NATIONAL FAMILY CAREGIVERS AWARENESS MONTH

CAREGIVER APPRECIATION: A MOMENT FOR YOU

Join us for a special event for caregivers only, recognizing the compassion, strength, and love they provide loved ones affected by cancer.

Enjoy self-care activities, Reiki sessions, and time to connect, relax and feel appreciated. Refreshments will be provided.

Facilitators: Bess Kaple, MSW, LSW & Karelys Ortiz Santiago, MSW, LSW

Thu, November 5, 12:00-1:30pm
TGP West- 25425 Center Ridge Rd.

Thu, November 19, 6:30-8:00pm
TGP East- 23300 Commerce Park

Caregiver Support Group

Support group for caregivers, family members and friends of those diagnosed with cancer.

Mondays, 6:30-8:00pm
Alternates between TGP West and Online

Thursdays, 6:30-8:00pm
Alternates between TGP East and Online

Guided Meditation ***open to any adult impacted by cancer**
Learn how to clear your mind, relax your body, breathe slower and deeper, and go on a "journey".
Mon, Nov 2 & 16, 6:30-7:15pm, Online

Singing Bowls (Sound Bath) ***open to any adult impacted by cancer**
Immerse yourself in the healing power of sound. A full body relaxation experience to help with stress, tension and more.
Fri, Nov 13, 11:00am-12:00pm, TGP West & Online
Sat, Nov 21, 10:00-11:00am, TGP West

Mindfulness Retreat ***open to any adults impacted by cancer**
Discover the foundations of mindfulness through mindful movement, breathwork, and guided meditation to help participants reduce stress, improve focus, and cultivate overall well-being. Movements can be done in a chair and are suitable for all abilities.
Sat, Nov 14, 10:00am-1:00pm, TGP East

THE GATHERING PLACE EAST
23300 Commerce Park
Beachwood, Ohio 44122

THE GATHERING PLACE WEST
25425 Center Ridge Road
Westlake, Ohio 44145

SCAN THE QR CODE TO VISIT OUR WEBSITE

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.

touchedbycancer.org | 216-595-9546

the gathering place
SUPPORTING THOSE TOUCHED BY CANCER