

Winter 2024

JANUARY • FEBRUARY • MARCH



WELCOME!

New to The Gathering Place?

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

PROGRAMS FOR:

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

The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

provided free of charge.



As a new year dawns, I am thrilled to share this quarter's program guide with you. I invite you to explore the many new and ongoing programs designed to meet the diverse needs of our community. I am grateful to all who continue to support The Gathering Place through gifts and donations. This generous support allows us to provide all services free of charge.

In the spirit of self-care and aligning with New Year's resolutions, we recognize that everyone's path is unique. To this end, we offer a multitude of programs that cater to a wide spectrum of needs. Whether you're curious about creative arts and meditation, seeking movement and nutrition programs, or interested in joining one of our unique support groups, our offerings are here to accompany you on your personal journey. Uncertain about how to begin? Participating in our Wellness Passport program can be an excellent first step. By attending certain programs, your "passport" will be stamped and your name will be entered into a raffle for a chance to win prizes at the end of the quarter. This is a great way to try a sampling of what TGP has to offer.

I would like to extend a warm welcome for families with young children to explore our newly named TGP Kids program (previously Children & Family). Offerings such as The Kid Spot, Kaleidoscope, and Tuesday Talks are tailored to support young children and families who have been impacted by cancer. With a focus on nurturing the well-being of the entire family, TGP Kids offers education, individual, and group support, all delivered in an age-appropriate manner.

Our commitment to you and your family's well-being is unwavering. We look forward to seeing you in the new year.



warm regards,
MICHELE SEYRANIAN
CEO

OUR OFFICES

OFFICE HOURS

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

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

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

For a complete list of programs and to register, visit touchedbycancer.org/calendar.

THE GATHERING PLACE EAST

The Arnold & Sydel Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST

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

WELLNESS CENTER

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

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



VIRTUAL



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.

MEET THE CLINICAL TEAM

CHIEF PROGRAM OFFICER



KAREN HATFIELD

hatfield@touchedbycancer.org
216-455-1517

PROGRAM STAFF



SYDNEY BEEMAN

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



EILEEN COAN

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



BRITTANI DAVIS

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



MARY FISHER-BORNSTEIN

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



WHITNEY HADLEY

MA, MSW, LSW, OSW-C
hadley@touchedbycancer.org
216-455-1522



SUSAN MARINAC

MSSA, LISW-S
marinac@touchedbycancer.org
216-455-1512



KARELYS ORTIZ SANTIAGO

MSW, LSW
santiago@touchedbycancer.org
216-455-1508



ANDREA SONNIE

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

MOVEMENT & NUTRITION



STEPHEN CERNE

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



SANDY CONOCHAN

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



STEPHANIE HOPKINS

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

TGP KIDS



TAYLOR BUSS

MSW, LISW-S
TGP Kids Program Manager
buss@touchedbycancer.org
216-455-1527



ADELLE GATES

MA, CCLS
gates@touchedbycancer.org
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

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

CORE FOR MORE STABILITY & BALANCE

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

TUESDAYS: 1:00-1:30PM

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

EXERCISE CLASSES (FOR THOSE DIAGNOSED WITH CANCER)

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

MONDAYS: 6:30-7:15PM

TUESDAYS: 12:00-12:45PM

TUESDAYS: 12:00-12:45PM

THURSDAYS: 12:00-12:45PM

THURSDAYS: 12:00-12:45PM

THURSDAYS: 6:30-7:15PM

OPEN GYM

Attend an orientation and work out on your own.

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 ADULT SUPPORT GROUPS

All programs require pre-registration. **Please 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

216-455-1507

Tuesdays, 6:30-8:00pm

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512

Mondays, 6:30-8:00pm

Jan 8 & 22, Feb 5 & 19, March 4 & 18

Jan 15 & 29, Feb 12 & 26, March 11 & 25

GROUP FOR CAREGIVERS

Whitney Hadley, 216-455-1522

Tuesdays, 6:30-8:00pm

GROUP FOR OLDER ADULTS

Brittani Davis, 216-455-1528

Jan 19, Feb 16, Mar 15, 11:00am-12:30pm

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522

Jan 25, Feb 22, Mar 28, 6:30-8:00pm

LGBTQ+ VIRTUAL DROP-IN GROUP

Brittani Davis, 216-455-1528

Jan 18, Feb 15, Mar 21, 12:00-1:00pm

LIFE AFTER CANCER TREATMENT GROUP

Whitney Hadley, 216-455-1522

Jan 15, Feb 19, Mar 18, 6:30-8:00pm

Taylor Buss, 216-455-1527

Jan 11, Feb 8, Mar 14, 6:30-8:00pm

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Beeman, 216-455-1520

Jan 4, Feb 1, Mar 7, 6:30-8:00pm

YA VIRTUAL DROP-IN GROUP

Whitney Hadley, 216-455-1522

Jan 4, Feb 1, Mar 7, 12:00-1:00pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP - EVENING

Whitney Hadley 216-455-1522

Jan 11, Feb 8, Mar 14, 6:30-7:30pm

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512

Feb 6, Mar 5, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Jan 23, Feb 27, Mar 26, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516

Jan 16, Feb 20, Mar 19, 6:00-7:30pm

MYELOMA GROUP

Contact facilitator for more details about program topics.

Mary Fisher Bornstein, 216-455-1506

Jan 8, Mar 4, 5:30-7:00pm

ORAL, HEAD AND NECK CANCER GROUP

Brittani Davis, 216-455-1528

Jan 17, Feb 21, Mar 20, 3:30-4:30pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Jan 17, Feb 21, Mar 20, 2:00-3:30pm

PANCREATIC CANCER GROUP

Sydney Beeman, 216-455-1520

Jan 24, Feb 28, Mar 27, 3:30-4:30pm

PROSTATE PARTNERS

Contact facilitator for more details about program schedule and topics.

Mary Fisher Bornstein, 216-455-1506

Jan 11, Feb 8, Mar 14

Brittani Davis, 216-455-1528

Feb 13

Information session 5:15-6:15pm

Group 6:30-8:00pm

GRIEF & LOSS

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Jan 9, Feb 13, Mar 12, 2:00-3:30pm

ADULT GRIEF SUPPORT

Sarah Axner Gilmore, 216-455-1516

Jan 23, Feb 27, Mar 26, 6:30-8:00pm

ADULT GRIEF SUPPORT

Mary Fisher-Bornstein, 216-455-1506

Jan 9 & 23, Feb 13 & 27, Mar 12 & 26
6:30-8:00pm

GRIEF: WHEN, WILL IT END?

Mary Fisher-Bornstein, 216-455-1506

Jan 17, Feb 28, Mar 20, 11:00am-12:30pm

INFORMATION & EDUCATION

PROGRAM DETAILS KEY:

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

LUNCH AND LEARN

NEW YEAR NUTRITION

This informative session will focus on the basics of balanced nutrition for cancer survivors with a focus on how to build healthy habits in the new year. Bring a bag lunch.

STEPHANIE HOPKINS, MS, RDN, LD

THURS, JAN 4, 12:00-1:00PM 

PET THERAPY

Learn the health benefits of having a pet. We will share stories about our pets and have a visit from a therapy dog. Bring a bag lunch.

SUSAN MARINAC, MSSA, LISW-S

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

UNDERSTANDING LYMPHEDEMA

Learn the definition of lymphedema, causes, risk factors and treatment options. Bring a bag lunch.

CHRIS ZITELLO, OT
ELLEN MENNEN, OT 

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

CLINICAL TRIALS: OVERVIEW AND OPTIONS IN THE TREATMENT OF BRAIN TUMORS

Figuring out next steps once diagnosed can be challenging. In this presentation, you will gain clarity on treatment for brain tumors and learn about clinical trial options.

THURS, JAN 18, 6:00-7:30PM 



DR. DAVE PEERBOOM

Professor of Medicine, Cleveland Clinic Lerner College of Medicine,
Director of Clinical Research, The Rose Ella Burkhardt Brain Tumor & Neuro-Oncology Center

TUESDAY TALKS

SEE PAGE 6 FOR DETAILS

Educational sessions for participants with children and teens in their lives. Topics surround the unique challenges participants face when navigating cancer and family.

ADELLE GATES, MA, CCLS

TALKING TO YOUR CHILD ABOUT YOUR DIAGNOSIS

TUES, JAN 23, 12:00-1:00PM 

CREATING CONNECTION THROUGH HARD DAYS

TUES, FEB 27, 12:00-1:00PM 

CUMULATIVE LOSS AND IMPACT ON FAMILY COPING

TUES, APR 2, 12:00-1:00PM 

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. Learn from experts how to create amazing brows with a few simple steps.

STAFF FROM BELLA CAPELLI SANCTUARIO

TUES, FEB 13, 10:00-11:30AM 

NAVIGATING HEALTH INSURANCE

Learn about the ins and outs of navigating health insurance options as a cancer patient or survivor. Come ready to ask questions!

AMANDA GOODSTADT, ESQ. 
TRIAGE CANCER STAFF ATTORNEY

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

THURS, FEB 15, 12:00-1:00PM 

DATE NIGHT!

Maintaining connection and intimacy can be a challenge when cancer care becomes a priority. Join us for an evening of strengthening connection with a discussion on creating intimacy followed by a hands-on cooking class and candlelight dinner you can enjoy with your partner.

BRITTANI DAVIS, LPCC-S, LICDC, CST
STEPHANIE HOPKINS, MS, RDN, LD

THURS, FEB 15, 6:00-8:00PM 

SELF-COMPASSION ON THE CANCER JOURNEY

While many of us are great at extending compassion to others, it can be challenging to turn that kindness toward ourselves. Research shows that those who master self-compassion, even when faced with great difficulties, face lower rates of anxiety, depression, and stress.

KERRI MAZZONE, LISW-S

WED, FEB 21, 6:30-8:00PM 

OSTOMY SERIES

PART 1: THE INS & OUTS OF OSTOMATE LIFE

Is your medical team suggesting a fecal or urinary diversion as part of your treatment plan? Have you already gotten one, and you're having challenges with the adjustments? Join prominent ostomy professionals to hear their cancer and ostomy stories and suggestions for new ostomates followed by an open discussion on life as an ostomate. This is an opportunity for you to lead the discussion and ask all your burning questions about adapting to life with an ostomy or internal diversion.

LINDA COULTER, BSN, MS, RN,
ANGIE DAVENPORT, LIZ HILES,
BRANDON MARTIN, AMIE LEIGH REECE

WED, FEB 28, 6:30-8:00PM 

PART 2: NUTRITION WITH AN OSTOMY

Nutrition needs may differ with an ostomy. However, having an ostomy does not mean that you cannot still enjoy food. Join this presentation to learn more about dietary recommendations with an ostomy, how to troubleshoot issues with output, and ways to restore a diverse and balanced diet.

STEPHANIE HOPKINS MS, RDN, LD

WED, MAR 20, 6:30-8:00PM 

NEWLY DIAGNOSED WITH CANCER? THIS WORKSHOP IS FOR YOU

Join others with a recent diagnosis of cancer. Get support and gain knowledge. Caregivers are welcome to attend.

SUSAN MARINAC, MSSA, LISW-S


THURS, FEB 29, 12:00-1:00PM 

SELF-FORGIVENESS

This 2-part series will focus on the power of self-forgiveness. In part one we will explore the ways self-forgiveness can allow you to let go, take back your power and redirect your energy. Part two will address nutrition and exercise as a means of promoting self-forgiveness through self-care.

PART 1

MARY FISHER BORNSTEIN, LISW-S

MON, MAR 11, 6:00-7:30PM 

PART 2

STEPHANIE HOPKINS MS, RDN, LD

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

MON, MAR 18, 6:00-7:30PM 

SCAR CARE

Procedures, radiation, and surgeries in your cancer treatment plan may result in discomfort at the incision site and surrounding area. Join to learn from an occupational therapist about at-home techniques and stretches to relieve scar and surgery incision tightness and pain.

MARIA PICKSTON, OT

WED, MAR 13, 3:00-4:00PM 

MANAGING MEDICAL BILLS

Knowing how to budget to handle medical bills during and after cancer treatment can be challenging and confusing. Learn how to best manage your finances and anticipate costs when possible.

AMANDA GOODSTADT, ESQ. 
TRIAGE CANCER STAFF ATTORNEY

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

THURS, MAR 21, 12:00-1:00PM 

INDIVIDUAL SERVICES

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

For information and resources related to medical research, legal consultations, and medical bill questions please contact Eileen Coan.



EILEEN COAN

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

NUTRITION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



WELLNESS PASSPORT



The American Institute for Cancer Research has developed evidence-based recommendations on lifestyle behaviors for cancer prevention and cancer survivorship. Review how you can put the AICR recommendations into action through the programs and support at The Gathering Place.

Visit either location to pick up your passport booklet then collect stamps from specified programs that you attend throughout the quarter. By participating in the wellness passport program, you have the chance to enter a raffle to win a prize by the end.

STEPHANIE HOPKINS, MS, RDN, LD
JAN 1- MAR 31

All TGP programs
and services are
free of charge.

CHATS 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. Feel free to bring a snack to enjoy as we talk. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, JAN 5, 11:00AM-12:00PM
FRI, FEB 2, 11:00AM-12:00PM
FRI, MAR 1, 11:00AM-12:00PM

ONE POT MEALS

As the new year begins, consider a nutrition resolution: cooking more at home to support your health. You don't need to spend hours in the kitchen cooking and cleaning to do this! One pot meals are a quick and easy solution to weeknight dinners with minimal cleanup required. And easy doesn't mean bland - the recipes featured at this hands-on cooking class are full of lean proteins, whole grains, colorful produce, and aromatic herbs and spices to reduce risk of new cancer diagnoses and support health of cancer survivors.

STEPHANIE HOPKINS, MS, RDN, LD

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

NUTRITIOUS & DELICIOUS GAME DAY DISHES

Whether or not you like football or watch the Superbowl, most people can agree that it's hard to pass up game day snacks and appetizers. Learn how to make a few simple ingredient swaps in your favorite recipes to better your nutrition and how to make healthier game day options that the whole family will enjoy.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, FEB 3, 12:00-1:30PM
WED, FEB 7, 11:30-12:30AM
WED, FEB 7, 6:00-7:30PM

HEALTHY DESSERTS

It's common to hear "sugar feeds cancer" after a cancer diagnosis, which can make it scary to enjoy desserts. Join this class to clear up confusion and learn why it's not that simple - we will discuss how the body metabolizes sugars, the difference between added sugars and naturally occurring sugars, and strategies to manage blood sugar during treatment. We will also prepare and savor recipes that satisfy a sweet tooth while supporting your health!

STEPHANIE HOPKINS, MS, RDN, LD

WED, MAR 6, 6:00-7:30PM
SAT, MAR 9, 10:00-11:00AM
SAT, MAR 9, 12:00-1:30PM

MOVEMENT

See page 3 for ongoing movement classes.

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. First priority to those with cancer diagnosis/survivors and/or those trying this series for the first time.

AQUATIC EXERCISE AT UH AVON

BETH LARAWAY, GROUP FITNESS INSTRUCTOR

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

More vigorous aquatic Lap Pool option

TUESDAYS, 6:00-7:00PM
JAN 2, 9, 16, 23 & 30

Therapy Pool option

THURSDAYS, 10:00-11:00AM
FEB 8, 15, 22 & 29, MAR 7

AQUATIC EXERCISE AT KING DAVID AQUATIC CENTER

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: King David Aquatic Center,
27300 Cedar Rd,
Cleveland, OH 44122

Aquatic Principles

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

Endurance Training

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

Strength Training

FRI, FEB 9, 1:00-2:00PM

Balance Training

FRI, FEB 23, 1:00-2:00PM

Deep Water Training

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

RESOLUTION: RESTORATION

Jump into the New Year with a focus on feeling restored. Join Stephanie and Stephen to review how to set nutrition and exercise goals to feel refreshed and ready to take on 2024. You will move your body with purpose and intention during an exercise segment with Stephen. Stephanie will show a cooking demonstration and discuss how ditching the diet mentality can benefit health and your nutrition!

STEPHEN CERNE, BS, NSCA-CPT, ACSM/ACS-CET
STEPHANIE HOPKINS MS, RDN, LD

MON, JAN 8, 12:30-2:00PM

UNDERSTANDING LYMPHEDEMA: CARE AND TREATMENT METHODS

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

MON, JAN 22, 12:30-1:30PM

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, MAR 22, 1:00PM-3:00PM

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
JAN 8, FEB 12, MAR 11



PARENT POD: PARENTS WITH CANCER AND THEIR CARE-PARTNERS VIRTUAL SUPPORT GROUP

Drop-in virtual support group for parents/caregivers with cancer and their care-partners. Over the lunch hour, meet with other parents/caregivers who understand what it's like to parent through cancer.

TAYLOR BUSS, MSW, LISW-S

TUES, 12:00-1:00PM 
JAN 9, FEB 6, MAR 5

THE KID SPOT

Supportive and psychoeducational group for children ages 4-12. Over the course of 5 sessions, participants will use A Little Spot by Diane Alber to learn how to identify, manage, and cope with big emotions relating to their loved one's cancer. Age appropriate activities and supportive discussions will assist participants with the development of new coping skills among peers with shared experiences

TAYLOR BUSS, MSW, LISW-S

ADELLE GATES, MA, CCLS

WHITNEY HADLEY MA, MSW, LSW, OSW-C

WED, 6:00-7:00PM 

JAN 17, FEB 7 & 21, MAR 6 & 20

THE PARENT SPOT

Group for parents/caregivers of children enrolled in The Kid Spot. Review this month's curriculum and how to reinforce skills at home.

TAYLOR BUSS, MSW, LISW-S

WED, 8:00-9:00PM 

JAN 10, FEB 14, MAR 13

KALEIDOSCOPE

Just as a group of butterflies is called a Kaleidoscope, this monthly grief workshop is for young families to reflect, build community, and learn skills to process grief together after the death of a loved one.

TAYLOR BUSS, MSW, LISW-S

ADELLE GATES, MA, CCLS

WHITNEY HADLEY MA, MSW, LSW, OSW-C

SAT, 9:00-10:30AM 

JAN 13, FEB 10, MAR 9

KALEIDOSCOPE: PARENT GROUP

New grief group for parents/partners with school age children who have had a spouse/partner die from cancer. This virtual group is a supportive space for parents/caregivers to process their grief.

TAYLOR BUSS, MSW, LISW-S

WED, 6:30-7:30PM 

JAN 24, FEB 28, MAR 27

CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

Support group designed to connect and support the entire family in coping with the impact of childhood cancer.

ADELLE GATES, MA, CCLS

WORKING TOWARD BALANCE

SAT, JAN 13, 11:00AM-12:00PM 

SELF-TALK HABITS

SAT, FEB 10, 11:00AM-12:00PM 

WHAT CAN I CONTROL?

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

CONNECTIONS: PARENT GROUP

Safe and supportive space for parents or caregivers to discuss the difficulties of having a child/teen dealing with cancer.

ADELLE GATES, MA, CCLS

TUES, 6:30-7:30PM 

JAN 16, FEB 20, MAR 19

TUESDAY TALKS

Educational sessions for participants with children and teens in their lives. Topics surround the unique challenges participants face when navigating cancer and family.

ADELLE GATES, MA, CCLS

TALKING TO YOUR CHILD ABOUT YOUR DIAGNOSIS

Having to deliver the news about your diagnosis to your child(ren) can leave you feeling anxious or fearful about not having the right words or tools to help your child understand and cope. Join in learning how your child's age impacts their understanding, what is normal for coping with the news that their loved one has cancer and what to look out for and tips on how to prepare for successful conversations.

TUES, JAN 23, 12:00-1:00PM 


CREATING CONNECTION THROUGH HARD DAYS

Connecting with your child is crucial for their emotional well-being. When you are living with cancer, it can be difficult to find ways to bond on the days you aren't feeling well. Join to hear how you can create moments of connection, even when feeling unwell.

TUES, FEB 27, 12:00-1:00PM 

CUMULATIVE LOSS AND IMPACT ON FAMILY COPING

We experience grief throughout our lives as the result of losing something (emotional or physical). These losses throughout our lives impact how we cope with grief and loss today. For this Tuesday Talk, you will learn about the different types of losses, how they impact each new loss, and steps you can take to ensure healthy coping among the family.

TUES, APR 2, 12:00-1:00PM 

NOON YEARS EVE

Ring in the new year with music, celebrations, and goal setting activities. For school-aged children impacted by cancer. Lunch Provided!

TAYLOR BUSS, MSW, LISW-S

ADELLE GATES, MA, CCLS

WHITNEY HADLEY MA, MSW, LSW, OSW-C

MON, JAN 15, 11:00AM-1:00PM 

HIBERNATION DAY CAMP

Got the Winter Blues? Do you miss summer and Animal Camp? School-aged children impacted by cancer are welcome to join TGP for a day of therapeutic camp activities.

TAYLOR BUSS, MSW, LISW-S

WHITNEY HADLEY MA, MSW, LSW, OSW-C

ADELLE GATES MA, CCLS

MON, FEB 19, 9:00AM-2:00PM 

LUNGES FOR LEAP DAY!

The year is stretched out by one more day, so let's stretch our bodies! This program will incorporate child-friendly yoga that the whole family can do in the comfort of their own home.

JEN NEBRASKA, RYT 200

THURS, FEB 29, 6:00-7:00PM 

FAMILY FUNDAY

Quarterly programs for young families impacted by cancer to have fun and socialize.

This Family Fun Day is all about expression through art. Studio Go from CMA will lead this activity.

TAYLOR BUSS, MSW, LISW-S

ADELLE GATES, MA, CCLS

WHITNEY HADLEY MA, MSW, LSW, OSW-C

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

INDIVIDUAL SERVICES ★

- Family coping support
- Childlife Specialist Consultations
- School adjustment support

ADOLESCENTS & YOUNG ADULTS (YA)

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

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



YOUNG ADULT VIRTUAL DROP-IN GROUP

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

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

THURS, 12:00-1:00PM

JAN 4, FEB 1, MAR 7

YA LUNCH AND LEARN: NAVIGATING HEALTH INSURANCE

Learn about the ins and outs of navigating health insurance options as a cancer patient or survivor. Come ready to ask questions!

AMANDA GOODSTADT, ESQ. TRIAGE CANCER STAFF ATTORNEY

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

THURS, FEB 15, 12:00-1:00PM

YA GROUP

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

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

LIVING WITH INTENT

Set your intention for 2024 with the help of your peers and create a tool to help keep yourself mindful throughout the year.

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

TAKING BACK CONTROL

Cancer takes over your life in countless ways. Find new ways to take back control by creating and sharing blackout poetry.

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

LET'S GET BUSY!

Learn about the many forms of intimacy and find creative solutions to challenges faced by young adults during and after cancer treatment.

THURS, MAR 28, 6:30-8:00PM

WE LIKE TO MOVE IT MOVE IT: YA LUNCHTIME MOVEMENT

Step out of your comfort zone for some lunch hour movement together on Zoom.

SANDY CONOCHAN, ATC, PTA

WED, MAR 13, 12:00-1:00PM

TEEN BREAKFAST CLUB

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

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

SAT, MAR 16, 11:00AM-12:00PM

YA LUNCH AND LEARN: MANAGING MEDICAL BILLS

Knowing how to budget to handle medical bills during and after cancer treatment can be challenging and confusing. Learn how to best manage your finances and anticipate costs when possible.

AMANDA GOODSTADT, ESQ. TRIAGE CANCER STAFF ATTORNEY

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

THURS, MAR 21, 12:00-1:00PM

CREATIVE ARTS & MEDITATION



DRUMMING YOUR EMOTIONS

Have fun expressing your feelings through drumming. No experience necessary. Drums are provided. For individuals diagnosed with cancer and their loved ones.

MARY FISHER BORNSTEIN, LISW-S

THURS, JAN 4, 6:00-7:00PM

SINGING BOWLS (SOUND BATH)

Immerse yourself in the healing power of sound on this relaxing journey using the highest-grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, and more.

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, 11:00AM-12:00PM

JAN 12, FEB 9, MAR 18

GUIDED MEDITATION

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

EILEEN COAN, MA, MLS

MON, 6:30-7:15PM

JAN 15, FEB 5 & 19, MAR 4 & 18

MON, JAN 8, FEB 12, MAR 11, 6:30-7:15PM

MON, JAN 22, FEB 26, MAR 25, 5:30-6:15PM

DOT PAINTING FOR RELAXATION

Learn the simple technique of painting easy patterns with dots of color on paper or objects. Supplies will be provided, but you can also feel free to bring your own rock or seashell.

EILEEN COAN, MA, MLS

WED, JAN 17, 5:30-6:30PM

WED, JAN 24, 5:30-6:30PM

WRITING FOR CAREGIVER SELF-CARE

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

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

MON, JAN 29, 12:00-1:00PM

DRUM CIRCLE

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

SUSAN MARINAC, MSSA, LISW-S

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

FINDING MEANING & CREATING LEGACY

Every person has a unique experience with cancer. Finding meaning through a cancer diagnosis can help patients and caregivers cope with challenges and limitations they face along the way. Explore meaning and create a story of legacy using vision boarding and small group discussion.

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

WED, JAN 31, 12:00-1:30PM

WED, FEB 21, 12:00-1:30PM

HORTICULTURE THERAPY: PROPAGATING GROWTH

Personal growth is often rooted in identifying new intentions. Join us and define a new intention for yourself while we propagate houseplants that are also establishing new growth. You will leave with new plants and techniques to support new roots for yourself and your plants! *Plants will be provided.

KAREN KENNEDY, HTR

TUES, FEB 27, 6:00-7:30PM

TUES, MAR 5, 6:00-7:30PM

TRANSFORMING YOUR CANCER STORY WITH BLACKOUT POETRY

Cancer takes over your life in countless ways. Find new ways to take back control by creating and blackout poetry and transforming it into artwork.

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

WED, FEB 28, 10:00AM-11:30AM

MON, MAR 25, 10:00AM-11:30AM

VIRTUAL READING ROOM

Quarterly virtual reading room for group discussion about a selected reading. Readings will be distributed prior to each group.

THE HEALTH BENEFITS OF NATURE

DR. JOE BLANDA

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

CANCER RIBBON COLLAGE

Participants will attach a colored ribbon that aligns with their type of cancer in the center of their artwork and use cut outs that represent their most present emotions to create a collage around it.

GABRIELLE COOPER, LPC, ATR-P

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

SAND TRAY WORKSHOP

Explore the power of the sand tray in this experiential workshop using sand play, meditation, and journaling. For adults 18 +

SUSAN MARINAC, MSSA, LISW-S

TUES, MAR 19, 1:00-2:30PM

ABSTRACT WATERCOLOR PAINTING

"What can I control?" Being diagnosed with cancer and all the ways it affects life and routine feel out of control! Participants will use watercolors to create an abstract painting to identify the things you do have control of.

GABRIELLE COOPER, LPC, ATR-P

WED, MAR 27, 6:30-8:00PM

JANUARY

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>1</p> <p>Offices Closed for New Year's Holiday</p> | <p>2</p> <p>6:00PM Aquatics</p> <p>Offices Closed for New Year's Holiday</p> | <p>3</p> <p>Offices Close at 12:00PM</p> | <p>4</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Lunch and Learn 12:00PM YA Virtual Drop-in 12:00PM Exercise* 6:00PM Drumming Your Emotions 6:30PM Exercise 6:30PM Sister Circle</p> | <p>5</p> <p>11:00AM Chats with the Dietitian* 12:30PM Restorative Motion</p> | <p>6</p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM One Pot Meals 12:00PM One Pot Meals</p> |
| <p>8</p> <p>11:00AM Zumba* 12:30PM Resolution: Restoration 2:30PM Physical Therapy Screening 5:30PM Myeloma Group: Updates* 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Guided Meditation 6:30PM Caregiver Group</p> | <p>9</p> <p>10:00AM Yoga* 12:00PM Exercise* 12:00PM Parent Pod 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:00PM Aquatics 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Adults with Cancer Group</p> | <p>10</p> <p>12:30PM Balance for Improved Function 6:00PM One Pot Meals 8:00PM The Parent Spot</p> | <p>11</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 5:15PM Prostate Partners Info Session 6:00PM Clinical Trials 6:30PM Exercise 6:30PM Prostate Partners Group 6:30PM Breast Cancer Group 6:30PM Life After Cancer Group</p> | <p>12</p> <p>11:00AM Singing Bowls (Sound Bath) 12:30PM Restorative Motion</p> | <p>13</p> <p>9:00AM Yoga 9:00AM Kaleidoscope 10:00AM Qigong-Tai Chi 11:00AM Connections: Balance</p> |
| <p>15</p> <p>11:00AM Zumba* 11:00AM Noon Years Eve 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Life After Cancer Group 6:30PM Guided Meditation 6:30PM Caregiver Group</p> | <p>16</p> <p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:00PM Aquatics 6:00PM Metastatic Breast Cancer Group 6:30PM Caregiver Group 6:30PM Connections: Parent Group 6:30PM Adults with Cancer Group</p> | <p>17</p> <p>11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:30PM Oral, Head & Neck Cancer Group 5:30PM Dot Painting for Relaxation 6:00PM The Kid Spot</p> | <p>18</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM LGBTQ+ Virtual Drop-in 12:00PM Exercise* 6:00PM Clinical Trials 6:30PM Exercise</p> | <p>19</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p> | <p>20</p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> |
| <p>22</p> <p>11:00AM Zumba* 12:30PM Upper Extremity Lymphedema 5:30PM Guided Meditation 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group</p> | <p>23</p> <p>10:00AM Yoga* 12:00PM Exercise* 12:00PM Tuesday Talks 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Aquatics 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group 6:30PM Adults with Cancer Group</p> | <p>24</p> <p>12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 5:30PM Dot Painting for Relaxation 6:30PM Kaleidoscope: Parent Group</p> | <p>25</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:30PM Exercise 6:30PM YA Group: Living with Intent</p> | <p>26</p> <p>12:30PM Restorative Motion 1:00PM Aquatics: Principles</p> | <p>27</p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> |
| <p>29</p> <p>11:00AM Zumba* 12:00PM Writing for Caregiver Self-Care 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group</p> | <p>30</p> <p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 6:00PM Yoga 6:00PM Aquatics 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 7:00PM Drum Circle</p> | <p>31</p> <p>12:00PM Finding Meaning 12:30PM Balance for Improved Function</p> | | | <p>★</p> <p>WELLNESS PASSPORT</p> <p>JANUARY 1-MARCH 31</p> |

FEBRUARY

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>WELLNESS PASSPORT</p> <p>JANUARY 1-MARCH 31</p> | | | <p>9:00AM Open Gym</p> <p>11:00AM Yoga</p> <p>12:00PM Lunch and Learn</p> <p>12:00PM YA Virtual Drop-in</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p> <p>1</p> | <p>11:00AM Chats with the Dietitian*</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Endurance</p> <p>2</p> | <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Nutritious Game Day Dishes</p> <p>3</p> |
| <p>11:00AM Zumba*</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p>5</p> | <p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>12:00PM Parent Pod</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Breast Cancer Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6</p> | <p>11:30AM Nutritious Game Day Dishes</p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM Nutritious Game Day Dishes</p> <p>6:00PM The Kid Spot</p> <p>7</p> | <p>9:00AM Open Gym</p> <p>10:00AM Aquatics</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Exercise</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Life After Cancer Group</p> <p>8</p> | <p>11:00AM Singing Bowls (Sound Bath)</p> <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Strength</p> <p>9</p> | <p>9:00AM Yoga</p> <p>9:00AM Kaleidoscope</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Connections: Self-Talk Habits</p> <p>10</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 Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p>12</p> | <p>10:00AM Yoga*</p> <p>10:00AM Eyebrow Class</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga</p> <p>5:15PM Prostate Partners Info Session*</p> <p>6:30PM Prostate Partners Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Adults with Cancer Group</p> <p>13</p> | <p>12:30PM Balance for Improved Function</p> <p>8:00PM The Parent Spot</p> <p>14</p> | <p>9:00AM Open Gym</p> <p>10:00AM Aquatics</p> <p>11:00AM Yoga</p> <p>12:00PM Navigating Health Insurance</p> <p>12:00PM YA Lunch and Learn</p> <p>12:00PM LGBTQ+ Virtual Drop-in</p> <p>12:00PM Exercise*</p> <p>6:00PM Date Night!</p> <p>6:30PM Exercise</p> <p>15</p> | <p>11:00AM Older Adults Group</p> <p>12:30PM Restorative Motion</p> <p>16</p> | <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>17</p> |
| <p>9:00AM Hibernation Day Camp</p> <p>11:00AM Zumba*</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Guided Meditation</p> <p>6:30PM Caregiver Group</p> <p>19</p> | <p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:00PM Metastatic Breast Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Connections: Parent Group</p> <p>20</p> | <p>12:00PM Finding Meaning</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 The Kid Spot</p> <p>6:30PM Self-Compassion</p> <p>21</p> | <p>9:00AM Open Gym</p> <p>10:00AM Aquatics</p> <p>11:00AM Yoga</p> <p>12:00PM Exercise*</p> <p>6:30PM Exercise</p> <p>6:30PM YA Group: Taking Back Control</p> <p>22</p> | <p>12:30PM Restorative Motion</p> <p>1:00PM Aquatics: Balance</p> <p>23</p> | <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>24</p> |
| <p>11:00AM Zumba*</p> <p>5:30PM Guided Meditation</p> <p>6:30PM Exercise</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>26</p> | <p>10:00AM Yoga*</p> <p>12:00PM Exercise*</p> <p>12:00PM Tuesday Talks</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Horticulture Therapy</p> <p>27</p> | <p>10:00AM Blackout Poetry</p> <p>11:00AM Grief: When Will It End?</p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:30PM Ostomy Series: Part 1</p> <p>6:30PM Kaleidoscope: Parent Group</p> <p>28</p> | <p>9:00AM Open Gym</p> <p>10:00AM Aquatics</p> <p>11:00AM Yoga</p> <p>12:00PM Newly Diagnosed with Cancer?</p> <p>12:00PM Hospice and Palliative Care*</p> <p>12:00PM Exercise*</p> <p>6:00PM Lunges for Leap Day!</p> <p>6:30PM Exercise</p> <p>29</p> | | |

MARCH

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>WELLNESS PASSPORT</p> <p>JANUARY 1-MARCH 31</p> | | | | <p>11:00AM Chats with the Dietitian* 1 12:30PM Restorative Motion 1:00PM Aquatics: Deep Water</p> | <p>9:00AM Yoga 2 10:00AM Qigong-Tai Chi</p> |
| <p>4</p> <p>11:00AM Zumba* 5:30PM Myeloma Group: Relaxation* 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Guided Meditation 6:30PM Caregiver Group</p> | <p>5</p> <p>10:00AM Yoga* 12:00PM Exercise* 12:00PM Parent Pod 1:00PM Core for More 6:00PM Yoga 6:00PM Horticulture Therapy 6:30PM Caregiver Group 6:30PM YA Breast Cancer Group 6:30PM Adults with Cancer Group</p> | <p>6</p> <p>12:30PM Balance for Improved Function 6:00PM Healthy Desserts 6:00PM The Kid Spot</p> | <p>7</p> <p>9:00AM Open Gym 10:00AM Aquatics 11:00AM Yoga 12:00PM Lunch and Learn 12:00PM YA Virtual Drop-in 12:00PM Exercise* 6:30PM Exercise 6:30PM Sister Circle</p> | <p>8</p> <p>11:00AM Singing Bowls (Sound Bath) 12:30PM Restorative Motion</p> | <p>9</p> <p>9:00AM Yoga 9:00AM Kaleidoscope 10:00AM Qigong-Tai Chi 10:00AM Healthy Desserts 11:00AM Connections: What Can I Control? 12:00PM Healthy Desserts</p> |
| <p>11</p> <p>11:00AM Zumba* 2:30PM Physical Therapy Screening 6:00PM Self-Forgiveness: Part 1 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Guided Meditation 6:30PM Caregiver Group</p> | <p>12</p> <p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Adults with Cancer Group</p> | <p>13</p> <p>12:00PM YA Lunchtime Movement 12:30PM Balance for Improved Function 3:00PM Scar Care 6:30PM Virtual Reading Room 6:30PM Cancer Ribbon Collage 8:00PM The Parent Spot</p> | <p>14</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 5:15PM Prostate Partners Info Session 6:30PM Exercise 6:30PM Prostate Partners Group 6:30PM Breast Cancer Group 6:30PM Life After Cancer Group</p> | <p>15</p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p> | <p>16</p> <p>9:00AM Yoga 10:00AM Family Fun Day 10:00AM Qigong-Tai Chi 11:00AM Teen Breakfast Club</p> |
| <p>18</p> <p>11:00AM Zumba* 6:00PM Self-Forgiveness: Part 2 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Life After Cancer Group 6:30PM Guided Meditation 6:30PM Caregiver Group</p> | <p>19</p> <p>10:00AM Yoga* 12:00PM Exercise* 1:00PM Core for More 1:00PM Sand Tray Workshop 6:00PM Yoga 6:00PM Metastatic Breast Cancer Group 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Connections: Parent Group</p> | <p>20</p> <p>11:00AM Grief: When Will It End? 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:30PM Oral, Head & Neck Cancer Group 6:30PM Ostomy Series: Part 2 6:00PM The Kid Spot</p> | <p>21</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Managing Medical Bills 12:00PM YA Lunch and Learn 12:00PM LGBTQ+ Virtual Drop-in 12:00PM Exercise* 6:30PM Exercise</p> | <p>22</p> <p>12:30PM Restorative Motion 1:00PM Balance Screening</p> | <p>23</p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> |
| <p>25</p> <p>10:00AM Blackout Poetry 11:00AM Zumba* 5:30PM Guided Meditation 6:30PM Exercise 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group</p> | <p>26</p> <p>10:00AM Yoga* 12:00PM Exercise* 12:00PM Tuesday Talks 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group 6:30PM Adults with Cancer Group</p> | <p>27</p> <p>12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 6:30PM Abstract Watercolor 6:30PM Kaleidoscope: Parent Group</p> | <p>28</p> <p>9:00AM Open Gym 11:00AM Yoga 12:00PM Exercise* 6:30PM Exercise 6:30PM YA Group: Let's Get Busy!</p> | <p>29</p> <p>12:30PM Restorative Motion</p> | <p>30</p> <p>9:00AM Yoga 10:00AM Qigong-Tai Chi</p> |

TGP IN THE COMMUNITY

We are pleased to introduce the newest member of The Gathering Place program staff, Karelys Ortiz Santiago, MSW, LSW. As part of her role, Karelys will be working with TGP's Community Program Manager Sydney Beeman on our continued efforts to expand services and support throughout the community. Welcome, Karelys!

We continue to value our relationships with Case Comprehensive Cancer Center, Cleveland Clinic Foundation, MetroHealth, University Hospitals, and many other healthcare and community partners. These important connections allow us to meet the needs of those impacted by a cancer diagnosis, both within our TGP offices and at locations within the community. Look for Sydney, Brittani, Eileen, Karelys, and other members of The Gathering Place team at Friendly Inn, Thea Bowman Center, UH Otis Moss Health Center, and others. We look forward to spending time with you in the new year!

We welcome suggestions for connection with other organizations. Please reach out to **Sydney Beeman** at beeman@touchedbycancer.org to share your ideas.



KARELYS ORTIZ SANTIAGO

MSW, LSW
santiago@touchedbycancer.org
216-455-1508



SYDNEY BEEMAN

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

VISIT OUR ART GALLERY



Visit the art galleries in our Beachwood and Westlake offices to view the work of local artists. What makes our art galleries even more meaningful is that the artists are committed to our mission and keeping our services free of charge for individuals and families impacted by cancer by generously donate a portion of the proceeds from any sale to The Gathering Place.

Artists interested in displaying their work in one of our galleries should contact **Suzette Stanitz** at stanitz@touchedbycancer.org



“

When you're going through something that is so difficult words cannot describe, The Gathering Place is where you want to turn for support, information, kindness, compassion. The list could go on. Very grateful for such a place. I wish everywhere would be as amazing.

TGP PARTICIPANT



THE GATHERING PLACE

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

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

INSIDE!

PROGRAM GUIDE

Winter Edition

JANUARY - FEBRUARY - MARCH

WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at touchedbycancer.org/donate.



WAYS TO CONNECT

216-595-9546
touchedbycancer.org



TGP EAST

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

TGP WEST

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