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.

Summer 2024
July • August • September
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 8:00am – 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.
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

**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**
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**

**Circuit Fusion with Sandy**
**TUESDAYS: 12:00-12:45PM**

**Functional Movement with Stephen**
**TUESDAYS: 12:00-12:45PM**

**Body Balance Bootcamp with Sandy**
**THURSDAYS: 12:00-12:45PM**

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, SEP 14**

**JULY 20, AUG 17, SEP 21**

Qigong-Tai Chi
Reduce stress & improve balance.

**SATURDAYS: 10:00-11:00AM**
Jeanie Koran

Restorative Motion
A slow flow stretching and yoga-based program.

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

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

Women with Cancer
Sister Circle: For African American diagnosed individuals and partners
5:15-6:15PM

Topic-Based Support/Information Group
(diagnosed individuals)
6:30-8:00PM
Mary Fisher Bornstein, 216-455-1506
July 11, Aug 8, Sept 12
Brittani Davis, 216-455-1528
July 9

Prostate Partners Support Group (for partners)
5:15-6:15PM

Solo Support Group (for partners)
5:15-6:15PM

Breast Support Group (for diagnosed individuals)
6:30-8:00PM
Mary Fisher Bornstein, 216-455-1506
July 11, Aug 8, Sept 12
Brittani Davis, 216-455-1528
July 9

**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
**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**

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**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**

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**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**

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**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**

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**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

**Cleveland Clinic**

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**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**

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**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**

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**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, Ohio 44106

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**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**

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**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

**CRAIG SHELTON, MD**
Radiation Oncology

**CHRISTOPHER MURPHY, CNP**

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**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, PHARMD, BCOP**
Clinical Pharmacy Specialist, Solid Tumor Oncology

**Cleveland Clinic**

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**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
coon@touchedbycancer.org
216-455-1504
Wellness Center Off Site
Location: Heritage Park- Cleveland Metroparks
on Saturday, Sept 21
14th Annual Dragon Boat Association Festival
1785 Merwin Ave., Cleveland, OH 44113
Location: Merwin’s Wharf
Sept 4, 11 & 18

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.

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.

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.

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.

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.

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 meal. Learn how to boost the nutrition of your brunch meals in this hands-on cooking class.

MOVEMENT
See page 3 for ongoing movement classes.

DRAGON BOATING
Join the fun and learn the basics of dragon boating with TGP’s Dragonflys. A fun team sport for anyone in cancer treatment, finished boating with TGP’s Dragonflys. A fun team sport for anyone in cancer treatment, finished boating with TGP’s Dragonflys.

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.

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

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.

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.
**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*

**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*

**Kid 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*

**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*

**Parenting Through Grief**

Virtual discussion with practical solutions for parenting while managing grief.

*ADELLE GATES, MA, CCLS*

**Teen Support 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*

**Families 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*

**Writing Workshop with Elephants and Tea**

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

**Support Groups and Programs for Families with Young Children**

**Virtual Beachwood Westlake Wellness Center Off Site**

**Program Details Key:**

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

**All Programs are EDT Time**

**Connections: Parent Group**

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

*ADELLE GATES, MA, CCLS*

**Kids Grief Group**

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

*MICHELLE MILLER, LISW-S, ACHP-SW*

**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*

**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*

**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*

**Dance Party**

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

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

**Parenting Through Grief**

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*

**Kids Grief Group**

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

*MICHELLE MILLER, LISW-S, ACHP-SW*

**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*

**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*

**Parenting Through Grief**

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**Yorkshire Fun: Pizza Night!**

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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

DRUM CIRCLE
Experience the health benefits of drumming. No experience needed and drums are provided. Children are welcome.
SUSAN MARINAC, MSSA, LSW-S
TUES, JULY 30, 7:00-8:00PM
KAREN HATFIELD, MMT, MT-BC, CHPCA
WED, SEPT 11, 6:00-7:00PM

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

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.
GABRIELLE COOPER, LPC, ATR-P
WED, JULY 31, 6:30-8:00PM

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

OIL PASTELS
Join us to experience working with oil pastels.
EMMA RAULINAITIS, MSFHD
TUES, AUG 6, 11:30AM-1:00PM

PRESSSED 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

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
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**Advance Registration Required:** 216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR

*In-person and Virtual*
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**Program Locations:**
- **Westlake**
- **Beachwood**
- **Offsite**
- **Wellness Center**

**All Program Times are EDT**

**Advance Registration Required.**

216-595-9546

**TOUCHEDBYCANCER.ORG/CALENDAR**

**Program Calendar**

**Virtual Only**

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<td>10:00AM Yoga*</td>
<td>11:30AM Pressed Flower Lanterns</td>
<td>12:30PM Balance for Improved Function</td>
<td>9:00AM Open Gym</td>
<td>11:00AM Chat with the Dietitian*</td>
<td>9:00AM Yoga</td>
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<td>12:00PM Exercise: Circuit Fusion</td>
<td>3:00PM Writing Workshop</td>
<td>10:00AM Aquatic Exercise</td>
<td>12:30PM Restorative Motion</td>
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<td>12:00PM Exercise: Functional Movement</td>
<td>6:00PM Cancer Survivorship Diet</td>
<td>11:00AM Yoga</td>
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<td>1:00PM Core for More</td>
<td>6:00PM Dragon Boating</td>
<td>11:00AM Chair One Fitness*</td>
<td>9:00AM Yoga</td>
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<td>5:00PM Sibling Grief Group</td>
<td>12:00PM Writing Workshop with Elephants and Tea</td>
<td>12:00PM Exercise: Body Balance</td>
<td>10:00AM Cancer Survivorship Diet</td>
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**Program Locations:**

- **Beachwood**
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- **Beachwood**
- **Westlake**
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**All Program Times are EDT**

**Offsite**

**Wellness Center**

**Program Locations:**

- **Beachwood**
- **Westlake**
- **Virtual Only**
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](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**

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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.
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.