

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 want you to know that our doors are open to you to be a cozy refuge- a place where you can find comfort, connection, and care. This time of year can be challenging for many, as the seasons change and the holidays approach. It is especially important to have a place where you feel supported.

Many wonderful programs are scheduled this quarter to help you navigate this season. From **Surviving and Thriving in the Holidays** to **Coping with Grief During the Holidays**, we have a variety of programs focusing on self-care strategies. Perhaps you have just learned of your diagnosis and are unsure where to start. Consider registering for **Coping with a New Cancer Diagnosis** where you will hear from others in similar situations and learn treatment basics, side effects, and questions to ask your medical team while making treatment decisions.

Whether you are newly diagnosed, a family with school-aged children navigating all the changes that come with a diagnosis, a loved one journeying through this experience with someone with cancer, grieving the loss of a loved one due to cancer, or nearing the end of your treatment and dealing with anxiety about your new reality, we are here to support you as you take your next steps.

I look forward to seeing you this fall. We will have an **Open House** at our Beachwood location on Wednesday, November 6 at 5:00pm and at our Westlake location on Thursday, November 21 at 5:00 pm. Please stop by to say hello. I always enjoy hearing from you.



OUR OFFICES

OFFICE HOURS

Office Hours: Monday through Friday, 9:00am – 5:00pm

Beachwood: 2nd Saturday of the month 9:00am – 1:00pm

Westlake: 3rd Saturday of the month 9:00am – 1:00pm

Holiday Office Hours: 10:00am - 3:00pm, December 23, 26, 27, 30, 31

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

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

WELLNESS CENTER

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

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



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

If you see more than one icon grouped together, it means the program is in person at one of our locations, and is also offered virtually. Note all programs are EDT time. If you have additional questions, please contact our Participant Navigator at 216-455-1507.

MEET THE CLINICAL TEAM

CHIEF PROGRAM OFFICER



KAREN HATFIELD

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PROGRAM STAFF



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STEPHANIE HOPKINS

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TGP KIDS



WHITNEY HADLEY

MA, MSW, LSW, OSW-C Child, Teen and Young Adult Program Manager hadley@touchedbycancer.org 216-455-1522



ADELLE GATES
MA, CCLS

MA, CCLS gates@touchedbycancer.org 216-455-1523

ONGOING MOVEMENT PROGRAMS I



BEACHWOOD



WESTLAKE





Health and fitness screenings are required before attending any movement classes. Please reach out to Sandy at 216-455-1529.

BALANCE FOR IMPROVED FUNCTION

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

WEDNESDAYS: 12:30-1:00PM 🕒 *RECORDINGS AVAILABLE Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

CHAIR ONE FITNESS

Fun chair-based dance fitness class that helps improve posture, strengthen shoulders, lubricate knee joints, and increase flexibility.

THURSDAYS: 11:00-11:45AM 🔼 💷 Anita Bartel

CORE FOR MORE STABILITY & BALANCE

The "core" is made up of muscles that are responsible for proper posture, efficient, functional movement, balance, and stability.

TUESDAYS: 1:00-1:30PM **RECORDINGS AVAILABLE Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

EXERCISE CLASSES *NEW NAMES BUT SAME GREAT CLASSES!

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

WARRIOR WORKNIT WITH KEI SEV

MONDAYS & THURSDAYS: 6:30-7:15PM 🕒 *RECORDINGS AVAILABLE

CIRCUIT FUSION WITH SANDY TUESDAYS: 12:00-12:45PM 😩

FUNCTIONAL MOVEMENT WITH STEPHEN

TUESDAYS: 12:00-12:45PM 🗷 *RECORDINGS AVAILABLE

THURSDAYS: 12:00-12:45PM

BODY BALANCE BOOTCAMP WITH SANDY

THURSDAYS: 12:00-12:45PM 🔳 *RECORDINGS AVAILABLE

Attend an orientation and work out on your own.

THURSDAYS: 9:00-11:00AM SATURDAYS: 10:00AM-11:00AM OCT 12 & 26, NOV 9 & 23, DEC 14

QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM Jeannie Koran

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM A**RECORDINGS AVAILABLE Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

A gentle flow class appropriate for all levels.

AB TUESDAYS: 10:00-11:00AM TUESDAYS: 6:00-7:00PM 8 THURSDAYS: 11:00AM-12:00PM SATURDAYS: 9:00-10:00AM

ZUMBA GOLD

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

MONDAYS: 11:00-11:45AM 🔼 💷 Higo Gabarron

ONGOING ADULT SUPPORT GROUPS

All support groups require registration and screening with the facilitator before attending the first session. Register by visiting our website at touchedbycancer.org/calendar or call our Participant Navigators at 216-455-1507.

*Please note: Some dates have been adjusted due to the holidays.

ALL CANCERS

GROUP FOR ADULTS WITH CANCER 🔼 💷

Brittani Davis, 216-455-1528 Mondays, 6:30-8:00pm

GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516 Thursdays, 6:30-8:00pm Oct 3, 17 & 31, Nov 14, Dec 5 & 19 Oct 10 & 24, Nov 7 & 21, Dec 12 🖪

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512 Mondays, 6:30-8:00pm Oct 7 & 21, Nov 4 & 18, Dec 2 & 16 Oct 14 & 28, Nov 11 & 25, Dec 9

Karelys Ortiz Santiago 216-455-1508 Thursdays, 6:30-8:00pm

FOR CAREGIVERS: LIFE AFTER CANCER TREATMENT (*NEW

Sydney Roberts, 216-455-1520 Fridays, 12:00-1:00pm Oct 11, Nov 8, Dec 13

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522 Oct 24, 6:30-8:00pm



LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520 Oct 8, Nov 12, Dec 10, 6:30-8:00pm



SISTER CIRCLE: FOR AFRICAN AMERICAN 🔼 💷 WOMEN WITH CANCER

Sydney Roberts, 216-455-1520 Oct 1, Nov 5, Dec 3, 6:30-8:00pm

YOUNG ADULT VIRTUAL GROUP 🕒

Whitney Hadley, 216-455-1522 Oct 10, Nov 14, Dec 12, 6:30-7:30pm

CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504 Oct 10, Nov 14, Dec 12, 6:30-7:30pm

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512 Oct 1, Nov 5, Dec 3, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512 Oct 22, Nov 26, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516 Oct 15, Nov 19, Dec 17, 6:00-7:30pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512 Oct 16, Nov 20, Dec 18, 2:00-3:30pm

PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520 Oct 23, Nov 21*, Dec 18*, 3:30-4:30pm

PROSTATE PARTNERS

Support and information for individuals diagnosed with prostate cancer and their loved ones. Contact facilitator for details about program schedule and topics.

Prostate Partners Support/Information Group (for diagnosed individuals) 5:15-6:15pm

Prostate Partners Partner's Group (for partners)

5:15-6:15pm

Topic-Based Support/Education Session (diagnosed individuals and partners) 6:30-8:00pm

Brittani Davis, 216-455-1528 Oct 8

Mary Fisher Bornstein, 216-455-1506 Oct 10, Nov 14, Dec 12

GRIEF & LOSS

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508 Oct 8, Nov 12, Dec 10, 2:00-3:30pm

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508 Oct 22, Nov 26, Dec 17*, 6:30-8:00pm

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528 Oct 22, Nov 26*, Dec 10 6:30-8:00pm

ADULT GRIEF SUPPORT 🔼

Brittani Davis, 216-455-1528 Oct 16, Nov 20, Dec 18, 11:00am-12:30pm

Whitney Hadley, 216-455-1522 Oct 21, Nov 18, Dec 16, 6:30-8:00pm



INFORMATION & EDUCATION





🔳 VIRTUAL 🔼 BEACHWOOD







ALL PROGRAMS ARE EDT TIME

INSTITUTIONAL HEALTH

STRATEGIES TO COPE WITH THE FEAR OF **CANCER RECURRENCE**

Fear of your cancer returning can have a significant impact on your mental health and quality of life. Learn helpful tips on how to cope with fear of recurrence.

SUSAN MARINAC, MSSA, LISW-S

THURS, OCT 3, 12:00-1:30PM 🔼



COFFEE & CONVERSATION

Join us to discuss a different topic each month in a relaxed setting.

PUMPKIN SPICE EDITION

FRI, OCT 11, 10:00-11:00AM 🔼 FRI, OCT 11, 10:00-11:00AM

NOTICING THE GOOD

FRI. NOV 1. 10:00-11:00AM FRI, NOV 8, 10:00-11:00AM

HOLIDAY MEMORIES

FRI. DEC 6. 10:00-11:00AM FRI, DEC 13, 10:00-11:00AM 🔼

WHITNEY HADLEY, MA, MSW, LSW, OSW-C 🔼 KAREN HATFIELD, MMT, MT-BC, CHPCA 🔼



MARY KAY MAKEOVERS

Meet with a local Mary Kay representative for a makeover. You will schedule an individual half hour time slot within the 2 hour program. This is aimed at women with cancer, women who are currently caregivers for cancer patients, or women who have had a recent loss of a loved one to cancer.

EILEEN COAN, MA, MLS

SAT, OCT 5, 2:00-4:00PM 🔼

COPING WITH A NEW CANCER DIAGNOSIS

Meet with other newly diagnosed patients to learn about and discuss the basics of treatment, side effects, emotions, and questions to ask.

EILEEN COAN, MA, MLS

TUESDAYS, 5:00-6:00PM OCT 15. NOV 12. DEC 17

SCAR CARE

Procedures 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, Occupational Therapist

WED. OCT 16. 5:30-7:00PM

SISTER TO SISTER: BREAST CANCER FACTS & SUPPORT

Join us to learn about what to expect during and after breast cancer radiation treatment, financial resources during treatment, how The Gathering Place can support you during cancer treatment. Cancer patients, care/support partners, and anyone wanting to learn more are welcome.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

MON, OCT 21, 12:00-1:00PM 🤼



Location: UH Bedford Wellness Center, 88 Center Rd Ste 250 A, Bedford, OH 44146

MON, NOV 18, 12:00-1:00PM 🖪



SURVIVING AND THRIVING THE HOLIDAYS

While the holidays are mainly about thankfulness and celebration, this can also be a really hard time of year. Learn how to take care of yourself and conserve your energy.

MARY FISHER BORNSTEIN, LISW-S

TUES, NOV 5, 6:00-7:00PM 🔼

CARING FOR YOUR SKIN WHEN FACING CANCER

Skin conditions like rash, itching and dryness are common side effects of cancer treatment. Learn the simple, practical things you can do to keep problems under control. Skin Care gift bags will be provided. V L'ORÉAL LAROCHEPOSAY

NANCY SUTTON

THURS, NOV 7, 12:30-2:00PM 😩 THURS, NOV 7, 6:30-8:00PM

GRATITUDE YOGA

Join us for this slow flow yoga class where we will focus on gratitude.

SANDY BORRELLI, RYT SUSAN MARINAC, MSSA, LISW-S

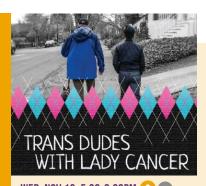
SAT, NOV 9 10:00-11:15AM 🔼

MINDFULNESS IMMERSION RETREAT

We will begin with a presentation to learn the tenets of mindfulness and ways in which we can incorporate them into our lives. Mindfulness movement to follow with Lisa Thiel, where she will engage the group in mindful movements involving breath and movement, slow flow yoga, and meditation.

SARAH AXNER GILMORE, MSSA, LSW LISA THEIL, MA, E-RYT500

SAT, NOV 9, 10:30AM-1:00PM 🔼



WED. NOV 13. 5:30-8:00PM 🤼 💷

Location: Stella Maris,

1320 Washington Ave, Cleveland, OH 44113

5:30PM - NETWORKING

6:30PM - PROGRAM TO BEGIN

QUESTIONS? Contact Susan Marinac

216-455-1512 or Marinac@touchedbycancer.org

All programs require registration.

Visit our website or call our Participant Navigators to register.

BEING PROACTIVE IN MAXIMIZING PELVIC **FLOOR FUNCTION**

What can be done before and after treatment for prostate cancer to minimize bladder, bowel, and sexual dysfunction. Hear from a pelvic floor physical therapist on topics from bladder control to sexual function after cancer treatment as well as side effects such as lymphedema.

LAUREN MERCURIO, PT, DPT SHELLEY ALBERT, PT, DPT

TUES, NOV 12, 6:00-7:30PM

COPING WITH GRIEF DURING THE HOLIDAYS

Significant dates such as holidays, birthdays, anniversaries, or other special events or seasons can bring up many different memories and emotions, especially for those who are grieving. Learn tips on how you can help take care of yourself and those close to you during the holidays.

SUSAN MARINAC, MSSA, LISW-S

THURS, NOV 21, 1:00-2:30PM

UPDATES ON PANCREATIC CANCER

Join this session to hear about updates and what's new for pancreatic cancer treatment.

JORDAN WINTER, MD Chief of Surgical Oncology, University Hospitals

THURS, NOV 21, 3:30-4:30PM



DREAMING SWEET DREAMS

Many people have problems falling asleep or staying asleep. Learn techniques that can help you fall asleep and stay asleep, dreaming sweet dreams.

MARY FISHER BORNSTEIN, LISW-S

TUES, DEC 3, 6:00-7:30PM



Join us for a viewing of this short film documenting the journey of two transmasculine people, their family and communities, as they navigate breast cancer and ovarian cancer within the medical system. We will begin the evening at 5:30pm with a networking hour to connect with folx in the community. After the film, we will have discussion and Q&A. Central Outreach will join us to offer free STI screenings. Light refreshments will be provided.

PARTICIPATING ORGANIZATIONS







INDIVIDUAL

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

Please contact Eileen Coan for assistance with medical, legal, financial, and transportation questions.

EILEEN COAN. MA. MLS Medical Librarian coan@touchedbycancer.org

216-455-1504







WESTLAKE



WELLNESS CENTER



ALL PROGRAMS ARE EDT TIME

CHAT 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. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter through The Gathering Place website.

STEPHANIE HOPKINS, MS, RDN, LD

THURS, OCT 3, 11:00AM-12:00PM 🔼 💷 FRI, NOV 1, 11:00AM-12:00PM 🔼 💷 FRI, DEC 6, 11:00AM-12:00PM 🔼 💷

CANCER SURVIVORSHIP DIET: HOW TO COOK STIR FRY

The American Institute for Cancer Research recommends eating a diet rich in whole grains, vegetables, fruits, and beans to help reduce risk of new cancer diagnoses and support survivorship health. Join this hands-on cooking class to learn more about how to make stir fry recipes that include a variety of vegetables, beans, and whole grains.

STEPHANIE HOPKINS, MS, RDN, LD

SAT, OCT 12, 10:00AM-12:00PM SAT, OCT 12, 12:00-1:30PM 🔼 WED, OCT 16, 11:00AM-12:30PM WED, OCT 16, 6:00-7:00PM

DIET AND TREATMENT SIDE EFFECTS

Chemotherapy, radiation, immunotherapy, and surgery can all cause potential side effects that impact eating such as nausea, taste changes, and diarrhea. Learn dietary tips and strategies to maintain your nutrition status during treatment

STEPHANIE HOPKINS, MS, RDN, LD

WED, OCT 9, 3:00-4:00PM

SNACK ATTACK: DEMO & TASTING

Learn about nutrient dense snack options that can both satisfy hunger or serve as a mini-meal option during treatment when larger meals aren't well tolerated. Watch a cooking demonstration and taste-test recipe samples.

STEPHANIE HOPKINS, MS, RDN, LD

FRI. OCT 25. 11:00AM-12:00PM FRI, NOV 8, 11:00AM-12:00PM 🔼

HOLIDAY DISHES WITH A RECIPE TO SHARE

Join this hands-on cooking class to learn tips for making healthy choices around the holidays while still enjoying favorite family recipes. This class will feature special recipes - from you! When you register for the program, please submit a recipe to Stephanie and it may be featured as a dish made during class.

STEPHANIE HOPKINS, MS, RDN, LD

WED, NOV 13, 6:00-7:30PM SAT, NOV 16, 10:00-11:00AM SAT, NOV 16, 12:00-1:30PM 🖴

NUTRITION TIPS FOR MANAGING DIABETES AND CANCER

Cancer doesn't happen in a vacuum - many times, you may be dealing with other health conditions as well such as diabetes. Cancer itself or treatments may also raise blood sugar, requiring some diet adjustments. Join this presentation to learn how to cook and eat for both diabetes and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

WED, NOV 20, 3:00-4:00PM



CANCER NUTRITION MYTH BUSTING

The internet is full of misleading and/or confusing information on nutrition and cancer. Join this presentation to hear from a dietitian on what is and is not evidence-based regarding claims about nutrition and cancer.

STEPHANIE HOPKINS, MS, RDN, LD

WED, DEC 4, 3:00-4:00PM



COOKING TO SUPPORT YOUR IMMUNE SYSTEM

Join this hands-on cooking class to learn how nutrition can support the immune system. Recipes will be made and sampled that feature ingredients for enhancing immunity.

STEPHANIE HOPKINS, MS, RDN, LD

WED, DEC 11, 6:00-7:30PM SAT, DEC 14, 10:00-11:00AM 💷 SAT, DEC 14, 12:00-1:30PM 🔼

MOVEMENT See page 3 for ongoing movement classes.

FOUNDATIONS OF AQUATIC EXERCISE SERIES

Participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance after cancer treatment. Participants are encouraged but not required to complete all classes in the series. First priority to those with cancer diagnosis/survivors and/or those who have not yet had the opportunity to participate in this

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

FRIDAYS, 1:00-2:00PM 🔼 OCT 18 & 25, NOV 1, 8 & 15

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

BETH LARAWAY, GROUP EXERCISE INSTRUCTOR

TUESDAYS, 5:00-6:00PM OCT 15, 22 & 29, NOV 5 & 12 🔼

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

HIKE & SNACK

Pair exercise and nutrition together in a natural, outdoor setting. Learn the importance of balance as it relates to movement and eating.

SANDY CONOCHAN, ATC, PTA, CES STEPHANIE HOPKINS, MS, RDN, LD

WED, OCT 2, 2:00-3:00PM 🔼

Location: Rocky River Reservation Nature Center Valley Pkwy, North Olmsted, OH 44070

BALANCE SCREENING

Do you have a fear of falling or worry that your balance is not as good as it used to be? Set up a time to meet with a physical therapist to do a balance screening.

AMY DUBOIS, PT, C/NDT, CFPS

MON, OCT 21: APPOINTMENTS BETWEEN 2:00-5:00PM 🔼

SHELLEY ALBERT, PT, DPT

FRI, NOV 8: APPOINTMENTS BETWEEN 12:00-2:00PM



SHOULDER MOBILITY & RANGE OF **MOTION DURING & AFTER BREAST CANCER TREATMENT**

Join Physical Therapist, Carol Mack, as we cover how to increase range of motion and regain strength during and after treatment.

CAROL MACK, DPT, SCS, CSCS Exercise Science Lab Coordinator, John Carroll University

THURS, NOV 14, 6:30-7:30PM 🔼 💷



All TGP programs and services are free of charge.

GP KIDS

Please contact Whitney Hadley, MA, MSW, LSW, OSW-C at 216-455-1522







BEACHWOOD







OFF SITE

ALL PROGRAMS ARE EDT TIME



CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

This interactive and creative group is designed to connect and support the entire family (caregivers, children, and siblings) in coping with the impact of cancer. Families can also connect with each other to know they are not alone in this experience.

ADELLE GATES, MA, CCLS

SATURDAYS, 11:00AM-12:00PM 🔼 OCT 12. NOV 9. DEC 14

CONNECTIONS: PARENT GROUP

Group for parents/caregivers of a child/teen with cancer currently on or post treatment.

ADELLE GATES, MA, CCLS

TUESDAYS, 7:30-8:30PM 🕮 OCT 1 & 15, NOV 5 & 19, DEC 3 & 17

KIDS SUPPORT GROUP

Group designed for children who have an adult family member with cancer. Children utilize art, play, and discussion to process their emotions and enhance their coping skills with peers in similar situations.

MICHELLE MILLER, LISW-S, ACHP-SW

SATURDAYS, 11:00AM-12:00PM 🔼 OCT 12, NOV 9, DEC 14

ADELLE GATES, MA, CCLS

MONDAYS. 6:30-7:30PM OCT 14, NOV 11, DEC 9 🔼

INDIVIDUAL SERVICES

- Family coping support
- Child Life Specialist Consultations
- School adjustment support
- **Tutoring program**
- Homework Helpers

PARENT SUPPORT GROUP

Group for parents/caregivers managing an adult cancer diagnosis in the family.

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

SATURDAYS. 11:00AM-12:00PM OCT 12, NOV 9, DEC 14 🔼

SIBLING GRIEF GROUP

Group for children who have experienced the death of a sibling to childhood cancer. Includes expressive age-appropriate activities.

MICHELLE MILLER, LISW-S, ACHP-SW

SATURDAYS, 9:30-10:30AM 🔼 OCT 12, NOV 9, DEC 14

KIDS GRIEF GROUP

Group for children who have experienced a death of a loved one with cancer. Includes expressive age-appropriate activities.

ADELLE GATES, MA, CCLS

SATURDAYS, 9:30-10:30AM 🔼 OCT 12, NOV 9, DEC 14

THURSDAYS, 6:30-7:30PM OCT 17, NOV 21, DEC 19

KIDS GRIEF: PARENT GROUP

Group for parents/caregivers of children who have experienced a death of a loved one with cancer. Meets at the same time as Kids Grief Group.

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

SATURDAYS, 9:30-10:30AM 🔼 OCT 12, NOV 9, DEC 14

THURSDAYS, 6:30-7:30PM OCT 17, NOV 21, DEC 19

FAMILY FUN DAY: PUMPKIN PAINTING!

Join us for a fun morning of pumpkin painting and fall favorite snacks with your TGP family and friends. Wear your costumes or come as you are!

ADELLE GATES, MA, CCLS

SAT. OCT 19. 10:00AM-12:00PM

PARENTING THROUGH CANCER

Virtual discussion with practical solutions for everyday challenges of parenting children while diagnosed with cancer or caring for a loved one with cancer.

ADELLE GATES, MA, CCLS

TUES, OCT 29, 12:00-1:00PM 📵

PARENTING THROUGH GRIEF

Virtual discussion with practical solutions for parenting while managing grief.

ADELLE GATES, MA, CCLS

TUES, DEC 3, 12:00-1:00PM



BROWNS WATCH PARTY & OPEN HOUSE

Bring the family and come cheer on the Browns at The Gathering Place! Enjoy some pizza and fun for the whole family.

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

SUN, OCT 13, 12:30-4:00PM 🔼



KIDS ONLY HOLIDAY PJ PARTY

Kids - keep your jammies on and join us for a pajama party at TGP! Pajama party fun in the afternoon with movies, dancing, and crafts. Grown-ups can use this time to holiday prep, shop, or nap! Leave the partying and the kids to TGP!

WHITNEY HADLEY, MA, MSW, LSW, OSW-C MICHELLE MILLER, LISW-S, ACHP-SW

SAT, DEC 7, 1:00-3:00PM 🔼

ADOLESCENTS & YOUNG ADULTS (YA) ADOLESCENTS: AGES 13-17 | YA: AGES 18-45



BROWNS WATCH PARTY & OPEN HOUSE

Bring the family and come cheer on the Browns at The Gathering Place! Enjoy some pizza and fun for the whole family.

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

SUN, OCT 13, 12:30-4:00PM 🔼



GROUP FOR YOUNG ADULTS WITH BREAST CANCER

SUSAN MARINAC, MSSA, LISW-S

THURSDAYS, 6:30-8:00PM 🔼 OCT 1, NOV 5, DEC 3

YA VIRTUAL GROUP

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

THURSDAYS, 6:30-7:30PM OCT 10, NOV 14, DEC 12 🖪

YA GROUP

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

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

NEEDLE FELTING

THURS, OCT 24, 6:30-8:00PM 🔼



YA UGLY SWEATER PARTY

Put on your favorite holiday attire and come celebrate the holidays with fellow YAs.

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











CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:







WESTLAKE



WELLNESS CENTER



ALL PROGRAMS ARE EDT TIME

GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM OCT 7, NOV 4, DEC 2*, DEC 9*

OCT 14, NOV 11 OCT 28, NOV 25

MONDAYS, 1:00-1:45PM

OCT 21, NOV 18, DEC 16 *Prerecorded mediation will be emailed

ART STUDIO

upon registration

Discover your creativity. No experience needed!

ULTIMATE BEGINNERS PAINT PARTY

Create your own work of art in this guided painting experience.

DEBBIE MORICH

TUES, OCT 15, 11:30AM-1:00PM



SYMBOLISM OF STILL LIFE OBJECTS

SARAH AXNER GILMORE, MSSA, LSW

TUES, NOV 12, 11:30AM-1:00PM



TUES, DEC 10, 11:30AM-1:00PM



SINGING BOWLS (SOUND BATH)

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

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, OCT 11, 11:00AM-12:00PM 🔼 💷 FRI, NOV 8, 11:00AM-12:00PM (2)



FRI, DEC 13, 11:00AM-12:00PM 🔼 💷



ABSTRACT PAINTING FOR GRIEF

This painting workshop will allow participants to explore grief at any stage, and process and release whatever emotional response they may be feeling.

GABRIELLE COOPER, LPC, ATR-P

WED, OCT 23, 6:30-8:00PM



DRUM CIRCLE

Experience the health benefits of drumming. No experience needed and drums are provided.

SUSAN MARINAC, MSSA, LISW-S

TUES. OCT 29. 7:00-8:00PM



*Children are welcome

KAREN HATFIELD, MMT, MT-BC, CHPCA

WED, OCT 30, 6:00-7:00PM



GRATITUDE YOGA

Join us for this slow flow yoga class where we will focus on gratitude.

SANDY BORRELLI, RYT SUSAN MARINAC, MSSA, LISW-S

SAT, NOV 9, 10:00-11:15AM



MINDFULNESS IMMERSION RETREAT

We will begin with a presentation to learn the tenets of mindfulness and ways in which we can incorporate them into our lives. Mindfulness movement to follow with Lisa Thiel, where she will engage the group in mindful movements involving breath and movement, slow flow yoga, and meditation.

SARAH AXNER GILMORE, MSSA, LSW LISA THEIL, MA, E-RYT500

SAT, NOV 9, 10:30AM-1:00PM 🔼

THE THANKFUL GARDEN

Positive as well as challenging garden elements contribute to its beauty. Practicing gratitude with adversity builds a stronger garden just as it does for the human perspective. Join us in building a mini garden to take home while practicing thankfulness and gratitude. Bring a small item to add to your garden representing something for which you are thankful.

KAREN KENNEDY, HTR

TUES, NOV 12, 6:00-7:30PM



THURS, NOV 14, 6:00-7:30PM

WRITING FOR SELF-CARE

Join us in a workshop using short writing prompts as an introduction to journaling as a form of self-care.

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

THURS, NOV 14, 12:00-1:00PM 🖪



MANDALAS FOR SELF-CARE

Participants will create an artistic design in a circular form using drawing or painting materials with a focus on mindfulness and personal wellness.

GABRIELLE COOPER, LPC, ATR-P

WED, DEC 4, 6:30-8:00PM



WALK THE LABYRINTH FOR THE WINTER SOLSTICE

Come experience this relaxing form of walking meditation. Learn the history and variety of uses for the labyrinth.

EILEEN COAN, MA, MLS

WED, DEC 18, 4:00-5:30PM

FRI, DEC 20, 4:00-5:30PM

OPEN HOUSE

Wed, November 6 at 5:00pm 🔼



Questions? Please contact:

Karen Hatfield

216-455-1517 Hatfield@touchedbycancer.org During the holiday season, we invite you to join us for an Open House at one of our locations, East or West. We welcome you to stop by to learn more about what we have been up to, enjoy refreshments and engage with our staff. This is a wonderful time to visit if you are new to The Gathering Place, if it has been a while since we have seen you, or anything in between. This is our way of saying "thank you" to all our amazing participants. We are so grateful to be part of your support community, and we are so thankful that you find support and community in one another. There will be activities for all ages! We hope to see you there!



OCTOBER PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD WESTLAKE VIRTUAL ONLY OFFSITE WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

216-595-9546 TOUCHEDBYCANCER.ORG/CALENDAR



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

MON	TUES	WED	THURS	FRI	SAT
TGP KIDS AND YA BROWNS WATCH PARTY SUN, OCT 13, 12:30-4:00PM Beachwood	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:30PM YA Breast Cancer Group 6:30PM Sister Circle* 7:30PM Connections: Parent Group	12:30PM Balance for Improved Function 2:00PM Hike & Snack	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 11:00AM Chair One Fitness* 11:00AM Chair With the Dietitian* 12:00PM Fear of Cancer Recurrence 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group	12:30PM Restorative Motion	9:00AM Yoga 10:00AM Qigong-Tai Chi 2:00PM Mary Kay Makeovers
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Life After Cancer Group 6:00PM Yoga	12:30PM Balance for Improved Function 3:00PM Diet & Treatment Side Effects	9:00AM Open Gym 11:00AM Yoga 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Breast Cancer Group 6:30PM YA Virtual Group	10:00AM Coffee & Conversation 10:00AM Coffee & Conversation 11:00AM Singing Bowls (Sound Bath)* 12:00PM For Caregivers 12:30PM Restorative Motion	9:00AM Yoga 9:30AM Sibling Grief Group 9:30AM Kids Grief Group 9:30AM Kids Grief: Parent Group 10:00AM Qigong-Tai Chi 10:00AM Cancer Survivorship Diet 10:00AM Open Gym 11:00AM Kids Support Group 11:00AM Parent Support Group 11:00AM Connections 12:00PM Cancer Survivorship Diet
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Kids Support Group 6:30PM Guided Meditation	10:00AM Yoga* 11:30AM Art Studio: Paint Party 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Coping with a New Diagnosis 5:00PM Aquatic Exercise 6:00PM Yoga 6:00PM LGBTQ+ Virtual Drop-in 6:00PM Metastatic Group 7:30PM Connections: Parent Group	11:00AM Grief Group 11:00AM Cancer Survivorship Diet 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 5:30PM Scar Care 6:00PM Cancer Survivorship Diet	9:00AM Open Gym 11:00AM Yoga 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Kids Grief Group 6:30PM Kids Grief: Parent Group	12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga 10:00AM Family Fun: Pumpkin Painting
11:00AM Zumba Gold* 1:00PM Sister to Sister: Breast Cancer 1:00PM Guided Meditation 2:00PM Balance Screening 6:30PM Exercise: With Cancer Group* 6:30PM Adults with Cancer Group 6:30PM Life After Cancer Group	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Lung Cancer Group 5:00PM Aquatic Exercise 6:00PM Yoga 6:30PM Grief Group 6:30PM Grief Group	12:30PM Balance for Improved Function 3:30PM Pancreatic Cancer Group 6:30PM Art Therapy: Abstract Painting	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM YA Group	11:00AM Snack Attack 12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Open Gym
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:00PM Parenting Through Cancer 1:00PM Core for More 5:00PM Aquatic Exercise 6:00PM Yoga 7:00PM Drum Circle	12:30PM Balance for Improved Function 6:00PM Drum Circle	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group		

NOVEMBER PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD WESTLAKE VIRTUAL ONLY OFFSITE WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED. 216-595-9546 TOUCHEDBYCANCER.ORG/CALENDAR



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

MON	TUES	WED	THURS	FRI	SAT
OPEN HOUSE WED, NOV 6, 5:00PM - Beachwood THURS, NOV 21, 5:00PM - Westlake				10:00AM Coffee & Conversation 11:00AM Chat with the Dietitian* 12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga 10:00AM Qigong-Tai Chi
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM Aquatic Exercise 6:00PM Yoga 6:00PM Surviving and Thriving the Holidays 6:30PM Sister Circle* 7:30PM Connections: Parent Group	12:30PM Balance for Improved Function 5:00PM Open House	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 12:30PM Caring for Your Skin 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Caring for Your Skin	10:00AM Coffee & Conversation 11:00AM Snack Attack 11:00AM Singing Bowls (Sound Bath)* 12:00PM For Caregivers 12:00PM Balance Screening 12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga 9:30AM Sibling Grief Group 9:30AM Kids Grief Group 9:30AM Kids Grief: Parent Group 10:00AM Qigong-Tai Chi 10:00AM Gratitude Yoga 10:00AM Open Gym 10:30AM Mindfulness Immersion Retreat 11:00AM Kids Support Group 11:00AM Parent Support Group 11:00AM Connections
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Kids Support Group 6:30PM Guided Meditation	10:00AM Yoga* 11:30AM Art Studio: Still Life Objects 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 5:00PM Coping with a New Diagnosis 5:00PM Aquatic Exercise 6:00PM Yoga 6:00PM The Thankful Garden 6:00PM Maximizing Pelvic Floor Function 6:30PM Life After Cancer Group	12:30PM Balance for Improved Function 5:30PM Trans Dudes with Lady Cancer* 6:00PM Holiday Dishes to Share	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:00PM The Thankful Garden 5:15PM Prostate Partner's Partners 5:15PM Prostate Partner's Partners 5:15PM Prostate Partner's Postate 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Gaults with Cancer Group 6:30PM Shoulder Mobility & Breast Cancer* 6:30PM Shoulder Mobility & Breast Cancer* 6:30PM YA Virtual Group	12:30PM Restorative Motion 1:00PM Aquatic Exercise	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Holiday Dishes to Share 12:00PM Holiday Dishes to Share
11:00AM Zumba Gold* 1:00PM Sister to Sister: Breast Cancer 1:00PM Guided Meditation 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:00PM LGBTQ+ Virtual Drop-in 6:00PM Metastatic Group 7:30PM Connections: Parent Group	11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM Nutrition - Diabetes & Cancer	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 1:00PM Grief During the Holidays 3:30PM Pancreatic Cancer Updates 5:00PM Open House 6:30PM Exercise: Warrior Workout 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group 6:30PM Kids Grief Group 6:30PM Kids Grief: Parent Group	12:30PM Restorative Motion	9:00AM Yoga 10:00AM Qigong-Tai Chi 10:00AM Open Gym
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Long Cancer Group 6:00PM Yoga 6:30PM Grief Group 6:30PM Grief Group	12:30PM Balance for Improved Function	28	29	9:00AM Yoga 10:00AM Qigong-Tai Chi
			Offices Closed for Thanksgiving Holiday	Offices Closed for Thanksgiving Holiday	

DECEMBER

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

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MON	TUES	WED	THURS	FRI	SAT
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:00PM Parenting Through Grief 1:00PM Core for More 6:00PM Yoga 6:00PM Dreaming Sweet Dreams 6:30PM YA Breast Cancer Group 6:30PM Sister Circle* 7:30PM Connections: Parent Group	12:30PM Balance for Improved Function 3:00PM Cancer Nutrition Myth Busting 6:30PM Art Therapy: Mandalas	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group	10:00AM Coffee & Conversation 11:00AM Chat with the Dietitian* 12:30PM Restorative Motion 6:30PM YA Ugly Sweater Party	9:00AM Yoga 10:00AM Qigong-Tai Chi 1:00PM Kids Only Holiday PJ Party
11:00AM Zumba Gold* 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Kids Support Group 6:30PM Guided Meditation	10:00AM Yoga* 11:30AM Art Studio: Open Studio 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:30PM Grief Group 6:30PM Life After Cancer Group	12:30PM Balance for Improved Function 6:00PM Cooking to Support Your Immune System	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Breast Cancer Group 6:30PM YA Virtual Group	10:00AM Coffee & Conversation 11:00AM Singing Bowls (Sound Bath)* 12:00PM For Caregivers 12:30PM Restorative Motion Offices Close at 12:30PM	9:00AM Yoga 9:30AM Sibling Grief Group 9:30AM Kids Grief Group 9:30AM Kids Grief Group 9:30AM Kids Grief: Parent Group 10:00AM Open Gym 10:00AM Cooking to Support Your Immune System 11:00AM Kids Support Group 11:00AM Parent Support Group 11:00AM Connections 12:00PM Cooking to Support Your Immune System
11:00AM Zumba Gold* 1:00PM Guided Meditation 6:30PM Exercise: Warrior Workout 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group 6:30PM Life After Cancer Group	10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM Coping with a New Diagnosis 6:00PM Yoga 6:00PM LGBTQ+ Virtual Drop-in 6:00PM Metastatic Group 6:30PM Grief Group 7:30PM Connections: Parent Group	11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:30PM Pancreatic Cancer Group 4:00PM Walk the Labyrinth	9:00AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Exercise: Warrior Workout 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Kids Grief: Parent Group 6:30PM Kids Grief Group	12:30PM Restorative Motion 4:00PM Walk the Labyrinth	10:00AM Qigong-Tai Chi
23	24	25	26	27	9:00AM Yoga 10:00AM Qigong-Tai Chi
Office Hours 10:00AM-3:00PM	Offices Closed for Christmas Holiday	Offices Closed for Christmas Holiday	Office Hours 10:00AM-3:00PM	Office Hours 10:00AM-3:00PM	
30	31				
Office Hours 10:00AM-3:00PM	Offices Closed for Holiday				

TGP IN CLE



As we navigated the summer and back to school, we continued to offer services in the City of Cleveland. We had a wonderful response from the community for our second **Health and Wellness Fair** at UH Glenville Community Wellness Center. We were happy to connect with individuals in the community to share our mission with as well as ensure that they have other important resources. Sydney also led a panel discussion with **RTA's Elevating Women Employee Resource Group** to share TGP resources as well as teach people how to take care of themselves and loved ones while navigating cancer treatment. Sydney spoke with over 80 individuals virtually from the **VA for their Caring for the Caregiver Summit and Panel**. Sydney helped others to learn best practices for caregiving and remembering self-care while doing so.

Karelys Ortiz Santiago continues to deepen connections in the Hispanic Community by providing her services to Spanish speaking patients at **MetroHealth's Cancer Center**, partnering with **Northeast Ohio Association for Hispanic Health**(**NOAHH**), and attending Hispanic Senior Day to educate and offer resources. In connection with Boston Scientific and The Cleveland Foundation, we were excited to host a screening of *The Black Walnut*, a powerful documentary increasing knowledge about prostate cancer in the Black community. A huge thank you to our hospital and community partners for making this event such a success!

We are grateful to continue partnering with NEON, The Greater Cleveland FoodBank, Joseph and Mary's Home, UH Seidman, UH Glenville Community Wellness Center, UH Bedford Community Wellness Center, MetroHealth Cancer Center, and now Cleveland Clinic's South Pointe Cancer Center to provide our unique cancer emotional support and prevention education one on one to individuals and their families. If you have an organization in the City of Cleveland and would like to discuss opportunities to partner, please connect with Sydney to discuss!

We are excited to collaborate with Cleveland Clinic, Haus of Transcendent, and the LGBT Community Center to host a viewing of Trans Dudes with Lady Cancer which documents the journey of two transmasculine people navigating cancer. We welcome you to join us on Wednesday, November 13th at 5:30pm for networking. Followed by a viewing of this important film and Q&A. Light refreshments will be provided. We will also have free STI screenings available offered by Central Outreach. We hope you join us!

Last but certainly not least, please join me 1st Fridays from 1-2pm at TGP Beachwood and 3rd Fridays from 1-2pm at TGP Westlake for *Pastries and Partners*! This will provide an opportunity for our current and potential community partners to come tour our beautiful facilities as well as discuss collaborative programming. We look forward to seeing you!

Make sure to follow us on social media to see the team in action and check out our Community Webpage https://touchedbycancer.org/tgp-in-cle to find out where we will be spreading the TGP mission.

Peace & Blessings, Sydney Roberts



SYDNEY ROBERTS

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



TGP's Vintage Furnishings Warehouse conducts monthly sales in Warrensville Heights. Our volunteers make this all possible by donating their time and effort. The resale shop relies solely on donated pre-loved, high-quality items for us to resell. The proceeds collected during our sales benefit The Gathering Place's mission.

Thanks to our very generous community, merchandise is always changing, and every shopping experience is incredibly unique. Visit our location in Warrensville Heights to see our exceptional selection of resale furnishings.

Contact Ellen Velez at TGPWarehouse@touchedbycancer.org for dates and information.



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

INSIDE!

PROGRAM GUIDE | Fall Edition

OCTOBER - NOVEMBER - DECEMBER

WAYS TO give.

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

Find out more at touchedbycancer.org/donate.



WAYS TO CONNECT

216-595-9546 touchedbycancer.org













23300 Commerce Park Beachwood, Ohio 44122

TGP WEST

25425 Center Ridge Road Westlake, Ohio 44145