

the gathering place ~ Facing Cancer • Embracing Life

The Gathering Place programs and services are for those currently dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent death of a loved one from cancer.

All Programs are Virtual & Require Advance Registration
Call 216.595.9546 or visit: www.touchedbycancer.org/calendar

Ongoing Programs

NUTRITION & EXERCISE

Health and fitness screening required before attending any movement class. Call Stephen Cerne at 216.455.1503.

Balance for Improved Function

Exercise class that builds on balance, stability and body awareness.

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

Wednesdays, 12:30-1:00pm

Exercise Classes

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

Mondays, 7:00-8:00pm/Michael Ciccarello, GFI, PT

Tuesdays & Thursdays, 12:30-1:00pm/Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

Thursdays, 6:30-7:30pm/Michael Ciccarello, GFI, PT

Restorative Motion

A slow-flow stretching and yoga-based program.

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

Fridays, 12:30-1:00pm

Tai Chi with Jeannie Koran

Reduce stress & improve balance.

Saturdays, 10:00-11:00am

Yoga with Lisa Thiel

A gentle flow class appropriate for all levels.

Wednesdays, 10:00-11:00am

Zumba with Anita Bartel

Mondays, 10:00-11:00am

SUPPORT GROUPS *Call facilitator to register.*

CANCER SPECIFIC

Breast Cancer Support Group

3rd Monday, 2:00-3:00pm/Andrea Sonnie, LISW-S/216.455.1521

Gynecological Cancers Support Group

3rd Wednesday, 2:00-3:00pm/Susan Marinac, LISW-S/216.455.1512

Metastatic Breast Cancer Support Group

3rd Tuesday, 6:30-7:30pm/Mary Bornstein, LISW-S/216.455.1506

Myeloma Support Group (every other month)

1st Monday, 5:30-7:00pm/Mary Bornstein, LISW-S/216.455.1506

Oral, Head, and Neck Cancer Support Group

2nd Monday, 3:30-4:30pm/Aseem Garg, LPCC, LMFT/216.455.1520

Pancreatic Cancer Support Group

4th Monday, 3:30-4:30pm/Aseem Garg, LPCC, LMFT/216.455.1520

Prostate Partners

2nd Thursday, 6:30-7:30pm/Mary Bornstein, LISW-S/216.455.1506

Young Women with Breast Cancer Group

1st Tuesday, 6:30-8:00pm/Susan Marinac, LISW-S/216.455.1512

GRIEF & LOSS

Grief Support Group

2nd Tuesday, 2:00-3:30pm/Erin Rafter, PhD/216.455.1516

4th Tuesday, 6:30-8:00pm/Erin Rafter, PhD/216.455.1516

2nd & 4th Tuesdays, 6:30-7:30pm/Mary Bornstein, LISW-S/216.455.1506

Grief, When will it End?

3rd Wednesday, 11:00am-12:00pm/Mary Bornstein, LISW-S/216.455.1506

INDIVIDUAL SERVICES

For individual short-term cancer focused emotional support, call Susan Marinac, LISW-S / 216.455.1512

For nutrition and exercise consultations, call Beth Bennett, PT, RDN, LD, MS, MA 216.455.1517

For Distant Reiki, call Mary Bornstein, LISW-S / 216.455.1506

For help with medical research, resources, legal consultations, medical bill consultations and wigs call Eileen Coan, MA, MLS / 216.455.1504

For children and family consults, call Casey Durkin, LISW-S / 216.455.1523

SUPPORT GROUPS *Call facilitator to register.*

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the **EAST & WEST** side prior to COVID.

ALL CANCERS

Group for Adults with Cancer

Mondays, 6:30-8:00pm/Ellen Heyman, MSN, RN/216.455.1509

Tuesdays, 6:30-8:00pm/Andrea Sonnie, LISW-S/216.455.1521

Group for Caregivers

Mondays, 6:30-8:00pm/Susan Marinac, LISW-S/216.455.1512

Tuesdays, 6:30-8:00pm/Ellen Heyman, MSN, RN/216.455.1509

Group for Older Adults with Cancer

3rd Friday, 11:00am-12:30pm/Erin Rafter, PhD/216.455.1516

Life after Cancer Treatment (Survivorship Group)

2nd Thursday, 6:30-8:00pm/Aseem Garg, LPCC, LMFT/216.455.1520

Sister Circle: For African American Women with Cancer

1st Thursday, 6:30-8:00pm/Jackie Barnes, LISW-S/216.455.1507

Young Adults Surviving Cancer

4th Thursday, 6:30-8:00pm/Casey Durkin, LISW-S/216.455.1523

Advance Registration Required: Call 216.595.9546 or visit www.touchedbycancer.org/calendar

ART, MUSIC & MEDITATION

Meditation

Start your week off right with this meditative practice.
Eileen Coan, MA, MLS and Erin Rafter, PhD, CCLS
Mondays: January 4 & 18, 1:30-2:15pm
Mondays: January 11 & 25, 5:30-6:15pm

Around the World with a Violin - Community Event!

Come hear a professional violinist play tunes you recognize from movies and popular culture. Hear stories of her world travels.
Mary Beth Ions, Cleveland Pops Orchestra member.
Wednesday, January 6, 6:30-7:30pm

Writing Group

Follow simple writing prompts to stimulate ideas. Explore writing as a way to cope with cancer.
Eileen Coan, MA, MLS
Wednesday, January 13, 6:30-7:30pm

Art for Relaxation: Dancheong

Dancheong is traditional South Korean artwork using 5 basic colors found on walls, pillars & eaves of buildings.
Myoung Ju Kim, Social Work Intern
Friday, January 22, 1:00-2:30pm

Drawing Group

Explore creating art as a way to cope with cancer with supplies you already have at home.
Eileen Coan, MA, MLS
Wednesday, January 27, 6:30-7:30pm

CANCER SPECIFIC PROGRAMS

See Support Groups on page 3 for more cancer specific options.

Myeloma Group

Updates on Myeloma, Ehsan Malek, MD
Monday, January 4, 5:30-7:00pm

Prostate Partners Information Session

For men who have been diagnosed with prostate cancer within the last 6 months.
Contact Erin Rafter with questions 216-455-1516.
Thursday, January 14, 5:15-6:15pm

Prostate Partners: Covid and Prostate Cancer

Eric Klein, MD
Thursday, January 14, 6:30-7:30pm

CHILDREN, TEEN & FAMILY PROGRAMS

Pre-Registration Required please contact Casey Durkin at 216-455-1523

Bridges Grief Group for Families

For parents, children, and teens when an adult loved one has died from cancer.
Mondays, January 4 & 18, 6:30-7:30pm

KidShop/TeenShop: Boosting Immunity & Brainpower Through Nutrition

For parents, children and teens who have an adult family member with cancer.
Mondays, January 11 & 25, 6:30-7:30pm

Support for Children & Teens with Cancer: Including Siblings & Parents

TOPIC: SOUPsensational
Saturday, January 9, 10:00-11:00am

LECTURES & WORKSHOPS

Putting Cancer on the Back Burner

Learn to put cancer on the back burner in order to allow peace and serenity in.
Mary Bornstein, LISW-S
Tuesday, January 5, 6:30-7:30pm

Setting Intentions for the New Year

Find your passion and purpose when coping with cancer. Help clarify your focus for 2021 and beyond.
Susan Marinac, LISW-S
Friday, January 15, 1:00-2:00pm

Breast Cancer, Body Weight, and Lifestyle: Lunch & Learn

Weight loss is more than just "calories in & calories out". Learn a simple 4 step framework for success you can start implementing today.
Lindsay Malone, MS, RDN, LD, CSO
Monday, January 18, 12:00-1:00pm

Aquatic Therapy and Cancer

Learn from staff of the Peter B. Lewis Aquatic and Therapy Center about how cancer patients can benefit from swimming and other water therapies.
Michael Groesch, PT and Kathy Ondak, OT
Wednesday, January 20, 6:30-7:30pm

Managing Side Effects: Poor Appetite, Unintended Weight loss, Fatigue

Discussion and tips to help manage nutrition-related side effects during cancer treatment.
Stephanie Hopkins MS, RDN, LD
Wednesday, January 27, 6:00-7:00pm

NUTRITION & EXERCISE

See Ongoing Exercise Programs on page 3 for more exercise classes.

Cancer Fighting Kitchen

Learn how to navigate Rebecca Katz's online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond.
Stephanie Hopkins MS, RDN, LD
Wednesday, January 6, 6:00-7:00pm

Fact vs. Fiction: New Year Detox Diets

Thinking that you need to detox after the holidays? Learn the myths and truths behind detox diets.
Stephanie Hopkins MS, RDN, LD
Saturday, January 16, 11:00am-12:00pm OR
Wednesday, January 20, 6:00-7:00pm

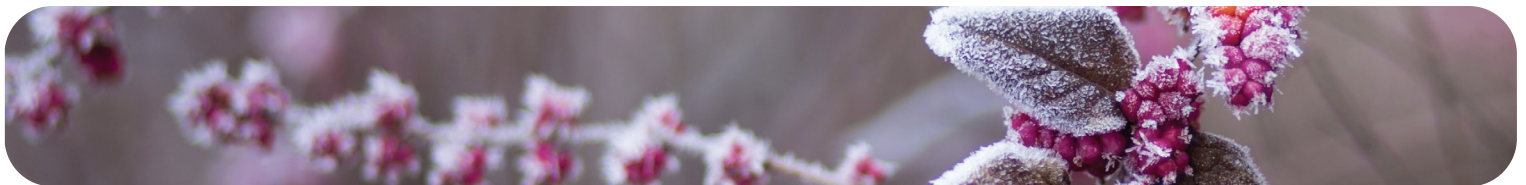
YOUNG ADULTS

Group for Young Women with Breast Cancer

Monthly support for women in their 20's, 30's and 40's.
Susan Marinac, LISW-S
Tuesday, January 5, 6:30-8:00pm

Young Adults Surviving Cancer

YA Meet Up: Dreaming Sweet Dreams
Find out what's up with COVID dreams. Sleep better and feel better.
Casey Durkin, MSSA, LISW-S & Mary Fisher Bornstein, LISW-S
Thursday, January 28, 6:30-8:00pm



ART, MUSIC & MEDITATION

Meditation

Start your week off right with a relaxing meditation practice.

Eileen Coan, MA, MLS and Erin Rafter, PhD, CCLS

Mondays, February 1 & 15, 1:30-2:15pm

Mondays, February 8 & 22, 5:30-6:15pm

Guided Imagery

Prepare for a relaxing weekend with this gentle meditative practice.

Erin Rafter, PhD, CCLS

Friday, February 5, 9:30-10:15am

Writing Group

Follow simple writing prompts to stimulate ideas. Explore writing as a way to cope with cancer. Eileen Coan, MA, MLS

Wednesday, February 10, 6:30-7:30pm

Art for Relaxation: Hanbok Paper Folding

Learn the art of paperfolding using traditional folds representing the unique cultural dress of South Korea.

Myoung Ju Kim, Social Work Intern

Friday, February 12, 1:00-2:30pm

Drawing Group

Explore creating art as a way to cope with cancer with supplies you already have at home. Eileen Coan, MA, MLS

Wednesday, February 24, 6:30-7:30pm

CANCER SPECIFIC PROGRAMS

See Support Groups on page 3 for more cancer specific options.

Prostate Partners Information Session

For men who have been diagnosed with prostate cancer within the last 6 months

Contact Erin Rafter with questions 216-455-1516.

Thursday, February 11, 5:15-6:15pm

Prostate Partners: Couples Communication

Erin Rafter, PhD

Thursday, February 11, 6:30-7:30pm

Oral, Head and Neck Cancer Symposium

Ted Teknos, MD, David Adelstein, MD & Aseem Garg, LPCC, LMFT

Thursday, February 25, 6:30-8:00pm

CHILDREN, TEEN & FAMILY PROGRAMS

Pre-Registration Required please contact Casey Durkin at 216-455-1523

Bridges Grief Group for Families

For parents, children, and teens when an adult loved one has died from cancer.

Mondays, February 1 & 15, 6:30-7:30pm

KidShop/TeenShop: Connecting Through Kindness

For parents, children and teens who have an adult family member with cancer.

Mondays, February 8 & 22, 6:30-7:30pm

Support for Children & Teens with Cancer: Including Siblings & Parents

Topic: Lego Mania

Saturday, February 13, 10:00-11:00am

LECTURES & WORKSHOPS

Maintaining Intimacy while Dealing with a Cancer Diagnosis

Positive, intimate relationships are an important part of overall health. Join us for a lively discussion about nurturing intimate relationships.

Mary Fisher-Bornstein, LISW-S and Aseem Garg, LPCC, LMFT

Wednesday, February 3, 6:30-7:30pm

LECTURES & WORKSHOPS *continued...*

Tour the Garden in the Middle of Winter

Learn about our healing garden and all its hidden features. Eileen Coan, MA, MLS

Thursday, February 4, 6:30-7:30pm

Lymphedema: Update on the Diagnosis & Treatment for Cancer Survivors

Learn how upper and lower body lymphedema is diagnosed, treated and managed.

This session is open to men and women who have questions about understanding their risk for lymphedema and for those diagnosed with lymphedema. Mary Vargo, MD

Wednesday, February 10, 6:30-8:00pm

An Introduction to Medical Cannabis: Clearing the Air

Katy Pack, PharmD and Kali Casale, RISE Dispensaries

Wednesday, February 17, 6:30-8:00pm

Monk Talks - Ancient Wisdom for Modern Times - Community Event!

In the age of social media and technology it becomes very difficult to be fully present in the moment. When we are not fully present, we lose focus and concentration in our daily jobs and relationships, which result in emotional stress, anxiety and pressure. Rishi Chidananda

Thursday, February 18, 6:30-8:00pm

Palliative Care and Symptom Management

Learn what the benefits of palliative care are. Beth McLaughlin, MD

Wednesday, February 24, 6:30-8:00pm

NUTRITION & EXERCISE

See Ongoing Exercise Programs on page 3 for more exercise classes.

Cancer Fighting Kitchen

Learn how to navigate Rebecca Katz's online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment. Stephanie Hopkins, MS, RDN, LD

Wednesday, February 3, 6:00-7:00pm

Whole Food Lifestyle Check-In

Join this monthly discussion on what a healthy lifestyle means for cancer survivors.

We will share recipes and resources as we review the latest research around cancer and nutrition. Beth Bennett, PT, MA, MS, RDN, LD

Friday, February 5, 11:00am-12:00pm

Cooking for the Soul

Join chef Rashid Mitcham from food truck, Mo Bite Products, to learn how to incorporate vegan dishes from cultures around the world into your plant-based lifestyle.

Rashid Mitcham & Stephanie Hopkins, MS, RDN, LD

Wednesday, February 10, 6:00-8:00pm

Exercise and Nutrition: Double the Fun!

Grab a partner (spouse, caregiver, or child) and get active through an exercise program for two & review the relationship between nutrition and exercise. Includes cooking demonstration.

Stephanie Hopkins, MS, RDN, LD, and Stephen Ceme, NSCA-CPT, ACSM/ACS-CET

Monday, February 15, 5:30-6:30pm

The Role of Fiber in Cancer Nutrition

Not all fiber is the same. Learn the difference and how to increase fiber in your diet.

Stephanie Hopkins, MS, RDN, LD

Wednesday, February 24, 6:00-7:00pm OR

Saturday, February 27, 11:00am-12:00pm

YOUNG ADULTS

Group for Young Women with Breast Cancer

Monthly support for women in their 20's, 30's and 40's.

Susan Marinac, LISW-S

Tuesday, February 2, 6:30-8:00pm

Young Adults Surviving Cancer

Topic: Writer's Workshop co-sponsored by Elephants & Tea

Eileen Coan, MA, MLS and Jennifer Anand

Thursday, February 25, 6:30-8:00pm

ART, MUSIC & MEDITATION

Meditation

Start your week off right with this meditative practice.

Eileen Coan, MA, MLS and Erin Rafter, PhD, CCLS

Mondays, March 1 & 15, 1:30-2:15pm

Mondays, March 8 & 22, 5:30-6:15pm

Guided Imagery

Prepare for a relaxing weekend with this gentle meditative practice.

Erin Rafter, PhD, CCLS

Friday, March 5, 9:30-10:15am

Writing Group

Follow simple writing prompts to stimulate ideas. Explore writing as a way to cope with cancer. Eileen Coan, MA, MLS

Tuesday, March 9, 6:30-7:30pm

Drawing Group

Explore creating art as a way to cope with cancer with supplies you already have at home. Eileen Coan, MA, MLS

Wednesday, March 24, 6:30-7:30pm

Watercolor Cards

Learn simple watercolor techniques to increase mindfulness. Please register by March 18 to receive materials. Erin Rafter, PhD, CCLS

Tuesday, March 30, 6:30-7:30pm

CANCER SPECIFIC PROGRAMS

See Support Groups on page 3 for more cancer specific options

Myeloma Group: The Business of Cancer

Robin Levy, International Myeloma Foundation

Monday, March 1, 5:30-7:00pm

Prostate Partners: Information Session

For men who have been diagnosed with prostate cancer within the last 6 months.

Contact Erin Rafter with questions 216-455-1516

Tuesday, March 16, 5:15-6:15pm

Prostate Partners: Long-Term Side Effects

William Larchian, MD and James Ulchaker, MD

Tuesday, March 16, 6:30-7:30pm

Prostate Cancer in the African American Community:

Update on Screening, Diagnosis, Treatment and Survivorship

Charles Modlin, MD and Frances Mills, MA, OCPS II

Thursday, March 25, 6:30-8:00pm

CHILDREN, TEEN & FAMILY PROGRAMS

Pre-Registration Required please contact Casey Durkin at 216-455-1523

Summer Camp Registration open March 1st! Call Casey Durkin to register your child for Summer Camp 2021 at 216.455.1523

Bridges Grief Group for Families

For parents, children, and teens when an adult loved one has died from cancer.

Mondays, March 1 & 15, 6:30-7:30pm

KidShop/TeenShop: Managing Cabin Fever

For children, teens and parents who have an adult family member with cancer.

Mondays, March 8 & 22, 6:30-7:30pm

Support for Children & Teens with Cancer: Including Siblings & Parents

Topic: Family Scavenger Hunt Challenge

Saturday, March 13, 10:00-11:00am

LECTURES & WORKSHOPS

Pelvic Floor Dysfunction in Cancer Survivorship

What is the pelvic floor and what role does it play in healthy bowel and bladder function? Yevgeniya Dvorkin Winger, MD

Wednesday, March 3, 6:30-8:00pm

LECTURES & WORKSHOPS *continued...*

Being Single with Cancer

Being single can complicate a cancer diagnosis. Let's have a candid discussion about the nuances of being single with cancer. Mary Bornstein, LISW-S

Tuesday, March 2, 6:30-7:30pm

Dreaming Sweet Dreams

Sleeping and dreaming can be disturbed during difficult times in our life. We will explore tools to help with sleep and explore dreaming.

Mary Bornstein, LISW-S and Susan Marinac, LISW-S

Thursday, March 4, 6:30-7:30pm

The Fight or Flight Response and Cancer

Explore the adrenaline response to changes brought on by diagnosis and treatment.

Andrea Sonnie LISW-S, Aseem Garg, LPCC, LMFT & Susan Marinac, LISW-S

Thursday, March 18, 6:30-8:00pm

Self-Compassion and Forgiveness

Let's face it, we are good at beating ourselves up. We may even blame ourselves for our cancer. Learn to drop the guilt and be gentler with yourself. Learn techniques to forgive yourself and others. Andrea Sonnie, LISW-S & Kerri Mazzone, LISW-S

Wednesday, March 31, 6:00-7:00pm

NUTRITION & EXERCISE

See Ongoing Exercise Programs on page 3 for more exercise classes.

Cancer Fighting Kitchen

Learn how to navigate Rebecca Katz's online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond.

Stephanie Hopkins MS, RDN, LD

Wednesday, March 3, 6:00-7:00pm

Whole Food Lifestyle Check In

Join this monthly discussion on what a healthy lifestyle means for cancer survivors.

We will share recipes and resources as we review the latest research around cancer and nutrition. Beth Bennett, PT, MA, MS, RDN, LD

Friday, March 5, 11:00am-12:00pm

Push and Pull: Exercise Simplified

A two-part series that details the most simple and effective technique to attain your exercise goals. Stephen Cerne BS, NSCA-CPT, ACSM/ACS-CET

Tuesdays: March 9 & 23, 6:30-7:15pm

Maintaining Nutrition through Treatment Related Side Effects

Discuss tips on how to manage nutrition-related side effects and review recipes that may be best tolerated. Stephanie Hopkins MS, RDN, LD

Wednesday, March 10, 6:00-7:00pm OR

Saturday, March 13, 11:00am-12:00pm

Cancer & Nutrition 101

Learn about the role of diet when faced with a cancer diagnosis. Review what carbohydrates, proteins, and fats are and the effect of these macronutrients on health and nutrition during and after treatment. Stephanie Hopkins MS, RDN, LD

Wednesday, March 24, 6:00-7:00pm

YOUNG ADULTS

Group for Young Women with Breast Cancer

Monthly support for women in their 20's, 30's and 40's. Susan Marinac, LISW-S

Tuesday, March 2, 6:30-8:00pm

Young Adults Surviving Cancer

Topic: SCANXIETY

Nancy Tamburro, LISW-S, OSW-C & Mary Fisher Bornstein, LISW-S

Thursday, March 25, 6:30-8:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>New to The Gathering Place? Attend a Virtual Welcoming Orientation Adults (over 18) touched by cancer are invited to learn about our FREE programs and services: Mondays, 6:30pm • Wednesdays, 12:00pm • Saturdays, 10:30am Register at www.touchedbycancer.org/calendar</p>	<p>New to The Gathering Place? Attend a Virtual Welcoming Orientation Adults (over 18) touched by cancer are invited to learn about our FREE programs and services: Mondays, 6:30pm • Wednesdays, 12:00pm • Saturdays, 10:30am Register at www.touchedbycancer.org/calendar</p>	<p>ALL programs at The Gathering Place are being offered virtually and require advanced registration. Call 216.595.9546 or visit: www.touchedbycancer.org/calendar</p>	<p>New Years Day Holiday CLOSED</p>	<p>New Years Day Holiday CLOSED</p>	<p>New Years Day Holiday CLOSED</p>
<p>10:00am Zumba 1:30pm Meditation 5:30pm Myeloma Support Group 6:30pm Bridges Grief Group for Families 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>12:30pm Exercise Class 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Cancer on the Back Burner 6:30pm Group for Young Women w/ Breast Cancer</p>	<p>10:00am Yoga 12:00pm Welcoming Orientation 12:30pm Balance for Improved Function 6:00pm Cancer Fighting Kitchen 6:30pm Violin Concert Community Event</p>	<p>12:30pm Exercise Class 6:30pm Exercise Class 6:30pm Sister Circle</p>	<p>12:30pm Restorative Motion</p>	<p>10:00am Tai Chi 10:00am Children & Teens with Cancer 10:30am Welcoming Orientation</p>
<p>10:00am Zumba 3:30pm Oral, Head & Neck Cancer Group 5:30pm Meditation 6:30pm KidsHop/TeenShop 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>12:30pm Exercise Class 2:00pm Grief Group-W 6:30pm Grief Group-E 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers</p>	<p>10:00am Yoga 12:00pm Welcoming Orientation 12:30pm Balance for Improved Function 6:30pm Writing Group</p>	<p>12:30pm Exercise Class 5:15pm Prostate Partners Info Session 6:30pm Prostate Partners 6:30pm Life After Cancer Treatment Group 6:30pm Exercise Class</p>	<p>11:00am Group for Older Adults w/ Cancer 12:30pm Restorative Motion 1:00pm Setting Intentions</p>	<p>10:00am Tai Chi 10:30am Welcoming Orientation 11:00am Detox: Fact vs Fiction</p>
<p>10:00am Zumba 12:00pm Breast Cancer and Body Weight: Lunch and Learn 1:30pm Meditation 2:00pm Breast Cancer Group 6:30pm Bridges Grief Group for Families 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>12:30pm Exercise Class 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Metastatic Breast Cancer Group</p>	<p>10:00am Yoga 11:00am Grief, When will it End? 12:00pm Welcoming Orientation 12:30pm Balance for Improved Function 2:00pm Gynecological Cancer Group 6:00pm Detox: Fact vs Fiction 6:30pm Aquatic Therapy</p>	<p>12:30pm Exercise Class 6:30pm Exercise Class</p>	<p>12:30pm Restorative Motion 1:00pm Art Class: Danchyeong</p>	<p>10:00am Tai Chi 10:30am Welcoming Orientation</p>
<p>10:00am Zumba 3:30pm Pancreatic Cancer Group 5:30pm Meditation 6:30pm KidsHop/TeenShop 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>12:30pm Exercise Class 6:30pm Grief Group-W 6:30pm Grief Group-E 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers</p>	<p>10:00am Yoga 12:00pm Welcoming Orientation 12:30pm Balance for Improved Function 6:00pm Managing Side Effects 6:30pm Drawing Group</p>	<p>12:30pm Exercise Class 6:30pm Exercise Class 6:30pm Young Adult Group</p>	<p>12:30pm Restorative Motion</p>	<p>10:00am Tai Chi 10:30am Welcoming Orientation</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>1</p> <p>10:00am Zumba 1:30pm Meditation 5:30pm Myeloma Support Group 6:30pm Bridges Grief Group for Families 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>2</p> <p>12:30pm Exercise Class 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Group for Young Women w/ Breast Cancer</p>	<p>3</p> <p>10:00am Yoga 12:30pm Balance for Improved Function 6:00pm Cancer Fighting Kitchen 6:30pm Pelvic Floor Program</p>	<p>4</p> <p>12:30pm Exercise Class 6:30pm Exercise Class 6:30pm Sister Circle 6:30pm Dreaming Sweet Dreams</p>	<p>5</p> <p>9:30am Guided Imagery 11:00am Whole Food Lifestyle Check In 12:30pm Restorative Motion</p>	<p>6</p> <p>10:00am Tai Chi 10:30am Welcoming Orientation</p>
<p>Summer Camp Registration open March 1st! Call Casey Durkin to register your child for Summer Camp 2021 at 216.455.1523</p>					
<p>8</p> <p>10:00am Zumba 3:30pm Oral, Head & Neck Cancer Group 5:30pm Meditation 6:30pm Kids hop/Teen Shop 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>9</p> <p>12:30pm Exercise Class 2:00pm Grief Group-W 6:30pm Grief Group-E 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Exercise: Push and Pull 6:30pm Writing Group</p>	<p>10</p> <p>10:00am Yoga 12:30pm Balance for Improved Function 6:00pm Side Effects & Nutrition</p>	<p>11</p> <p>12:30pm Exercise Class 6:30pm Life After Cancer Group 6:30pm Exercise Class</p>	<p>12</p> <p>12:30pm Restorative Motion</p>	<p>13</p> <p>10:00am Tai Chi 10:00am Children & Teens with Cancer 10:30am Welcoming Orientation 11:00am Side Effects & Nutrition</p>
<p>15</p> <p>10:00am Zumba 1:30pm Meditation 2:00pm Breast Cancer Group 6:30pm Bridges Grief Group for Families 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>16</p> <p>12:30pm Exercise Class 5:15pm Prostate Partners Info Session 6:30pm Prostate Partners 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Metastatic Breast Cancer Group</p>	<p>17</p> <p>10:00am Yoga 11:00am Grief, When will it End? 12:30pm Balance for Improved Function 2:00pm Gynecological Cancer Group</p>	<p>18</p> <p>12:30pm Exercise Class 6:30pm Exercise Class 6:30pm Fight or Flight Response Program</p>	<p>19</p> <p>11:00am Group for Older Adults w/ Cancer 12:30pm Restorative Motion</p>	<p>20</p> <p>10:00am Tai Chi 10:30am Welcoming Orientation</p>
<p>22</p> <p>10:00am Zumba 3:30pm Pancreatic Cancer Group 5:30pm Meditation 6:30pm Kids hop/Teen Shop 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Welcoming Orientation 7:00pm Exercise Class</p>	<p>23</p> <p>12:30pm Exercise Class 6:30pm Grief Group-W 6:30pm Grief Group-E 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 6:30pm Group for Those w/ Cancer 6:30pm Exercise: Push and Pull</p>	<p>24</p> <p>10:00am Yoga 12:30pm Balance for Improved Function 6:00pm Nutrition 101 6:30pm Drawing Group</p>	<p>25</p> <p>12:30pm Exercise Class 6:30pm Exercise Class 6:30pm Prostate Cancer in African American Community 6:30pm Young Adults w/ Cancer Group</p>	<p>26</p> <p>12:30pm Restorative Motion</p>	<p>27</p> <p>10:00am Tai Chi 10:30am Welcoming Orientation</p>
<p>29</p> <p>10:00am Zumba 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers 7:00pm Exercise Class</p>	<p>30</p> <p>12:30pm Exercise Class 6:30pm Watercolor Cards 6:30pm Group for Adults w/ Cancer 6:30pm Group for Caregivers</p>	<p>31</p> <p>10:00am Yoga 12:30pm Balance for Improved Function 6:00pm Self-Compassion & Forgiveness</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>New To The Gathering Place? Attend a Virtual Welcoming Orientation Adults (over 18) touched by cancer are invited to learn about our FREE programs and services: Mondays, 6:30pm - Saturdays, 10:30am Register at www.touchedbycancer.org/calendar</p> </div>		
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>ALL programs at The Gathering Place are being offered virtually and require advanced registration. Call 216.595.9546 or visit: www.touchedbycancer.org/calendar</p> </div>					

THE GATHERING PLACE

FREE Programs for Those Coping with Cancer

January • February • March • 2021

To register for our programs go to:
www.touchedbycancer.org/calendar

All programs at The Gathering Place are being offered virtually.

We are available by phone: 216.595.9546

• Monday-Friday, 9:00am-5:00pm

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, Ohio 44145

Virtual Welcoming Orientation:

New to the Gathering Place? Adults (over 18) touched by cancer are invited

to learn about our FREE programs and services:

Mondays, 6:30pm • Saturdays, 10:30am

Register at www.touchedbycancer.org/calendar



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Message from our Chief Program Officer

One year ago, “coronavirus” seemed far away from NE Ohio. On March 13th, we closed our doors to in-person cancer support and three days later, we opened a new door to virtual programs and services, and we have never looked back as we hold your safety and our mission in our hearts. Our program staff invested deeply in learning new ways to create and deliver virtual programs and services. I am so incredibly proud and grateful. In this quarter’s calendar, all our programs and service remain virtual.

In this world of uncertainty, our mission remains the same. **“To support, educate, and empower individuals and families currently coping with the impact of cancer in their lives through programs and services provided free of charge”**. At 20 years young, the vision of our new CEO Michele Seyranian will help us navigate where and how we provide these programs and services.

We continue to listen and learn about the cancer support needs of individuals and families who have not come through our doors (physically or virtually) over the past 20 years. When invited, we will work together with communities around Greater Cleveland who have not previously been able to access our cancer support services. Our programs and services will be culturally sensitive, relevant, and accessible to all. Join our dietitian and the owner of MoBites for **“Cooking for the Soul”** in February and Dr. Modlin and Frances Mills in March when they talk about **“Prostate Cancer in the African American Community”**. Each quarter, we will offer a Community Event, inviting anyone interested in learning more about The Gathering Place to an event that brings us all closer together during an evening of music, lecture, or creative arts. Please join us for a community event in January as we travel **“Around the World with a Violin”**.

One silver lining in this pandemic is the appreciation of how many more participants we are able to support virtually. Family members across the country with a loved one in Cleveland on the cancer journey can receive support. Those too ill to drive or walk through our doors can receive support from the comfort of their home or hospital bed.

In this edition of our program newsletter, you will see the return of the daily calendar. We hope this is helpful to you as you explore our programs. As we continue to evolve as an organization, so too will our methods of delivering information. We welcome your feedback during this transition.

Sometime in 2021, we will welcome you back inside our Beachwood and Westlake locations while continuing to provide virtual programming. May 2021 bring more joy and connectedness to you and your loved ones.

Beth



Beth Bennett

The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided **FREE of charge**.