

Summer

2024

JULY • AUGUST • SEPTEMBER



FACING CANCER • EMBRACING LIFE

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.

I want to extend my heartfelt gratitude to all who participated in our Race for the Place fundraiser. Whether you ran, walked, volunteered, or donated, your dedication and enthusiasm help ensure that our programs remain free of charge, making a significant impact on the lives of those affected by cancer.

As we look ahead, we are thrilled to introduce several new programs this summer such as Genetics and Breast Cancer, Nutrition & Lymphedema, Side Effects of Chemotherapy, Art Therapy: Cancer Journey Booklet, and so many more. Summer is also a wonderful time to focus on healthy eating, with an abundance of fresh fruits and vegetables available. Our Dietitian, Stephanie Hopkins, is ready to provide you with nutritious recipes to incorporate into your diet and answer any questions you may have about nutrition.

We invite you to visit our beautiful garden in Beachwood, a serene space for reflection and relaxation. Our Westlake team would be delighted to share a cup of coffee or tea with you as well. Additionally, if you enjoy playing Mahjong, please join us for our inaugural Maj tournament on August 18th in our Beachwood Garden. To register, call our main line or visit our website.

Thank you for being a part of our community.



warm regards,
MICHELE SEYRANIAN
CEO

OUR OFFICES

OFFICE HOURS

Summer Office Hours: Monday through Thursday, 9:00am – 5:00pm
Friday 9:00am – 2:00pm

September Office Hours: Monday through Friday, 9:00am – 5:00pm

Beachwood: 2nd Saturday of the month 9:00am- 1:00pm

Westlake: 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 & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST

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

WELLNESS CENTER

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

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



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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.

¿Hablas español? El apoyo está disponible.

MEET THE CLINICAL TEAM

CHIEF PROGRAM OFFICER



KAREN HATFIELD
MMT, MT-BC, CHPCA
hatfield@touchedbycancer.org
216-455-1517

PROGRAM STAFF



SARAH AXNER GILMORE
MSSA, LSW
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Community Program Manager
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216-455-1520



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216-455-1508

MOVEMENT & NUTRITION



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



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



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

TGP KIDS



WHITNEY HADLEY
MA, MSW, LSW, OSW-C
Child, Teen and Young Adult
Program Manager
hadley@touchedbycancer.org
216-455-1522



ADELLE GATES
MA, CCLS
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216-455-1523

ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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 *RECORDINGS AVAILABLE

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

CHAIR ONE FITNESS

Fun, chair-based dance fitness class that helps improve posture, strengthen shoulders, lubricate knee joints, and increase flexibility.

THURSDAYS: 11:00-11:45AM

Anita Bartel

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 *RECORDINGS AVAILABLE

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

EXERCISE CLASSES *NEW NAMES BUT SAME GREAT CLASSES!

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

WARRIOR WORKOUT WITH KELSEY

MONDAYS & THURSDAYS: 6:30-7:15PM *RECORDINGS AVAILABLE

CIRCUIT FUSION WITH SANDY

TUESDAYS: 12:00-12:45PM

FUNCTIONAL MOVEMENT WITH STEPHEN

TUESDAYS: 12:00-12:45PM *RECORDINGS AVAILABLE

THURSDAYS: 12:00-12:45PM

BODY BALANCE BOOTCAMP WITH SANDY

THURSDAYS: 12:00-12:45PM *RECORDINGS AVAILABLE

OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-10:00AM

SATURDAYS: 10:00AM-12:00PM

JULY 13, AUG 10, SEPT 14

JULY 20, AUG 17, SEPT 21

QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

Jeannie Koran

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM *RECORDINGS AVAILABLE

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

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 GOLD

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

MONDAYS: 11:00-11:45AM

Higo Gabarron

ONGOING ADULT SUPPORT GROUPS

All support groups require registration and screening with the facilitator before attending the first session.

Register by visiting our website at touchedbycancer.org/calendar or call our Participant Navigators at 216-455-1507.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528

Mondays, 6:30-8:00pm

GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516

Thursdays, 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 1, 15 & 29, Aug 12 & 26, Sept 16 & 30

July 8 & 22, Aug 5 & 19, Sept 9 & 23

Karelys Ortiz Santiago 216-455-1508

Thursdays, 6:30-8:00pm

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522

July 25, Aug 22, Sept 26, 6:30-8:00pm

LGBTQ+ VIRTUAL DROP-IN GROUP

Brittani Davis, 216-455-1528

July 16, Aug 20, Sept 17 6:00-7:00pm

LIFE AFTER CANCER TREATMENT GROUP

Whitney Hadley, 216-455-1522

July 15, Aug 19, Sept 16, 6:30-8:00pm

Sydney Roberts, 216-455-1520

July 11, Aug 8, Sept 12, 6:30-8:00pm

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520

Aug 1, Sept 5, 6:30-8:00pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - EVENING

Eileen Coan, 216-455-1504

July 11, Aug 8, Sept 12, 6:30-7:30pm

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512

July 2, Aug 6, Sept 3, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

July 23, Aug 27, Sept 24, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516

July 16, Aug 20, Sept 17, 6:00-7:30pm

MYELOMA GROUP

Contact facilitator for more details about program topics.

Mary Fisher Bornstein, 216-455-1506

July 1, Sept 9, 5:30-7:00pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

July 17, Aug 21, Sept 18, 2:00-3:30pm

PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520

July 24, Aug 28, Sept 25, 3:30-4:30pm

PROSTATE PARTNERS

Support and information for individuals diagnosed with prostate cancer and their loved ones. Contact facilitator for details about program schedule and topics.

Prostate Partners Support/Information Group (for diagnosed individuals)

5:15-6:15pm

Prostate Partners Partner's Group (for partners)

5:15-6:15pm

Topic-Based Support/Education Session (diagnosed individuals and partners)

6:30-8:00pm

Mary Fisher Bornstein, 216-455-1506

July 11, Aug 8, Sept 12

Brittani Davis, 216-455-1528

July 9

GRIEF & LOSS

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

July 9, Aug 13, Sept 10, 2:00-3:30pm

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

July 23, Aug 27, Sept 24, 6:30-8:00pm

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

July 23, Aug 27, Sept 24, 6:30-8:00pm

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

July 17, Aug 21, Sept 18, 11:00am-12:30pm

INFORMATION & EDUCATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



All programs require registration.

Visit our website or call our Participant Navigators to register.

HOLDING ON TO HOPE IN THE FACE OF SERIOUS ILLNESS

Receiving a diagnosis does not mean letting go of hope. Join us for a discussion on how our perspective on hope can change in the face of serious illness.

HEIDI BARHAM, CT, CDP
Manager of Diversity, Equity, and Inclusion at Hospice of the Western Reserve

TUES, JULY 2, 1:00-2:00PM

TUES, AUG 20, 1:00-2:00PM

ENERGY WORK FOR RELAXATION AND SELF-CARE

Reiki and other energy practices may provide benefits such as relaxation, pain reduction and improved mood. Come learn about these modalities.

SHAWNA MICHAELS
Reiki Master

WED, JULY 10, 1:00-2:30PM

COFFEE & CONVERSATION

Join us to discuss a different topic each month in a relaxed setting.

THE HEALING BENEFITS OF HUMOR

FRI, JULY 12, 10:00-11:00AM

NAVIGATING SOCIAL MEDIA & ONLINE SUPPORT

FRI, AUG 9, 10:00-11:00AM

EXPLORING LIFE TRANSITIONS

FRI, SEPT 13, 10:00-11:00AM

WIG STYLING 101

Want to learn new ways to style your wig? Join us to see how it's done. Time for Q&A after demonstration.

JESSICA KENNAN, MSW
Cleveland Clinic

THURS, JULY 18, 5:30-7:00PM

GENETICS AND BREAST CANCER

Learn the role genetics play in breast cancer diagnosis and treatment. We will explore the use of genetic testing including measuring your risk through polygenic risk scores.

TUES, AUG 27, 6:30-8:00PM



HOLLY PEDERSON, MD
Director of Medical Breast Services in the Breast Center



MINDFUL EATING

Mindful eating, or conscious eating, is the practice of being fully attentive to your food, your feelings, your hunger, and your satiety cues. Learn more about this important practice that can have a great impact on your health.

STEPHANIE HOPKINS, MS, RDN, LD

SUSAN MARINAC, MSSA, LISW-S

THURS, JULY 18, 12:00-1:00PM

SPEAK THE LANGUAGE OF HEALING: CANCER AS A METAPHOR

How do you see cancer? Is it a war that you are attacking with weapons? Or could it be a wound you are healing, a hurt you are wanting to comfort? With no wrong answers, let's explore what metaphor works for you.

EILEEN COAN, MA, MLS

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

FRI, JULY 26, 1:00-2:00PM

HEALTH & WELLNESS FAIR

Join us for an afternoon of health screenings, resources, a family friendly cooking demonstration, chat with a Community Health Worker, and much more!

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

SAT, JULY 20, 12:00-2:00PM

Location: 10527 Orville Ave.,
Cleveland, OH 44106



DREAMING SWEET DREAMS

Many people have problems falling asleep or staying asleep. Learn techniques that can help you fall asleep and stay asleep, dreaming sweet dreams.

MARY FISHER BORNSTEIN, LISW-S

WED, JULY 24, 4:00-5:00PM

RADIATION THERAPY FOR ORAL, HEAD AND NECK CANCERS

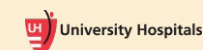
Tune in to learn the ins and outs of what to expect during radiation therapy treatment.

THURS, SEPT 5, 6:00-7:30PM

JENNIFER DORTH, MD

Radiation Oncology

CHRISTOPHER MURPHY, CNP



LUNCH AND LEARN

WOUND CARE & HYPERBARIC MEDICINE

Update on wound care and the use of hyperbaric medicine after cancer surgery. Bring a bag lunch.

TONI MAJER, WESTLAKE WOUND CENTER

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

CANCER & EXERCISE: WHAT YOU NEED TO KNOW

Presentation on the latest research on the benefits of exercise during and after cancer treatment. Bring a bag lunch.

SANDY CONOCHAN, ATC, PTA, CES

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

DECLUTTER YOUR MIND AND SPACE

When cancer enters your life you may feel the need to get organized. This can include dealing with all the things you have accumulated over the years. This program will teach you how to declutter and organize your life.

CHRIS LOTENERO, MA

PEG SHUMATE, BA

WED, AUG 14, 2:00-3:30PM

WED, AUG 21, 2:00-3:30PM

DATE NIGHT: LET'S MOVE!

Maintaining connection can be challenging when cancer care becomes priority. Grab your partner, join us for the evening for a beginner's dance class and learn some new moves together. Have Children? See page 6 for details about TGP Kids Dance Party.

MARGIE COLON

Pura Salsa

WED, AUG 28, 6:30-7:30PM

EYEBROW CLASS

Hair loss can be a side effect of cancer treatment, and this can include your eyebrows. Learn from experts how to create amazing brows with a few simple steps.

SANDY BORRELLI

MARYANN SINGLETON

Bella Capelli Sanctuario

TUES, SEPT 17, 10:00-11:30AM

SIDE EFFECTS OF CHEMOTHERAPY

This presentation will provide a helpful overview of common chemotherapy treatments, the possible side effects, and management of side effects.

WED, SEPT 18, 6:00-7:30PM

EMILY CHHENG, PHARM.D, BCOP

Clinical Pharmacy Specialist, Solid Tumor Oncology



INDIVIDUAL SERVICES

To schedule wig salon, reiki, and reflexology appointments please call **216-595-9546**

Please contact Eileen Coan for assistance with medical, legal, financial, and transportation questions.



EILEEN COAN

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

NUTRITION

PROGRAM DETAILS KEY:

- VIRTUAL
- BEACHWOOD
- WESTLAKE
- WELLNESS CENTER
- OFF SITE

ALL PROGRAMS ARE EDT TIME



CHAT WITH THE DIETITIAN

Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter through The Gathering Place website.

STEPHANIE HOPKINS, MS, RDN, LD

- FRI, JULY 12, 11:00AM-12:00PM
- FRI, AUG 2, 11:00AM-12:00PM
- FRI, SEPT 6, 11:00AM-12:00PM

NO COOK MEALS FOR SUMMER

Beat the heat this summer while still making nutritious meals and snacks - all without turning on the stove! Join this hands-on cooking class to learn how to take advantage of canned or pre-cooked proteins, fresh produce, no bake desserts, and other no-heat strategies to enjoy easy and refreshing recipes.

STEPHANIE HOPKINS, MS, RDN, LD

- WED, JULY 17, 3:00-4:00PM
- WED, JULY 17, 6:00-7:30PM
- SAT, JULY 20, 12:00-1:30PM

MINDFUL EATING

Mindful eating, or conscious eating, is the practice of being fully attentive to your food, your feelings, your hunger, and your satiety cues. Learn more about this important practice that can have a great impact on your health.

STEPHANIE HOPKINS, MS, RDN, LD

SUSAN MARINAC, MSSA, LISW-S

THURS, JULY 18, 12:00-1:00PM

NUTRITION AND LYMPHEDEMA

Join this presentation to learn what research is available on nutrition for lymphedema and strategies to adopt that may impact lymphedema while also supporting health in cancer survivorship.

STEPHANIE HOPKINS, MS, RDN, LD

WED, JULY 24, 11:00AM-12:00PM

COOKING FOR ONE

Cooking for one can present its own set of unique challenges. But it doesn't have to be a daunting task. Join this webinar to learn tips on how to make it easier without sacrificing nutrition or flavor. Strategies like how to grocery shop, utilize leftovers, and scale down recipes to reduce food waste will be discussed along with a cooking demonstration.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, SEPT 20, 11:00AM-12:00PM

NUTRITIOUS BRUNCH

Whether you like sweet or savory, there tends to be something for everyone at brunch! This hybrid meal is great any time of day - whether a traditional weekend midmorning or using brunch food for a satisfying and easy weeknight dinner. Learn how to boost the nutrition of your brunch meals in this hands-on cooking class.

STEPHANIE HOPKINS, MS, RDN, LD

- WED, AUG 7, 6:00-7:30PM
- SAT, AUG 10, 10:00-11:00AM
- SAT, AUG 10, 12:00-1:30PM

CANCER SURVIVORSHIP DIET: SUMMER FRUITS AND VEGETABLES

The American Institute for Cancer Research recommends eating a diet rich in whole grains, vegetables, fruits, and beans to help reduce risk of new cancer diagnoses and support survivorship health. Join this hands-on cooking class to learn more about the health benefits of consuming colorful fruits and vegetables and recipes to use seasonal produce in new ways.

STEPHANIE HOPKINS, MS, RDN, LD

- WED, SEPT 4, 6:00-7:30PM
- SAT, SEPT 7, 10:00-11:00AM
- SAT, SEPT 7, 12:00-1:30PM

MOVEMENT

See page 3 for ongoing movement classes.



DRAGON BOATING

Join the fun and learn the basics of dragon boating with TGP's Dragonflies. 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.

WEDNESDAYS, 6:00-7:00PM

JULY 3, 10, 17, 24 & 31, AUG 7, 14, 21 & 28, SEPT 4, 11 & 18

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

14TH ANNUAL DRAGON BOAT ASSOCIATION FESTIVAL ON SATURDAY, SEPT 21

Location: Heritage Park - Cleveland Metroparks



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, JUL 8, 12:30-1:30PM

BALANCE SCREENING

Do you have a fear of falling or worry 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

FRI, AUG 2, 12:00-2:00PM

HIKE & SNACK

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

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

STEPHANIE HOPKINS, MS, RDN, LD

MON, AUG 26, 1:00-2:30PM

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

FOUNDATIONS OF AQUATIC EXERCISE SERIES

Participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Participants are encouraged but not required to complete all classes in the series. First priority to those with cancer diagnosis/survivors and/or those who have not yet had the opportunity to participate in this program.

ASHLEE SANCHEZ, GROUP EXERCISE INSTRUCTOR

THURSDAYS, 10:00-11:00PM
AUG 29, SEPT 5, 12, 19, & 26

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

All TGP programs and services are *free of charge.*

PROGRAM DETAILS KEY:

-  VIRTUAL
-  BEACHWOOD
-  WESTLAKE
-  WELLNESS CENTER
-  OFF SITE

ALL PROGRAMS ARE EDT TIME



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

SAT, 11:00AM-12:00PM

JULY 13, AUG 10, SEPT 14  

CONNECTIONS: PARENT GROUP

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

ADELLE GATES, MA, CCLS

TUES, 7:30-8:30PM

JULY 16, AUG 20, SEPT 17 

KIDS SUPPORT GROUP

Group 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.

MICHELLE MILLER, LISW-S, ACHP-SW

SAT, 11:00AM-12:00PM

JULY 13, AUG 10, SEPT 14 

TUES, 6:30-7:30PM

JULY 16, SEPT 17 

PARENT SUPPORT GROUP

Group for parents of children who have an adult family member with cancer. Allows for interaction with others who understand the challenges of raising children and navigating cancer within the family.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

TUES, 6:30-7:30PM

JULY 16, SEPT 17 

SIBLING GRIEF GROUP

Group for children who have experienced the death of a sibling to childhood cancer. Includes expressive age-appropriate activities.

MICHELLE MILLER, LISW-S, ACHP-SW

TUES, 5:30-6:30PM

JULY 2, AUG 6, SEPT 3 

KIDS GRIEF GROUP

Group for children who have experienced a death of a loved one with cancer. Includes expressive age-appropriate activities.

ADELLE GATES, MA, CCLS

SAT, 9:30-10:30AM

JULY 13, AUG 10, SEPT 14 

KIDS GRIEF: PARENT GROUP

Group for parents/caregivers of children who have experienced a death of a loved one with cancer. Meets at the same time as Kids Grief Group.

MICHELLE MILLER, LISW-S, ACHP-SW

SAT, 9:30-10:30AM

JULY 13, AUG 10, SEPT 14 

FAMILY FUN DAY

Join us for hip hop and improv dance lessons with our friends from Beck Center for the Arts.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

SAT, JULY 20, 10:30-12:30PM 

PARENTING THROUGH GRIEF

Virtual discussion with practical solutions for parenting while managing grief.

ADELLE GATES, MA, CCLS

TUES, SEPT 24, 12:00-1:00PM 

PARENTING THROUGH CANCER

Virtual discussion with practical solutions for everyday challenges of parenting children while diagnosed with cancer or caring for a loved one with cancer.

ADELLE GATES, MA, CCLS

TUES, JULY 30, 12:00-1:00PM 


FAMILY FUN: PIZZA NIGHT!

Pizzeria TGP is back and open to our families for a shared meal and opportunity to swap summer stories and kick off the school year.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

EMMA RAULINAITIS, MSFHD

WED, AUG 14, 5:30-7:00PM 

TUES, AUG 20, 5:30-7:00PM 

DANCE PARTY

Shake it out at TGP! Join us for a dance party to celebrate back to school. Parents ready for a date night? Sign up for the Date Night: Let's Move! program while we groove out in another room.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

WED, AUG 28, 6:30-7:30PM 

INDIVIDUAL SERVICES ★

- Family coping support
- Child Life Specialist Consultations
- School adjustment support

ADOLESCENTS & YOUNG ADULTS (YA)

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



TEENS WITH CANCER GROUP

Monthly group for teens (13-17) who have been diagnosed with cancer, in treatment, or recently completed treatment, to chat in a safe space with others who get it. Every month we will cover topics decided on by you and important to you.

ADELLE GATES, MA, CCLS

TUES, 7:00-8:00PM

JULY 9, AUG 13, SEPT 10 

YA GROUP

Connect and build community with Young Adults (18-45) who have been diagnosed with cancer.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

IF YOUR CANCER COULD TALK

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

HUMOR AS MEDICINE

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

MYSTERY GAME NIGHT

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

WRITING WORKSHOP WITH ELEPHANTS AND TEA

Our friends from Elephants and Tea are back to host a virtual writing workshop just for us!

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



CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:

 VIRTUAL  BEACHWOOD  WESTLAKE  WELLNESS CENTER  OFF SITE

ALL PROGRAMS ARE EDT TIME

GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM

JULY 1, AUG 5 

JULY 8, AUG 12, SEPT 9 

JULY 22, AUG 26, SEPT 23 

MONDAYS, 1:00-1:45PM

JULY 15, AUG 19, SEPT 16 

ART STUDIO

Discover your creativity. No experience needed!

ULTIMATE BEGINNERS PAINT PARTY

Create your own work of art in this guided painting experience.

DEBBIE MORICH

TUES, JULY 9, 11:30AM-1:00PM 

OIL PASTELS

Join us to experience working with oil pastels.

EMMA RAULINAITIS, MSFHD

TUES, AUG 6, 11:30AM-1:00PM 

PRESSED FLOWER LANTERNS

Create a beautiful, illuminating lantern using glass jars and pressed flowers.

SARAH AXNER GILMORE, MSSA, LSW

TUES, SEPT 3, 11:30AM-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, JULY 12, 11:00AM-12:00PM  

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


FRI, SEPT 13, 11:00AM-12:00PM  




DRUM CIRCLE

Experience the health benefits of drumming. No experience needed and drums are provided. Children are welcome.

SUSAN MARINAC, MSSA, LISW-S

TUES, JULY 30, 7:00-8:00PM 

KAREN HATFIELD, MMT, MT-BC, CHPCA

WED, SEPT 11, 6:00-7:00PM 

ART THERAPY: PARTS OF MY TREE

Trees can be symbolic of one's life experience. The roots depicting life before the cancer diagnosis, the things and/or people who have provided strength through the journey as the trunk and the branches, stems, leaves and even fruit representing all the experiences, twists and turns that show up along the way. Join us to construct a tree representative of your journey.

GABRIELLE COOPER, LPC, ATR-P

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

PUTTING THE PIECES BACK TOGETHER

Choose a puzzle based on a famous work of art that has been altered to reflect the experience of facing a breast cancer diagnosis. Each participant will receive a puzzle to keep, and we will assemble them together.

HIGO GABARRON, ARTIST

WED, AUG 14, 11:00AM-12:30PM 

ART FOR AN AUCTION

Hudson Fine Art & Framing is once again holding an auction whose proceeds benefit The Gathering Place. We will open our art studio on the dates listed below for you to use any medium to create a canvas to donate or you can pick up a canvas east or west between August 15th and September 15th to work on at home with your own supplies. All canvases must be returned by September 20th to be included in the October show.

EILEEN COAN, MA, MLS

THURS, AUG 15, 3:00-5:00PM 

SAT, AUG 17, 10:00AM-12:00PM 

HORTICULTURE THERAPY: SUMMER RE-FRESH

Are your relaxation techniques in need of refreshing? Summer is a great time to learn some new techniques inspired by the garden. We'll make herb and fruit infused "spa water" to make hydrating flavorful and we'll make a couple fragrant self-care projects while discussing coping techniques you can use to manage the effects of cancer in your life.

KAREN KENNEDY, HTR

THURS, AUG 22, 6:00-7:30PM 

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

WRITING WORKSHOP

Workshop using short writing prompts as an introduction to journaling as a form of self-care. Open to anyone touched by cancer.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C

WED, AUG 28, 3:00-4:30PM 

WED, SEPT 4, 3:00-4:30PM 

WRITING FOR CAREGIVER SELF-CARE

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

WHITNEY HADLEY, MA, MSW, LSW, OSW-C


THURS, SEPT 19, 12:00-1:00PM 

THE READING ROOM

NATURE'S HEALING PROPERTIES

Using the introduction and first chapter of Laura Koniver's The Earth Prescription, we will discuss a variety of grounding practices. You can obtain your own copy or ask us to print the necessary pages for you.

EILEEN COAN, MA, MLS

FRI, SEPT 20, 3:00-4:00PM 

ART THERAPY: CANCER JOURNEY BOOKLET

The journey of cancer is life changing. Documenting that journey is a way of honoring your emotions and experiences. Participants will use colored and patterned paper, collage material, and other 2D art media to create a small booklet where they can document their journey. Participants will include blank pages to continue to add to their booklet. This program is intended for those with a cancer diagnosis. No art experience necessary!

GABRIELLE COOPER, LPC, ATR-P

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

“

It is invaluable to connect with other people that know the cancer experience. I can't say enough about how much I appreciate everyone at The Gathering Place. Attending has helped me more than I can say. I don't know what I would do without it, frankly.”

TGP PARTICIPANT

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>11:00AM Zumba Gold* 1</p> <p>5:30PM Myeloma Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p>	<p>10:00AM Yoga* 2</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Holding on to Hope</p> <p>1:00PM Core for More</p> <p>5:30PM Sibling Grief Group</p> <p>6:00PM Yoga</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Breast Cancer Group</p>	<p>3</p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM Dragon Boating</p>	<p>4</p> <p>Offices Closed for Independence Day</p>	<p>5</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>6</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>8</p> <p>9:00AM Animal Camp</p> <p>11:00AM Zumba Gold*</p> <p>12:30PM Push & Pull Exercise</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p>	<p>9</p> <p>9:00AM Animal Camp</p> <p>10:00AM Yoga*</p> <p>11:30AM Beginners Paint Party</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</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 Yoga</p> <p>6:30PM Prostate Partners Group</p> <p>7:00PM Teens with Cancer Group</p>	<p>10</p> <p>9:00AM Animal Camp</p> <p>12:30PM Balance for Improved Function</p> <p>1:00PM Energy Work for Relaxation & Self Care</p> <p>6:00PM Dragon Boating</p>	<p>11</p> <p>9:00AM Animal Camp</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>5:15PM Prostate Partner's Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>12</p> <p>9:00AM Animal Camp</p> <p>10:00AM Coffee & Conversation</p> <p>11:00AM Chat with the Dietitian*</p> <p>11:00AM Singing Bowls (Sound Bath)*</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>13</p> <p>9:00AM Yoga</p> <p>9:30AM Kids Grief Group</p> <p>9:30AM Kids Grief: Parent Group</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p> <p>11:00AM Connections*</p> <p>11:00AM Kids Support Group</p>
<p>15</p> <p>9:00AM Animal Camp</p> <p>11:00AM Zumba Gold*</p> <p>1:00PM Guided Meditation</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>16</p> <p>9:00AM Animal Camp</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:00PM LGBTQ+ Virtual Drop-in</p> <p>6:00PM Metastatic Group</p> <p>6:30PM Kids Support Group</p> <p>6:30PM Parent Support Group</p> <p>7:30PM Connections: Parent Group</p>	<p>17</p> <p>9:00AM Animal Camp</p> <p>11:00AM Grief Group</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:00PM No Cook Meals for Summer</p> <p>6:00PM No Cook Meals for Summer</p> <p>6:00PM Dragon Boating</p>	<p>18</p> <p>9:00AM Animal Camp</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Mindful Eating</p> <p>5:30PM Wig Styling 101</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>19</p> <p>9:00AM Animal Camp</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Speak the Language of Healing</p> <p>Offices Close at 2:00pm</p>	<p>20</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p> <p>10:30AM Family Fun Day</p> <p>12:00PM No Cook Meals for Summer</p> <p>12:00PM Health & Wellness Fair</p>
<p>22</p> <p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p>	<p>23</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>24</p> <p>11:00AM Nutrition and Lymphedema</p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>4:00PM Dreaming Sweet Dreams</p> <p>6:00PM Dragon Boating</p>	<p>25</p> <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: If Cancer Could Talk</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>26</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Speak the Language of Healing</p> <p>Offices Close at 2:00pm</p>	<p>27</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>29</p> <p>9:00AM Animal Camp</p> <p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>	<p>30</p> <p>9:00AM Animal Camp</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Parenting Through Cancer</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>7:00PM Drum Circle</p>	<p>31</p> <p>9:00AM Animal Camp</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Art Therapy: Parts of My Tree</p> <p>6:00PM Dragon Boating</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>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Lunch and Learn</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Sister Circle*</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">1</p>	<p>9:00AM Animal Camp</p> <p>11:00AM Chat with the Dietitian*</p> <p>12:00PM Balance Screening</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p> <p style="text-align: right;">2</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p style="text-align: right;">3</p>
<p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">5</p>	<p>10:00AM Yoga*</p> <p>11:30AM Oil Pastels</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>5:30PM Sibling Grief Group</p> <p>6:00PM Yoga</p> <p>6:30PM YA Breast Cancer Group</p> <p style="text-align: right;">6</p>	<p>12:30PM Balance for Improved Function</p> <p>6:00PM Nutritious Brunch</p> <p>6:00PM Dragon Boating</p> <p style="text-align: right;">7</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>5:15PM Prostate Partner's Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">8</p>	<p>10:00AM Coffee & Conversation</p> <p>11:00AM Singing Bowls (Sound Bath)*</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p> <p style="text-align: right;">9</p>	<p>9:00AM Yoga</p> <p>9:30AM Kids Grief Group</p> <p>9:30AM Kids Grief: Parent Group</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p> <p>10:00AM Nutritious Brunch</p> <p>11:00AM Connections*</p> <p>11:00AM Kids Support Group</p> <p>12:00PM Nutritious Brunch</p> <p style="text-align: right;">10</p>
<p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">12</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga</p> <p>7:00PM Teens with Cancer Group</p> <p style="text-align: right;">13</p>	<p>11:00AM Putting Pieces Together</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Declutter Your Mind and Space</p> <p>5:30PM Family Fun: Pizza Night!</p> <p>6:00PM Dragon Boating</p> <p style="text-align: right;">14</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>3:00PM Art for an Auction</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">15</p>	<p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p> <p style="text-align: right;">16</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p> <p>10:00AM Art for an Auction</p> <p style="text-align: right;">17</p>
<p>11:00AM Zumba Gold*</p> <p>1:00PM Guided Meditation</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">19</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Holding on to Hope</p> <p>1:00PM Core for More</p> <p>5:30PM Family Fun: Pizza Night!</p> <p>6:00PM Yoga</p> <p>6:00PM LGBTQ+ Virtual Drop-in</p> <p>6:00PM Metastatic Group</p> <p>7:30PM Connections: Parent Group</p> <p style="text-align: right;">20</p>	<p>11:00AM Grief Group</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>2:00PM Declutter Your Mind and Space</p> <p>6:00PM Dragon Boating</p> <p style="text-align: right;">21</p>	<p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:00PM Horticulture Therapy</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Humor as Medicine</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">22</p>	<p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p> <p style="text-align: right;">23</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p style="text-align: right;">24</p>
<p>11:00AM Zumba Gold*</p> <p>1:00PM Hike & Snack</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">26</p>	<p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Genetics and Breast Cancer</p> <p style="text-align: right;">27</p>	<p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>3:00PM Writing Workshop</p> <p>6:00PM Dragon Boating</p> <p>6:30PM Date Night: Let's Move!</p> <p>6:30PM Kids Dance Party</p> <p style="text-align: right;">28</p>	<p>9:00AM Open Gym</p> <p>10:00AM Aquatic Exercise</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:00PM Horticulture Therapy</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p style="text-align: right;">29</p>	<p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p> <p style="text-align: right;">30</p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p style="text-align: right;">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>2</p> <p>Offices closed for Labor Day</p>	<p>3</p> <p>10:00AM Yoga*</p> <p>11:30AM Pressed Flower Lanterns</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>5:30PM Sibling Grief Group</p> <p>6:00PM Yoga</p> <p>6:30PM YA Breast Cancer Group</p>	<p>4</p> <p>12:30PM Balance for Improved Function</p> <p>3:00PM Writing Workshop</p> <p>6:00PM Cancer Survivorship Diet</p> <p>6:00PM Dragon Boating</p>	<p>5</p> <p>9:00AM Open Gym</p> <p>10:00AM Aquatic Exercise</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Lunch and Learn</p> <p>6:00PM Radiation Therapy: Oral, Head and Neck Cancers</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Sister Circle*</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>6</p> <p>11:00AM Chat with the Dietitian*</p> <p>12:30PM Restorative Motion</p>	<p>7</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Cancer Survivorship Diet</p> <p>12:00PM Cancer Survivorship Diet</p>
<p>9</p> <p>11:00AM Zumba Gold*</p> <p>5:30PM Myeloma Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p>	<p>10</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga</p> <p>7:00PM Teens with Cancer Group</p>	<p>11</p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM Dragon Boating</p> <p>6:00PM Drum Circle</p> <p>6:30PM Writing Workshop with Elephants and Tea</p>	<p>12</p> <p>9:00AM Open Gym</p> <p>10:00AM Aquatic Exercise</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>5:15PM Prostate Partner's Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>13</p> <p>10:00AM Coffee & Conversation</p> <p>11:00AM Singing Bowls (Sound Bath)*</p> <p>12:30PM Restorative Motion</p>	<p>14</p> <p>9:00AM Yoga</p> <p>9:30AM Kids Grief Group</p> <p>9:30AM Kids Grief: Parent Group</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p> <p>11:00AM Connections*</p> <p>11:00AM Kids Support Group</p>
<p>16</p> <p>11:00AM Zumba Gold*</p> <p>1:00PM Guided Meditation</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>17</p> <p>10:00AM Yoga*</p> <p>10:00AM Eyebrow Class</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:00PM LGBTQ+ Virtual Drop-in</p> <p>6:00PM Metastatic Group</p> <p>6:30PM Kids Support Group</p> <p>6:30PM Parent Support Group</p> <p>7:30PM Connections: Parent Group</p>	<p>18</p> <p>11:00AM Grief Group</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>6:00PM Side Effects of Chemotherapy</p> <p>6:00PM Dragon Boating</p>	<p>19</p> <p>9:00AM Open Gym</p> <p>10:00AM Aquatic Exercise</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Writing for Caregiver Self-Care</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>20</p> <p>11:00AM Cooking for One</p> <p>12:30PM Restorative Motion</p> <p>3:00PM The Reading Room</p>	<p>21</p> <p>8:00AM Dragon Boat Festival</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Open Gym</p>
<p>23</p> <p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p>	<p>24</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Parenting Through Grief</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p>	<p>25</p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:30PM Art Therapy: Cancer Journey Booklet</p>	<p>26</p> <p>9:00AM Open Gym</p> <p>10:00AM Aquatic Exercise</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Mystery Game Night</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>27</p> <p>12:30PM Restorative Motion</p>	<p>28</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>30</p> <p>11:00AM Zumba Gold*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p>					

TGP IN CLE

Catch us if you can! Our outreach staff and wonderful volunteers will be all over the city this summer! We love meeting folks in their own neighborhoods to share our one-of-a-kind organization and offer assistance to the community.

To start off the summer, TGP will be teaming up with our friends at Case Comprehensive Cancer Center to offer a day of events related to cancer prevention, screening, and support at The East Side Market on Saturday, June 15th. This program will serve as a powerful platform to shed light on the significance of Black family cancer awareness. All are welcome to attend, so please join us as we come together to support and empower Black families affected by cancer.

National Black Family Cancer Awareness Week (NBFCAW) was introduced by the U.S. Food and Drug Administration's (FDA) Oncology Center for Excellence (OCE) in 2021. This weeklong campaign and engagement event is partially in response to the national movement to promote racial equity and in accordance with the January 2021 Presidential Executive Order, "Advancing Racial Equity and Support for Underserved Communities Through the Federal Government, Section 8" (FDA's Oncology Center of Excellence Launches National Black Family Cancer Awareness Week | FDA). The aim of NBFCAW, like many other initiatives, is to raise awareness of the impact of cancer on Black families. The fourth annual NBCFW takes place this June 13- June 19. The week was intentionally chosen to align with Juneteenth (a holiday recognizing the emancipation of enslaved people), National Cancer Survivorship Month, and Men's Health Month.

Speaking of men, thanks to the generous support of Boston Scientific, The Gathering Place will be sharing a screening of *The Black Walnut*. This powerful documentary is aimed at increasing knowledge of Prostate Cancer within the Black community. We are excited to work with each of our hospital partners and community organizations to offer such a program during September, which is deemed **Prostate Cancer Awareness Month**.

Make sure to follow us on social media to see the team in action and check out our Community Webpage <https://touchedbycancer.org/tgp-in-cle> to find out where we will be spreading the TGP mission while you are at it!

Last but certainly not least, please join me the 1st Fridays from 1-2 at TGP Beachwood and 3rd Fridays from 1-2 at TGP Westlake for *Pastries and Partners!* This will provide an opportunity for our current and potential community partners to come tour our beautiful facilities as well as discuss collaborative programming. We look forward to seeing you.

Peace & Blessings, Sydney Roberts



SYDNEY ROBERTS

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

For Partnering Organizations

PASTRIES & PARTNERS

Enjoy light refreshments while learning more about The Gathering Place and exploring opportunities for collaboration.

FRI, JULY 5, AUG 2, SEPT 6
1:00-2:00PM
AT THE BEACHWOOD OFFICE

FRI, JULY 19, AUG 16, SEPT 20,
1:00-2:00PM
AT THE WESTLAKE OFFICE

RSVP TO SYDNEY ROBERTS



TGP's Vintage Furnishings Warehouse 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 **Ellen Velez** at TGPWarehouse@touchedbycancer.org for dates and information.



THE GATHERING PLACE

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

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

INSIDE!

PROGRAM GUIDE

Summer Edition JULY • AUGUST • SEPTEMBER

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

TGP WEST

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