Summer 2021
JULY • AUGUST • SEPTEMBER

WHAT’S INSIDE

WELCOMING ORIENTATION
It’s easy to get started. Connect with The Gathering Place today.

JOIN A LECTURE
Hear from medical experts and discuss hot topics as they relate to cancer.

COMMUNITY EVENTS
Don’t miss our monthly events with our community partners.

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.
We hope you enjoy our newly redesigned quarterly program calendar and newsletter! I encourage you to explore the wide variety of FREE cancer support programs and services we provide at The Gathering Place. I am extremely proud of our program staff as they continue to develop relevant programming to meet the needs of those on their cancer journey.

All of us at The Gathering Place remain committed to Northeast Ohio’s cancer community. Please do not hesitate to reach out to one of our licensed therapists or staff members at any point as you navigate the effects of cancer in your life.

with appreciation,
MICHELE SEYRANIAN
CEO

WELCOME
New to The Gathering Place?
Start here! Meet with a staff member to explore our FREE programs and services. Connect with Beth Bennett to schedule a Welcoming Orientation today.

MONDAYS AT 6:30PM
SATURDAYS AT 10:30AM

BETH BENNETT, PT, RDN, LD, MS, MA
CHIEF PROGRAM OFFICER
bennett@touchedbycancer.org
216-455-1517

OUR OFFICES
All programs at The Gathering Place are currently being offered virtually. For a complete list of programs and to register, visit touchedbycancer.org/calendar.

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

THE GATHERING PLACE EAST
The Arnold & Sydell Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST
The Sandy Borrelli Center
25425 Center Ridge Road, Westlake, OH 44145

MEET THE CLINICAL TEAM

BETH BENNETT
PT, RDN, LD, MS, MA
bennett@touchedbycancer.org
216-455-1517

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

EILEEN COAN
MA, MLS
coen@touchedbycancer.org
216-455-1504

MARY FISHER-BORNSTEIN
LISW-S
bornstein@touchedbycancer.org
216-455-1504

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

SUSAN MARINAC
MSA, LISW-S, MT-BC
marinac@touchedbycancer.org
216-455-1512

ERIN RAFTER
PhD, CCSP
rafter@touchedbycancer.org
216-445-1516

ANDREA SONNIE
LISW-S, OSW-C
sonnie@touchedbycancer.org
216-455-1521
ONGOING PROGRAMS

Nutrition & Exercise
Health and fitness screening required before attending any movement class. Call Stephen Cerne at 216-455-1503

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: 7-8PM Michael Ciccirello, GFI, PT
TUESDAYS & THURSDAYS: 12:30-1:00PM Stephen Cerne, NSCA-CPT, ACSM/ACS-CET
THURSDAYS: 8:30-9:30PM Michael Ciccirello, GFI, PT

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

ZUMBA WITH ANITA BARTEL
Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.
MONDAYS: 10:00-11:00AM

SUPPORT GROUPS

ALL CANCERS
GROUP FOR ADULTS WITH CANCER
Mondays: 6:30-8:00pm
Ellen Heyman, MSN, RN
216-455-1509

GROUP FOR CAREGIVERS
Mondays: 6:30-8:00pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

GROUP FOR ADULTS WITH CANCER
Tuesdays: 6:30-8:00pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1512

GROUP FOR CAREGIVERS
Tuesdays: 6:30-8:00pm
Ellen Heyman, MSN, RN
216-455-1509

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER
1st Mondays: 6:30-8:00pm
Jackie Barnes, LISW-S
216-455-1507

LIFE AFTER CANCER TREATMENT GROUP
2nd Thursdays: 6:30-8:00pm
Ellen Heyman, MSN, RN
216-455-1509

GROUP FOR YOUNG ADULTS WITH CANCER
4th Thursdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

GROUP FOR OLDER ADULTS WITH CANCER
3rd Fridays: 11:00am-12:30pm
Erin Rafter, PHD, CCLS
216-455-1516

CANCER SPECIFIC

MYELOMA GROUP
1st Mondays (every other month): 5:30-6:30pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

YOUNG WOMEN WITH BREAST CANCER GROUP
1st Mondays: 6:30-8:00pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

ORAL, HEAD, AND NECK CANCERS GROUP
2nd Mondays: 3:30-4:30pm
Ellen Heyman, MSN, RN
216-455-1509

PROSTATE PARTNERS GROUP
2nd Thursdays: 6:30-7:30pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

BREAST CANCER GROUP
3rd Mondays: 2:00-3:30pm
Andrea Sonnie, LISW-S, OSW-C
216-455-1521

METASTATIC BREAST CANCER GROUP
3rd Tuesdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

GYNECOLOGICAL CANCERS GROUP
3rd Wednesdays: 2:00-3:00pm
Susan Marinac, MSSA, LISW-S, MT-BC
216-455-1512

PANCREATIC CANCER GROUP
4th Mondays: 3:30-4:30pm
Ellen Heyman, MSN, RN
216-455-1509

RESTORATIVE MOTION
A slow flow stretching and yoga-based program.
FRIDAYS: 12:30-1:00PM
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

YOGA WITH LISA THIEL
A gentle flow class appropriate for all levels.
WEDNESDAYS: 10:00-11:00AM

QIGONG & TAI CHI WITH JEANNE KORAN
Reduce stress & improve balance.
SATURDAYS: 10:00-11:00AM

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.

GRIEF & LOSS

GRIEF GROUP
2nd Tuesdays: 2:00-3:30pm
Erin Rafter, PHD, CCLS
216-455-1516

GRIEF GROUP
4th Tuesdays: 6:30-8:00pm
Erin Rafter, PHD, CCLS
216-455-1516

GRIEF GROUP
2nd & 4th Tuesdays: 6:30-8:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

GRIEF GROUP (GRIEF: WHEN WILL IT END?)
3rd Wednesdays: 11:00am-12:00pm
Mary Fisher-Bornstein, LISW-S
216-455-1506

INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions & wigs
EILEEN COAN, MA, MLS
216-455-1504

Individual Short-Term Cancer Focused Emotional Support
SUSAN MARINAC, MSSA, LISW-S, MT-BC
216-455-1512

Children & Family/Parent Consultations
ERIN RAFTER, PHD, CCLS
216-455-1516

Nutrition and Exercise Consultations
BETH BENNETT, PT, MA, MS, RD, LD
216-455-1517

Distant Reiki
MARY FISHER-BORNSTEIN, LISW-S
216-455-1506
FIREWORKS! ANGER AND CANCER
Anger is a big emotion that can be a natural reaction to a cancer diagnosis. Explore this emotion and learn healthy ways to express your anger.
ANDREA SONNIE, LSW-S, OSW-C
WEDNESDAY, JULY 7  6:30-7:30PM

WALK THE LABYRINTH (IN PERSON)
Learn the meaning and purpose of this restful walking meditation. ½ hour appointments will be made for up to 5 individuals or a pod of 5 family/friends. Explanation, walking and processing can all be done easily within that half hour. Outside at TGP East if weather allows.
Call EILEEN COAN, MA, MLS at 216-455-1504 for an appointment.
FRIDAY, JULY 9  10:30 AM-1:30 PM

ROUND TABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER
Join others who are newly diagnosed with cancer. Ask questions and gain insight in this professionally facilitated discussion.
SUSAN MARINAC, MSSA, LISW-S, MT-BC
FRIDAY, JULY 9  12:00-1:00PM

NEUROPATHY & CANCER
Cancer treatment can increase the risk of developing Chemotherapy Induced Peripheral Neuropathy (CIPN). Understand the causes, how it impacts life and develop strategies for managing neuropathy pain during and after cancer treatment.
JENNY DVORKIN, MD
WEDNESDAY, JULY 21  6:30-8:00PM

SPIRITUALITY: FOCUSING ON SELF-COMPASSION
Self-Compassion is about allowing feelings of tenderness and love which we give to ourselves before we can truly give to others.
MARY FISHER-BORNSTEIN, LSW-S
TUESDAY, AUGUST 3  6:30-7:30PM

HORTICULTURE WORKSHOP
Using a simple wire bending process, create a topiary frame that will inspire new growth in yourself. All supplies provided.
KAREN KENNEDY, HTR
FRIDAY, AUGUST 6  10:00-11:30AM

MINORITIES & CLINICAL TRIALS
This session will explore barriers including mistrust in the medical community and lack of access as we learn how to improve communication and access for minorities interested in learning about cancer clinical trials.
SMITHA KRISHNAMURTHI, MD
WEDNESDAY, AUGUST 11  6:30-8:00PM

BREAST CANCER & EXERCISE FOR WOMEN OVER 60
PART 1:
Sharing research results from the IMPROVE Study.
CYNTHIA OWUSU, MD, PRIMARY INVESTIGATOR IMPROVE STUDY
WEDNESDAY, SEPTEMBER 1  6:30-8:00PM
PART 2:
Translating cancer research into action steps
STEPHANIE HOPKINS, MS, RDN, LS
STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET
THURSDAY, SEPTEMBER 9  6:30-8:00PM

SOUND BATH: A CRYSTAL SINGING BOWL EXPERIENCE
Immersive, relaxing sound experience utilizing crystal bowls.
BECKY HOPP
THURSDAY, AUGUST 19, 6:30-7:30PM

The Gathering Place reminds you how to live. It brings joy to a very dark place.
FRANCES I. PARTICIPANT
NUTRITION & EXERCISE
For more exercise classes see Ongoing Exercise Programs on page 3

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
FRIDAYS:
JULY 2
AUGUST 6
SEPTEMBER 3

MASON JAR MEALS
Mason jars are a great vehicle to store a nutrient-packed salad or meal. Learn how to take advantage of this kitchen hack for easy nutrition during or after cancer treatment.
STEPHANIE HOPKINS, MS, RDN, LD
SATURDAY, AUGUST 7  11:00AM-12:00PM OR
WEDNESDAY, AUGUST 11  6:00-7:00PM

HEALTHY 10 CHALLENGE: SUPPORT GROUP SERIES
Join others in a support group to accomplish the Healthy 10 Challenge: a free, 10-week online program offered by the American Institute of Cancer Research to improve diet, nutrition, physical activity, and weight. The Healthy 10 Challenge focuses on lifestyle behaviors to help lower cancer risk, promote survivorship, and better overall health.
STEPHANIE HOPKINS, MS, RDN, LD
WEDNESDAYS:
AUGUST 10
SEPTEMBER 1
SEPTEMBER 15
OCT 6
OCT 20
OCT 27

INTRO TO BALANCE FOR IMPROVED FUNCTION
A slow, progressive program focused on stability and body awareness, allowing for improved function.
STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET
TUESDAY, SEPTEMBER 7  6:30-7:30PM

NOURISHING SLOW COOKER MEALS
If cooking feels like a challenge during or after treatment, turn to your slow cooker/Instapot or crockpot as a tool to make the cooking process no fuss. Tune in to review balanced and nutritious meals you and the whole family will enjoy that all can be made in a slow cooker.
STEPHANIE HOPKINS, MS, RDN, LD
WEDNESDAY, SEPTEMBER 22  6:00-7:00PM OR
SATURDAY, SEPTEMBER 25  11:00AM-12:00PM

FARMERS MARKET GUIDE
Increase your plant food consumption by visiting and shopping farmers markets! Join this cooking class to learn more about local farmers markets and how to incorporate seasonal produce in a cancer protective diet.
STEPHANIE HOPKINS, MS, RDN, LD
SATURDAY, JULY 17  11:00AM-12:00PM OR
WEDNESDAY, JULY 21  6:00-7:00PM

AICR LIFESTYLE PASSPORT
Through evidence-based research, the American Institute of Cancer Research has developed recommendations on lifestyle behaviors for cancer prevention and cancer survivorship. Review how you can put AICR recommendations into action through programming and support at The Gathering Place now and next quarter when The Gathering Place offers a passport program. Join to learn more.
STEPHANIE HOPKINS, MS, RDN, LD
WEDNESDAY, SEPTEMBER 29  6:00-7:00PM

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
WEDNESDAYS:
JULY 14
AUGUST 4
SEPTEMBER 8

INTUITIVE EATING FOR CANCER SURVIVORS
Intuitive Eating is a practice that focuses on nurturing your body and making peace with food. This discussion will work to dismantle the chronic diet mentality and encourage improving your relationship with food and nutrition to promote survivorship.
STEPHANIE HOPKINS, MS, RDN, LD
MONDAY, AUGUST 30  6:00-7:00PM

FIND BALANCE IN MOVEMENT AND NUTRITION
Join Stephen and Stephanie for a dual exercise and nutrition program. Stephen will first lead you through a balance-focused movement routine. Stephanie will follow to discuss what a balanced diet looks like for cancer treatment and cancer survivorship.
STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET
STEPHANIE HOPKINS, MS, RDN, LD
MONDAY, JULY 19  12:30-1:30PM

ANNOUNCEMENT
Due to the ongoing COVID-19 concerns, The Gathering Place has made the decision to not offer a Dragon Boat Program this summer. We are sorry to announce this but your safety is our first priority. We look forward to resuming our season in the summer of 2022.

Please email
BETH BENNETT
bennett@touchedbycancer.org
or call 216-455-1137
to learn more about our Dragon Boat program.
CANCER SPECIFIC PROGRAMS
See Support Groups on page 3 for more cancer specific options

UNDERSTANDING HER2+ BREAST CANCER
Gain a better understanding of your diagnosis and learn about risks for recurrence.
Laurie Rosa, BSN, RN, OCN, CBCN
Thursday, July 29 6:30-8:00PM

I believe healing just doesn’t happen from medical attention, but also moral support and The Gathering Place is the epitome of this. I’ve seen it firsthand.

Antwan S. Participant

MYELOMA GROUP
Updates and resources from the International Myeloma Foundation.
Mary Fisher-Bornstein, LISW-S
Stevi Gutin, RN
Robin Tuohy, VP, International Myeloma Foundation
Monday, July 12 5:30-6:30PM
Grab some food and join us for this meet-up where we will get reacquainted, network and plan future group meetings.
Mary Fisher-Bornstein, LISW-S
Stevi Gutin, RN
Monday, September 13 5:30-6:30PM

PROSTATE PARTNERS INFORMATION SESSION
For men who have been diagnosed with prostate cancer within the last six months.
Contact Erin Rafter with questions 216-455-1516
Thursdays: 5:15-6:15PM
July 8
August 12
September 9

Support for Children and Teens with Cancer
For children and teens who have been diagnosed with cancer. Siblings and parents are welcome to attend these creative, interactive and supportive sessions.
Topic: Sleeping Through Emotional Fireworks Saturday, July 10 10:00-11:00AM
Topic: Drumming Out Feelings Saturday, August 14 10:00-11:00AM
Topic: Strategizing Back to School Transitions Saturday, September 11 10:00-11:00AM

Bridges Grief Group for Families
Group for parents, children and teens who have experienced a death of an adult loved one from cancer. Includes expressive, age specific, group activities and a concurrent support group for parents.
Mondays: 6:30-7:30PM
July 19
August 2
August 16
September 20

KidsShop/TeenShop
Workshop for children & teens who have an adult family member with cancer. Utilizing art, play, & discussion, children, teens and their parents interact with families in similar situations.
Topic: Cooling Down Big Emotions Monday, July 12 & 26 6:30-7:30PM
Topic: Family Pizza Night Monday, August 23 6:30-7:30PM
Topic: Strategies for Coping with Change Mondays, September 13 & 27 6:30-7:30PM

Children, Teen & Family
Registration required for all children and family programs. Please contact Erin Rafter at 216-455-1516.

Fun Fall Family Events

Please stay tuned for some great events this fall with our Camp Partners including Berea Animal Rescue and Fieldstone Farms. Families and children will learn about and interact with animals in addition to some other exciting opportunities.

More info to come!
GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for women in their 20’s, 30’s and 40’s diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-5, MT-BC

TUESDAYS: 6:30-8:00PM
JULY 6
AUGUST 3
SEPTEMBER 7

YOUNG ADULTS SURVIVING CANCER

Program for young adults (ages 18-40) surviving cancer. Program provides opportunities for social networking and offers creative opportunities to assist in coping.

MARY FISHER-BORNSTEIN, LISW-5

TOPIC: SELF-Soothing TECHNIQUES
THURSDAY, JULY 22 6:30-8:00PM

TOPIC: INTIMACY AND CANCER
THURSDAY, AUGUST 26 6:30-8:00PM

TOPIC: HOW TO PUT CANCER IN ITS PLACE
THURSDAY, SEPTEMBER 23 6:30-8:00PM

ART, MUSIC & MEDITATION

MEDITATION & GUIDED IMAGERY

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS
ERIN RAFTER, PHD, CCLS

MONDAYS: 5:30-6:15PM
JULY 12 & 26
AUGUST 9 & 23
SEPTEMBER 13 & 27

FRIDAYS: 9:30-10:15AM
JULY 2
AUGUST 6
SEPTEMBER 3

WRITING GROUP

Follow simple writing prompts to stimulate ideas. Enhance your creativity and find ways to more effectively cope with cancer.

EILEEN COAN, MA, MLS

WEDNESDAYS: 6:30-7:30PM
JULY 14
AUGUST 11
SEPTEMBER 1

THE BENEFITS OF MUSIC THERAPY

Learn about music therapy and how it can help you when coping with cancer.

SENeca BLOCK, MA, MT-BC

FRIDAY, JULY 23 12:00-1:00PM

ART THERAPY: WATERCOLOR Doodles

Join a virtual experiential art therapy session that will allow you to relax, recharge and play with colors and doodles.

MAUREEN MOSES, MA, ATR-BC

WEDNESDAY, SEPTEMBER 15 1:00-2:30PM

With cancer there’s curing and healing. The Gathering Place is where people go to be healed.

CRISTINA D.
PARTICIPANT
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<th>MON</th>
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<tr>
<td>10:00AM Zumba</td>
<td>12:30PM Exercise</td>
<td>10:00AM Yoga</td>
<td>12:30PM Exercise</td>
<td>9:30AM Meditation &amp; Guided Imagery</td>
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<tr>
<td>2:30PM Pancreatic Cancer Group</td>
<td>6:30PM Adults with Cancer Group</td>
<td>12:30PM Balance for Improved Function</td>
<td>6:30PM Sister Circle</td>
<td>11:00AM Whole Food Lifestyle Check In</td>
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<td>3:30PM Meditation &amp; Guided Imagery</td>
<td>6:30PM Caregiver Group</td>
<td>6:30PM Sarcopenia &amp; Cancer Part 2</td>
<td>12:30PM Restorative Motion</td>
<td>12:00PM RoundTable Discussion: Newly Diagnosed</td>
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<td>6:30PM Adults with Cancer Group</td>
<td>6:30PM Young Women with Breast Cancer</td>
<td>12:30PM Yoga</td>
<td>12:30PM Restorative Motion</td>
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<td>6:30PM Caregiver Group</td>
<td>6:30PM KidShop/Teenshop</td>
<td>10:00AM Exercise</td>
<td>10:00AM Children and Teens with Cancer Group</td>
<td>10:00AM Olgong &amp; Tai Chi</td>
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<td>6:30PM Welcoming Orientation</td>
<td>7:00PM Exercise</td>
<td>12:30PM Yoga</td>
<td>11:00AM Older Adults Group</td>
<td>10:30AM Welcoming Orientation</td>
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<tr>
<td>7:00PM Exercise</td>
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<td>2:00PM Gynecological Cancer Group</td>
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<td>11:00AM Olgong &amp; Tai Chi</td>
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| Closed for Independence Day | 12:30PM Exercise | 10:00AM Yoga | 12:30PM Exercise | |}

**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.**
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<td>12:30PM Exercise</td>
<td>10:00AM Qigong &amp; Tai Chi</td>
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<td>6:30PM Bridges</td>
<td>6:30PM Adults with Cancer Group</td>
<td>12:30PM Balance for Improved Function</td>
<td>6:30PM Exercise</td>
<td>11:00AM Qigong &amp; Tai Chi</td>
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<td>6:30PM Adults with Cancer Group</td>
<td>6:30PM Caregiver Group</td>
<td>6:00PM Cancer Fighting Kitchen</td>
<td>6:30PM Sister Circle</td>
<td>11:00AM Whole Food Lifestyle Check In</td>
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<td>6:30PM Welcome Orientation</td>
<td>6:30PM Spirituality &amp; Self-Compassion</td>
<td>6:00PM Survivorship &amp; Family Communication</td>
<td>12:30PM Restorative Motion</td>
<td>11:00AM Mason Jar Meals</td>
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<td>7:00PM Exercise</td>
<td>6:30PM Young Women with Breast Cancer</td>
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**AUGUST PROGRAM CALENDAR**

**ADVANCE REGISTRATION REQUIRED.**

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR

*Please note: All support groups are currently virtual. We have maintained the groups that were meeting on the East & West side prior to COVID.*

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

**Advance Registration Required:** 216-595-9546  
TouchedByCancer.org/Calendar

- **Green Text** indicates West Location Group
- **Blue Text** indicates East Location Group

**Please Note:** All support groups are currently virtual. We have maintained the groups that were meeting on the East & West side prior to COVID.

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| Closed For Labor Day | 12:30PM Exercise  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM PFS and Cancer  
6:30PM Intro to Balance  
6:30PM Young Woman with Breast Cancer | 12:30PM Yoga  
12:30PM Balance for Improved Function  
6:00PM Healthy 10 Challenge  
6:30PM Writing Group  
6:30PM Breast Cancer IMPROVE Study Lecture | 12:30PM Exercise  
6:30PM Exercise  
6:30PM Sister Circle | 9:30AM Meditation & Guided Imagery  
11:00AM Whole Food Lifestyle Check In  
12:30PM Restorative Motion | Closed For Labor Day |
| **10:00AM Zumba**  
3:30PM Oral, Head, & Neck Cancer Group  
5:30PM Meditation & Guided Imagery  
5:30PM Myeloma Group  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM KidShop/Teenshop  
6:30PM Welcoming Orientation  
7:00PM Exercise | 12:30PM Exercise  
2:00PM Grief Group  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM Grief Group | 12:30PM Yoga  
11:00AM Grief Group  
12:30PM Balance for Improved Function  
1:00PM Art Therapy  
2:00PM Gynecological Cancer Group  
6:00PM Healthy 10 Challenge | 12:30PM Exercise  
6:30PM Exercise  
6:30PM Older Adults Group  
12:30PM Restorative Motion | 10:00AM Children and Teens with Cancer Group  
10:00AM Qigong & Tai Chi  
10:30AM Welcoming Orientation |
| 10:00AM Zumba  
2:00PM Breast Cancer Group  
6:30PM Bridges  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM Welcoming Orientation  
7:00PM Exercise | 12:30PM Exercise  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM Metastatic Breast Cancer Group | 10:00AM Yoga  
12:30PM Balance for Improved Function  
6:00PM Slow Cooker Meals | 12:30PM Exercise  
6:30PM Exercise  
6:30PM Life After Cancer Group  
6:30PM Young Adult Group | 10:00AM Qigong & Tai Chi  
10:30AM Welcoming Orientation  
11:00AM Slow Cooker Meals |
| 10:00AM Zumba  
3:30PM Pancreatic Cancer Group  
5:30PM Meditation & Guided Imagery  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM KidShop/Teenshop  
6:30PM Welcoming Orientation  
7:00PM Exercise | 12:30PM Exercise  
6:30PM Adults with Cancer Group  
6:30PM Caregiver Group  
6:30PM Grief Group | 10:00AM Yoga  
12:30PM Balance for Improved Function  
6:00PM AICR Lifestyle Passport  
6:30PM Succulent Gardens | 12:30PM Exercise  
6:30PM Exercise | 10:00AM Qigong & Tai Chi  
10:30AM Welcoming Orientation |
IN THE COMMUNITY

Our partners are instrumental in supporting the mission of The Gathering Place. We recognize that everyone has different needs while coping with cancer and by working with our local healthcare systems, we meet people where they are on their cancer journey.

The Gathering Place is pleased to partner with MetroHealth Cancer Center by providing free resources for cancer for patients and their family members. The Gathering Place staff will be on location at the MetroHealth Main Campus the following days and times:

Mondays 1:00-3:00PM and Thursdays 10:00AM-12:00PM
Find out more by visiting metrohealth.org/cancer/the-gathering-place.

Our team continues their work with University Hospitals Seidman Cancer Center. TGP Clinical Staff Members, Andrea Sonie LISW-S, OSW-C and Stephanie Hopkins MS, RDN, LD, serve as Clinical Community Liaisons providing patients and their loved ones with information about The Gathering Place’s free programs and services.

This summer, The Gathering Place and Cleveland Clinic’s South Pointe Hospital are developing relevant programming for Warrensville Heights residents and those in the surrounding communities faced with cancer.

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.
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.