relaxation and hydration techniques inspired by the garden. For adults with cancer and their loved one, we'll make "spa water" and herbal bath salt while discussing coping techniques you can include to help manage the effects of cancer on your life.

KAREN KENNEDY

WED, AUG 9, 6:00-7:30PM

THURS, AUG 17, 6:00-7:30PM

SAND TRAY WORKSHOP

Explore the power of the sand tray in this experiential workshop using sand play, meditation, and journaling.

SUSAN MARINAC, MSSA, LISW-S

TUES, AUG 29, 6:00-7:30PM

THE BROKEN PLATES FOR GRIEF

Grief has the ability to shatter our lives, like a broken plate. This workshop is designed to allow loved ones to acknowledge how life has changed since the passing and envision how life can be put back together. (For safety purposes ceramic or glass plates with not be used.)

GABRIELLE COOPER, LPC, ART THERAPIST
ART THERAPY STUDIOS

WED, SEPT 13, 6:30-8:30PM

DRUMMING YOUR EMOTIONS

Community drum circle for individuals diagnosed with cancer and their loved ones. Have fun and express yourself through drumming. No experience necessary. Drums are provided.

MARY FISHER BORNSTEIN, LISW-S

WED, AUG 30, 6:30-8:00PM

WED, SEPT 13, 6:30-8:00PM

YOGA RETREAT - COMMUNITY EVENT

Relax and unwind in our healing space. Retreat will include a slow flow yoga class with extended Savasana, meditation, journaling and a labyrinth walk. Please join us for this restorative practice.

SANDY BORELLI, RYT

STEPHANIE HOPKINS, MS, RDN, LD

SUSAN MARINAC, MSSA, LISW-S

SAT, SEPT 16, 10:00AM-12:00PM

JULY

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>★</p> <p>SPECIAL EVENT:</p> <p>UNIVERSITY HOSPITAL & TGP SURVIVORSHIP DAY</p> <p>LOCATION: UH AHUJA MEDICAL CENTER FRI, JULY 14TH 9:00AM-5:00PM</p>	<p>ANIMAL CAMP:</p> <p>JULY 10-14 JULY 17-21 JULY 24-28 JULY 31-AUG 4</p>				<p>9:00AM Yoga 9:30AM Play Dates & Coffee Mates 10:00AM Qigong-Tai Chi</p>
	<p>11:00AM Zumba* 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation</p>	<p>Closed for the holiday</p>	<p>9:00AM Open Gym 11:00AM Yoga 12:00PM YA Virtual Drop-in 12:00PM Lunch & Learn: Reiki 12:00PM Exercise* 6:30PM Exercise 6:30PM Sister Circle</p>	<p>12:30PM Restorative Motion</p> <p>Offices close at 2:00PM</p>	<p>9:00AM-1:00PM Drop in 9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Connections: Recharging* 11:00AM Singing Bowls & Yoga</p>
	<p>9:00AM Animal Camp 11:00AM Zumba* 12:30PM Push & Pull Exercise 5:30PM Myeloma Group* 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Meditation</p>	<p>9:00AM Animal Camp 12:30PM Balance for Improved Function 2:00PM Lung Cancer Group 4:00PM Nature Collage 6:00PM Dragon Boating</p>	<p>9:00AM Animal Camp 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 5:15PM Prostate Partners Info Session 6:30PM Exercise 6:30PM Prostate Partners Group</p>	<p>9:00AM Animal Camp 9:00AM UH & TGP Survivorship Day 11:00AM Snack & Chat* 11:00AM Singing Bowls (Sound Bath)* 12:00PM Aromatherapy 12:30PM Restorative Motion</p> <p>Offices close at 2:00PM</p>	<p>9:00AM-1:00PM Drop in 9:00AM Yoga 9:30AM Play Dates & Coffee Mates 10:00AM Qigong-Tai Chi 11:00AM Balance Screening 11:00AM Teen Breakfast Club 11:00AM Singing Bowls & Yoga</p>
	<p>9:00AM Animal Camp 10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Grief Group 2:00PM Knitting Together 6:00PM Yoga 6:30PM Open Gym 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Prostate Partners Group</p>	<p>9:00AM Animal Camp 11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 1:00PM Mindful Garden Weeding 2:00PM Ovarian Cancer Group* 3:30PM Oral, Head & Neck Cancer Group 6:00PM Dragon Boating 6:00PM Potluck at the Park</p>	<p>9:00AM Animal Camp 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 12:00PM LGBTQ+ Virtual Drop-in 6:30PM Exercise 6:30PM Gynecologic Cancer Group</p>	<p>9:00AM Animal Camp 11:00AM Older Adults Group* 12:00PM Aromatherapy 12:30PM Restorative Motion</p> <p>Offices close at 2:00PM</p>	<p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Build Your Own Backyard BBQ 12:00PM Build Your Own Backyard BBQ</p>
	<p>9:00AM Animal Camp 11:00AM Zumba* 2:00PM Breast Cancer Group 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation 6:30PM Life After Cancer Group</p>	<p>9:00AM Animal Camp 10:00AM Yoga* 11:00AM Eyebrow Class 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:30PM Open Gym 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group 6:30PM Childhood Cancer Parent Group</p>	<p>9:00AM Animal Camp 12:30PM Balance for Improved Function 3:30PM Pancreatic Group 6:00PM Dragon Boating 6:00PM Build Your Own Backyard BBQ 6:30PM Medical Cannabis for Cancer</p>	<p>9:00AM Animal Camp 9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:30PM Exercise 6:30PM YA Group: Papermaking 6:30PM Life After Cancer Group</p>	<p>9:00AM Animal Camp 12:00PM Legal Clinic 12:30PM Restorative Motion</p> <p>Offices close at 2:00PM</p>
<p>9:00AM Animal Camp 11:00AM Zumba* 2:00PM Knitting Together 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Meditation</p>	<p>9:00AM Animal Camp 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 Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>				<p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p>

AUGUST

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>9:00AM Animal Camp</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>9:00AM Animal Camp</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 Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Breast Cancer Group</p> <p>1</p>	<p>9:00AM Animal Camp</p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM Dragon Boating</p> <p>2</p>	<p>9:00AM Animal Camp</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM YA Virtual Drop-in</p> <p>12:00PM Lunch & Learn: Sleep Issues</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM Breast Cancer Group</p> <p>3</p>	<p>9:00AM Animal Camp</p> <p>11:00AM Snack & Chat*</p> <p>12:30PM Restorative Motion</p> <p>4</p> <p>Offices close at 2:00PM</p>	<p>9:00AM Yoga</p> <p>9:30AM Play Dates & Coffee Mates</p> <p>10:00AM Qigong-Tai Chi</p> <p>5</p>
<p>11:00AM Zumba*</p> <p>6:30PM Exercise</p> <p>6:00PM Hike & Snack</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p> <p>7</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>2:00PM Knitting Together</p> <p>6:00PM Yoga</p> <p>6:30PM Open Gym</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p> <p>8</p>	<p>12:30PM Balance for Improved Function</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Dragon Boating</p> <p>6:00PM Horticulture Therapy</p> <p>9</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>10</p>	<p>11:00AM Singing Bowls (Sound Bath)*</p> <p>12:30PM Restorative Motion</p> <p>11</p> <p>Offices close at 2:00PM</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: Muffin Mingle</p> <p>12</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 Family Pizza Party</p> <p>6:30PM Meditation</p> <p>14</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 Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Metastatic Breast Cancer Group</p> <p>15</p>	<p>11:00AM Grief: When Will It End?</p> <p>12:00PM Grief in the Virtual World</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>6:00PM Dragon Boating</p> <p>6:30PM Family Pizza Party</p> <p>16</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>6:30PM Exercise</p> <p>6:00PM Horticulture Therapy</p> <p>6:30PM Gynecologic Cancer Group</p> <p>17</p>	<p>11:00AM Older Adults Group*</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Principles</p> <p>18</p> <p>Offices close at 2:00PM</p>	<p>9:00AM-1:00PM Drop in</p> <p>9:00AM Yoga</p> <p>9:30AM Play Dates & Coffee Mates</p> <p>10:00AM Qigong-Tai Chi</p> <p>19</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 Guided Meditation</p> <p>6:30PM Life After Cancer Group</p> <p>21</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>6:30PM Open Gym</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>6:30PM Childhood Cancer Parent Group</p> <p>22</p>	<p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Group</p> <p>6:00PM Dragon Boating</p> <p>6:00PM Cooking with Seasonal Produce</p> <p>23</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>6:30PM Finding Meaning</p> <p>6:30PM YA Group: Drumming</p> <p>6:30PM Life After Cancer Group</p> <p>24</p>	<p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Endurance</p> <p>25</p> <p>Offices close at 2:00PM</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Cooking with Seasonal Produce</p> <p>12:00PM Cooking with Seasonal Produce</p> <p>26</p>
<p>11:00AM Zumba*</p> <p>2:00PM Knitting Together</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Meditation</p> <p>28</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>6:00PM Sand Tray Workshop</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>29</p>	<p>12:00PM Digestive Issues</p> <p>12:30PM Balance for Improved Function</p> <p>5:00PM Aquatics: Principles</p> <p>6:00PM Dragon Boating</p> <p>6:30PM Drumming Your Emotions</p> <p>30</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>31</p>		

SEPTEMBER

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>★</p> <p>SPECIAL EVENT:</p> <p>CLEVELAND DRAGON BOATING ASSOCIATION FESTIVAL</p> <p>SUNDAY, SEPTEMBER 10TH</p>	<p>★</p> <p>SPECIAL EVENT:</p> <p>BROWNS SUNDAY FUNDAY</p> <p>SUNDAY, SEPTEMBER 24TH</p>			<p>11:00AM Snack & Chat*</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Strength</p> <p>Offices close at 2:00PM</p>	<p>9:00AM Yoga</p> <p>9:30AM Play Dates & Coffee Mates</p> <p>10:00AM Qigong-Tai Chi</p>
<p>Closed for the holiday</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 Adults with Cancer Group</p> <p>6:30PM YA Breast Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>12:30PM Balance for Improved Function</p> <p>5:00PM Aquatics: Endurance</p> <p>6:00PM Dragon Boating</p> <p>6:00PM Potluck at the Park</p> <p>6:30PM Bridges Grief Group: Families</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM YA Virtual Drop-in</p> <p>12:00PM Lunch & Learn: Big Emotions</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p> <p>6:30PM Breast Cancer Group</p>	<p>11:00AM Singing Bowls (Sound Bath)*</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: Proud*</p> <p>11:00AM Teen Breakfast Club</p>
<p>11:00AM Zumba*</p> <p>2:30PM Physical Therapy Screening</p> <p>5:30PM Myeloma Group*</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Meditation</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>2:00PM Knitting Together</p> <p>6:00PM Yoga</p> <p>6:30PM Open Gym</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>2:00PM Lung Cancer Group</p> <p>5:00PM Aquatics: Strength</p> <p>6:00PM Lymphoma</p> <p>6:30PM Understanding Lymphedema</p> <p>6:30PM Kidshop</p> <p>6:30PM Drumming Your Emotions</p> <p>6:30PM The Broken Plates of Grief</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>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>9:30AM Play Dates & Coffee Mates</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Yoga Retreat</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 Guided Meditation</p> <p>6:30PM Life After Cancer Group</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 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>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>5:00PM Aquatics: Balance</p> <p>6:00PM Cancer Fighting Kitchen</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>6:30PM Exercise</p> <p>6:30PM Gynecologic Cancer Group</p>	<p>12:30PM Restorative Motion</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Cancer Fighting Kitchen</p> <p>12:00PM Cancer Fighting Kitchen</p>
<p>11:00AM Zumba*</p> <p>2:00PM Knitting Together</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Meditation</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>6:30PM Open Gym</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>3:30PM Pancreatic Group</p> <p>5:00PM Aquatics: Deep Water</p> <p>6:30PM Lower Extremity Lymphedema</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:00PM Moving Through Cancer</p> <p>6:30PM Exercise</p> <p>6:30PM YA Group: Yoga</p> <p>6:30PM Life After Cancer Group</p>	<p>12:30PM Restorative Motion</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>

September is Childhood Cancer Awareness Month. We want to take a moment to recognize and support the children, teens, and families facing childhood cancer and remember and honor the young lives lost due to this relentless illness. If you are a family facing childhood cancer, know you are not alone.

The Gathering Place offers support services for families affected by childhood cancer. We know when a child is diagnosed with cancer, it disrupts the family's rhythm. Monthly support groups are available for children diagnosed with cancer and their families. The groups aim to support the whole family with coping with the impact of childhood cancer and connecting with others who "get it."

Our Children & Family Team is composed of experts who provide support and education for families facing either adult or childhood cancer. The services provided include direct support consultations for emotional support, guidance, and education for individual family members or the whole family. School consultations and education are also available to assist school personnel with supporting students impacted by cancer.

In addition to our direct consultations, there are several programs for families to connect with others who understand what it is like to juggle cancer and family. We also offer support groups tailored to children, teens, and families to work through emotional challenges and learn positive coping skills. Please refer to the Children, Teen, & Family section for this quarter's programs.

Our new Children and Family Program Manager, Taylor Buss, MSW, LISW-S, OSW-C, oversees our Children & Family Program. Taylor brings years of experience working with children, teens, young adults, and families coping with cancer. We welcome Taylor to our team. With Taylor on board, we look forward to enhancing our Children and Family Programming and providing even more support to those who need it most. [Our Children & Family team is here to help you navigate the tough questions and emotional or behavioral reactions from your child or teen when cancer impacts the family.](#) Contact Taylor at **216.455.1537** or buss@touchedbycancer.org



TAYLOR BUSS

MSW, LISW-S, OSW-C
Children & Family Program Manager
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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.

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

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INSIDE!

PROGRAM GUIDE

Summer Edition JULY • AUGUST • SEPTEMBER



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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