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.

Winter 2024
January • February • March
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. 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
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. 
Wednesday: 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.
Tuesday: 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.
Monday: 6:30-7:15pm
Tuesday: 12:00-12:45pm
Tuesday: 12:00-12:45pm
Thursday: 12:00-12:45pm
Thursday: 12:00-12:45pm
Thursday: 6:30-7:15pm

Open Gym
Attend an orientation and work out on your own.
Thursday: 9:00-11:00am

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

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 21, Mar 20, 11:00am-12:30pm

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, 6:30-8:00pm

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

Qigong-Tai Chi
Reduce stress & improve balance.
Saturday: 10:00-11:00am

Yoga
A gentle flow class appropriate for all levels.
Tuesday: 10:00-11:00am
Tuesday: 6:00-7:00pm
Thursday: 11:00AM-12:00PM
Saturday: 9:00-10:00AM

Zumba
Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.
Monday: 11:00-11:45AM
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.

SHELLEY ALBERT, PT, DPT, MHS
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 PEEREBOOM
Professor of Medicine, Cleveland Clinic Lerner College of Medicine, Director of Clinical Research, The Rose Ella Barkhardt 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, MAR 26, 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, LPC-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 about 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 DAVENTOR, 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

Scars
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
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

NUTRITION & 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, 10:00-11:00AM
SAT, FEB 3, 12:00-1:30PM
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

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

CERTIFIED IN REVITAL Oncology Rehabilitation

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

MOVEMENT

See page 3 for ongoing movement classes.

FOUNDERs 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 PETER B. LEWIS

Participants are encouraged but not required to complete all classes in the series.

JOY NOWELS, EXERCISE SPECIALIST, ACSM
Certified, Ai Chi Certified, Arthritis Foundation Certified Aquatic Program Leader

Location: Peter B. Lewis Aquatic & Therapy Center, 27300 Cedar Rd,

Cleveland, OH 44122

Aquatic Principles
FRI, JAN 19, 1:00-2:00PM
FRI, FEB 2, 1:00-2:00PM
FRI, MAR 9, 1:00-2:00PM

Endurance Training
FRI, JAN 26, 1:00-2:00PM
FRI, APR 10, 1:00-2:00PM

Strength Training
FRI, MAR 16, 1:00-2:00PM
FRI, APR 20, 1:00-2:00PM

Balance Training
FRI, MAR 16, 1:00-2:00PM
FRI, APR 20, 1:00-2:00PM

Deep Water Training
FRI, FEB 2, 1:00-2:00PM

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

WELLNESS CENTER OFF SITE

Jan 8, Feb 12, Mar 11
Mon, 2:30-5:00pm

SPECIALIST IN ORTHOPEDIC PHYSICAL THERAPY

MICHAEL GROESCH, PT, DPT BOARD CERTIFIED CLINICAL SPECIALIST IN ORTHOPEDIC PHYSICAL THERAPY

SHELLEY ALBERT, PT, DPT

BOARD CERTIFIED CLINICAL SPECIALIST IN ORTHOPEDIC PHYSICAL THERAPY

CERTIFIED IN REVITAL Oncology Rehabilitation

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

TAYLOR BUSS, MSW, LISW-S

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

TAYLOR BUSS, MSW, LISW-S
ADELLE GATES, MA, CCLS

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

ADELLE GATES, MA, CCLS

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

TAYLOR BUSS, MSW, LISW-S
ADELLE GATES, MA, CCLS

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, 8:00-9:00PM
JAN 24, FEB 28, MAR 27

TAYLOR BUSS, MSW, LISW-S

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

TUES, 6:30-7:30PM
JAN 16, FEB 20, MAR 19

TAYLOR BUSS, MSW, LISW-S
ADELLE GATES, MA, CCLS

SELF-TALK HABITS
SAT, FEB 10, 11:00AM-12:00PM

TUES, 6:30-7:30PM
JAN 16, FEB 20, MAR 19

TAYLOR BUSS, MSW, LISW-S
ADELLE GATES, MA, CCLS

WHAT CAN I CONTROL?
SAT, MAR 9, 11:00AM-12:00PM

TUES, 6:30-7:30PM
JAN 16, FEB 20, MAR 19

TAYLOR BUSS, MSW, LISW-S
ADELLE GATES, MA, CCLS

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

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.

TUESDAY TALKS

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.

ADELLE GATES, MA, CCLS

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

TUES, MAR 26, 12:00-1:00PM

TAYLOR BUSS, MSW, LISW-S

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.

ADELLE GATES, MA, CCLS

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

TAYLOR BUSS, MSW, LISW-S

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
ADELLE GATES, MA, CCLS
WHITNEY HADLEY MA, MSW, LSW, OSW-C
MON, FEB 19, 9:00AM-2:00PM

LUNGE 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
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

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 7, 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, 8:00-7:30PM
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 sharing blackout poetry.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
WED, FEB 28, 10:00AM-1:30PM
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.

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
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<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>6:00PM Aquatics</td>
<td><strong>11:00AM</strong> Yoga*</td>
<td>9:00AM Open Gym</td>
<td><strong>11:00AM</strong> Yoga</td>
<td>Office Closed for New Year's Holiday</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Offices Closed for New Year's Holiday</td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>12:00PM Lunch and Learn</strong></td>
<td><strong>12:00PM Yoga</strong></td>
<td>Office Closed for New Year's Holiday</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td><strong>10:00AM</strong> Yoga*</td>
<td>11:00AM Yoga</td>
<td><strong>10:00AM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
<td><strong>12:30PM</strong> Balance for Improved Function</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>12:30PM</strong> Balance for Improved Function</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>12:00PM</strong> Core for More</td>
<td><strong>12:00PM</strong> Grief Group</td>
<td><strong>12:00PM</strong> Ovarian Cancer Group</td>
<td><strong>6:00PM</strong> Clinical Trials</td>
<td>9:00AM Yoga</td>
</tr>
<tr>
<td><strong>6</strong></td>
<td><strong>6:00PM</strong> Grief Group</td>
<td><strong>12:00PM</strong> Grief Group</td>
<td><strong>6:00PM</strong> Dot Painting for Relaxation</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM</strong> Yoga</td>
</tr>
<tr>
<td><strong>7</strong></td>
<td><strong>6:00PM</strong> Caregiver Group</td>
<td><strong>5:30PM</strong> Oral, Head &amp; Neck Cancer Group</td>
<td><strong>6:00PM</strong> The Parent Spot</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>10:00AM</strong> Yoga</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>11:00AM</strong> Grief: When Will It End?</td>
<td><strong>10:00AM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>9</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>12:30PM</strong> Balance for Improved Function</td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td><strong>6:30PM</strong> Guided Meditation</td>
<td><strong>12:30PM</strong> Balance for Improved Function</td>
<td><strong>12:00PM Lunch and Learn</strong></td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>11</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:00PM</strong> One Pot Meals</td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>8:00PM</strong> The Parent Spot</td>
<td><strong>12:00PM</strong> Lunch and Learn</td>
<td><strong>12:00PM Yoga</strong></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>13</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>12:00PM</strong> Lunch and Learn</td>
<td><strong>12:00PM</strong> Yoga Virtual Drop-in</td>
<td>*<em>12:00PM Exercise</em></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>14</strong></td>
<td><strong>6:30PM</strong> Guided Meditation</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Drumming Your Emotions</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM</strong> Grief Group</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>16</strong></td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>6:30PM</strong> Grief Group</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>5:30PM</strong> Breast Cancer Group</td>
<td><strong>6:00PM</strong> Clinical Trials</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>18</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM</strong> Life After Cancer Group</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>6:30PM</strong> Grief Group</td>
<td><strong>6:30PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>20</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>5:30PM</strong> Metastatic Breast Cancer Group</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>21</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM Connections: Parent Group</strong></td>
<td><strong>6:00PM</strong> The Kid Spot</td>
<td><strong>6:00PM</strong> Exercise</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>6:00PM</strong> Yoga</td>
<td><strong>12:00PM</strong> DRUMMING YOUR EMOTIONS</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>23</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>11:00AM</strong> Yoga</td>
<td><strong>12:00PM</strong> Exercise*</td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>6:30PM</strong> Adults with Cancer Group*</td>
<td><strong>12:00PM</strong> Yoga</td>
<td>*<em>12:00PM Exercise</em></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
<tr>
<td><strong>25</strong></td>
<td><strong>6:30PM</strong> Caregiver Group</td>
<td><strong>7:00PM</strong> Drum Circle</td>
<td><strong>12:00PM</strong> Yoga</td>
<td>*<em>12:00PM Exercise</em></td>
<td><strong>10:00AM Yoga</strong></td>
</tr>
</tbody>
</table>

**Program Locations:**
- In-Person and Virtual
- Beachwood
- 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.

**Wellness Passport**
- January 1 - March 31

**Wellness Center**
- Offices Closed at 12:00PM
<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
</table>
| **WELLNESS PASSPORT**
* JANUARY 1 - MARCH 31 | **Program Calendar** | **Program Locations:**
Beachwood
Westlake
Virtual Only
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.** |

| 11:00AM Zumba* | 11:00AM Open Gym | 11:00AM Yoga | 11:00AM Yoga* | 11:00AM Yoga |
| 6:30PM Exercise | 12:00PM Lunch and Learn | 11:00AM Yoga | 5:15PM Prostate Partners Info Session | 9:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 12:00PM Open Gym | 11:00AM Yoga | 12:00PM Exercise* | 10:00AM Yoga |
| 6:30PM Guided Meditation | 12:00PM Virtual Drop-in | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Nutritious Game Day Dishes |
| 6:30PM Caregiver Group | 12:00PM Exercise* | 12:00PM Virtual Drop-in | 6:30PM Exercise | 12:00PM Nutritious Game Day Dishes |

| 9:00AM Yoga* | 10:00AM Aquatics | 10:00AM Yoga | 10:00AM Yoga* | 10:00AM Yoga |
| 11:00AM Yoga | 10:00AM Aquatics | 11:00AM Yoga | 11:00AM Yoga | 10:00AM Qi Gong-Tai Chi |
| 12:00PM Lunch and Learn | 11:00AM Yoga | 12:00PM Exercise* | 11:00AM Yoga | 10:00AM Qi Gong-Tai Chi |
| 12:00PM Virtual Drop-in | 12:00PM Exercise* | 5:15PM Prostate Partners Info Session | 12:00PM Exercise* | 10:00AM Qi Gong-Tai Chi |
| 12:00PM Exercise* | 6:30PM Exercise | 6:30PM Exercise | 6:30PM Exercise | 11:00AM Connections: Self-Talk Habits |

| 9:00AM Open Gym | 10:00AM Aquatics | 10:00AM Open Gym | 10:00AM Aquatics | 10:00AM Yoga |
| 11:00AM Yoga | 10:00AM Aquatics | 11:00AM Yoga | 10:00AM Aquatics | 10:00AM Yoga |
| 12:00PM Lunch and Learn | 11:00AM Yoga | 12:00PM Virtual Drop-in | 12:00PM Exercise* | 10:00AM Yoga |
| 12:00PM Virtual Drop-in | 12:00PM Exercise* | 12:00PM Exercise | 6:00PM Date Night! | 12:00PM Yoga |
| 12:00PM Exercise | 6:30PM Exercise | 6:30PM Exercise | 6:30PM Exercise | 6:30PM Exercise |

| 9:00AM Zumba* | 10:00AM Yoga* | 10:00AM Open Gym | 10:00AM Yoga* | 10:00AM Yoga* |
| 11:00AM Zumba* | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga |
| 2:30PM Physical Therapy Screening | 12:00PM Yoga | 10:00AM Aquatics | 10:00AM Aquatics | 10:00AM Yoga |
| 6:30PM Exercise | 12:00PM Exercise* | 11:00AM Yoga | 10:00AM Exercise* | 10:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 12:00PM Caregiver Group | 11:00AM Yoga | 12:00PM Exercise* | 10:00AM Yoga |
| 6:30PM Guided Meditation | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Caregiver Group | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |

| 9:00AM Zumba* | 10:00AM Yoga* | 10:00AM Open Gym | 10:00AM Yoga* | 10:00AM Yoga |
| 11:00AM Zumba* | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga | 10:00AM Yoga |
| 2:30PM Physical Therapy Screening | 12:00PM Yoga | 10:00AM Aquatics | 10:00AM Aquatics | 10:00AM Yoga |
| 6:30PM Exercise | 12:00PM Exercise* | 11:00AM Yoga | 10:00AM Exercise* | 10:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 12:00PM Caregiver Group | 11:00AM Yoga | 12:00PM Exercise* | 10:00AM Yoga |
| 6:30PM Guided Meditation | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Caregiver Group | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |

| 9:00AM Hibernation Day Camp | 10:00AM Yoga* | 10:00AM Open Gym | 10:00AM Yoga* | 10:00AM Yoga* |
| 11:00AM Zumba* | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga | 10:00AM Yoga |
| 6:30PM Exercise | 12:00PM Exercise* | 10:00AM Aquatics | 10:00AM Aquatics | 10:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 12:00PM Caregiver Group | 11:00AM Yoga | 10:00AM Exercise* | 10:00AM Yoga |
| 6:30PM Life After Cancer Group | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Guided Meditation | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |

| 9:00AM Zumba* | 10:00AM Yoga* | 10:00AM Open Gym | 10:00AM Yoga* | 10:00AM Yoga |
| 11:00AM Zumba* | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga | 10:00AM Yoga |
| 2:30PM Physical Therapy Screening | 12:00PM Yoga | 10:00AM Aquatics | 10:00AM Aquatics | 10:00AM Yoga |
| 6:30PM Exercise | 12:00PM Exercise* | 11:00AM Yoga | 10:00AM Exercise* | 10:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 12:00PM Caregiver Group | 11:00AM Yoga | 12:00PM Exercise* | 10:00AM Yoga |
| 6:30PM Guided Meditation | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Caregiver Group | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |

| 9:00AM Zumba* | 10:00AM Yoga* | 10:00AM Open Gym | 10:00AM Yoga* | 10:00AM Yoga |
| 11:00AM Zumba* | 11:00AM Yoga | 11:00AM Yoga | 11:00AM Yoga | 10:00AM Yoga |
| 5:30PM Guided Meditation | 12:00PM Exercise* | 10:00AM Aquatics | 10:00AM Aquatics | 10:00AM Yoga |
| 6:30PM Exercise | 12:00PM Caregiver Group | 11:00AM Yoga | 10:00AM Exercise* | 10:00AM Yoga |
| 6:30PM Adults with Cancer Group* | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Guided Meditation | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |
| 6:30PM Caregiver Group | 6:30PM Caregiver Group | 11:00AM Yoga | 6:30PM Exercise | 10:00AM Yoga |

**All Program Times are EDT**

Program Locations:
- *In-Person and Virtual*
- Beachwood
- Westlake
- Virtual Only
- Wellness Center

Scan the QR code with your smartphone camera to register for our upcoming programs and events.
## March Program Calendar

Advance registration required. 216-595-9546
TOUCHEDBYCANCER.ORG/CALENDAR

### Program Calendar

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td><strong>Wellness Passport</strong> January 1-March 31</td>
<td></td>
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<tr>
<td>11:00AM Zumba*</td>
<td>10:00AM Yoga*</td>
<td>11:00AM Yoga</td>
<td>11:00AM Chats with the Dietitian*</td>
<td>9:00AM Yoga</td>
<td>1:00AM Yoga</td>
</tr>
<tr>
<td>9:00AM Open Gym</td>
<td>12:00PM Exercise*</td>
<td>10:00AM Exercise</td>
<td>9:00AM Yoga</td>
<td>10:00AM Yoga</td>
<td>10:00AM Qi-gong - Tai Chi</td>
</tr>
<tr>
<td>12:00PM Exercise*</td>
<td>9:00AM Yoga</td>
<td>10:00AM Lunch and Learn</td>
<td>12:00PM Exercise*</td>
<td>12:00PM Aquatics</td>
<td>10:00AM Yoga</td>
</tr>
<tr>
<td>12:00PM Parent Pod</td>
<td>12:00PM Healthy Desserts</td>
<td>12:00PM Lunch and Learn</td>
<td>12:00PM Exercise*</td>
<td>12:00PM Lunch and Learn</td>
<td>10:00AM Exercise*</td>
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<tr>
<td>12:00PM Exercise*</td>
<td>12:00PM The Kid Spot</td>
<td>12:00PM The Kid Spot</td>
<td>5:15PM Prostate Partners Info Session</td>
<td>5:15PM Prostate Partners Info Session</td>
<td>12:00PM Exercise*</td>
</tr>
<tr>
<td>12:00PM Guided Meditation</td>
<td>6:30PM Caregiver Group</td>
<td>3:00PM Scar Care</td>
<td>6:30PM Exercise</td>
<td>6:30PM Exercise</td>
<td>6:30PM Exercise</td>
</tr>
<tr>
<td>6:00PM Yoga</td>
<td>6:30PM Breast Cancer Group</td>
<td>6:30PM Virtual Reading Room</td>
<td>6:30PM Exercise</td>
<td>6:30PM Exercise</td>
<td>6:30PM Exercise</td>
</tr>
<tr>
<td>6:30PM Adult with Cancer Group*</td>
<td>6:30PM Cancer Ribbon Collage</td>
<td>9:00AM Lyme Disease Support</td>
<td>6:30PM Prostate Partners Group</td>
<td>6:30PM Prostate Partners Group</td>
<td>6:30PM Exercise</td>
</tr>
<tr>
<td>6:30PM Adult with Cancer Group</td>
<td>8:00PM The Parent Spot</td>
<td>11:00AM Grief: When Will It End?</td>
<td>6:30PM Breast Cancer Group</td>
<td>6:30PM Breast Cancer Group</td>
<td>6:30PM Exercise</td>
</tr>
<tr>
<td>11:00AM Chats with the Dietitian*</td>
<td></td>
<td>9:00AM Open Gym</td>
<td>12:00PM Exercise*</td>
<td>12:00PM Exercise*</td>
<td>6:30PM Exercise</td>
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</tbody>
</table>

### Notes

- **Advance Registration Required.**
- **In-Person and Virtual:**
- **Beachwood/Wellness Center:**
- **Virtual Only:**
- **All Program Times are EDT**
- **Program Locations:**
  - Beachwood
  - Westlake
  - Virtual Only
- **Scan the QR code with your smartphone camera to register for our upcoming programs and events.**
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.

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
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.