

Spring  
2025

APRIL • MAY • JUNE



**WELCOME!**

New to The Gathering Place?  
Call **216-455-1507** to learn more  
about our programs and services.

**PROGRAMS FOR:**

Children • Teens • Young Adults (YA)  
Families • Adults

A teal-tinted photograph showing a man in profile, wearing glasses and a watch, holding a young child. The child is wearing a white beanie and a dark jacket, and is smiling. The background is slightly blurred.

**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.*

# DID YOU KNOW?

The Gathering Place offers support to anyone coping with cancer in their lives including specialized support for children and teens. The Child and Family team are here to address the needs of children impacted by cancer through age-appropriate, individualized support.

## OUR TEAM OFFERS SUPPORT FOR:

- Families with pediatric cancer
- Families with adult cancer
- Families grieving the death of a loved one due to cancer

## SUPPORT MAY INCLUDE:

- Family education sessions
- Family fun days
- Family skill building
- Family support groups
- Grief support groups
- Individual visits
- Sibling support groups
- Summer camp

## FOR MORE INFORMATION AND SUPPORT:

Contact Whitney Hadley at [kids@touchedbycancer.org](mailto:kids@touchedbycancer.org)



## THE GATHERING PLACE SUMMER CAMP

For children ages 6 to 10 who have been impacted by a cancer diagnosis.

See page 6 for more details.



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**

MMT, MT-BC, CHPCA  
hatfield@touchedbycancer.org  
216-455-1517

### PROGRAM STAFF



**SARAH AXNER GILMORE**

MSSA, LSW  
gilmore@touchedbycancer.org  
216-455-1516



**EILEEN COAN**

MA, MLS  
Medical Librarian  
coan@touchedbycancer.org  
216-455-1504



**BRITTANI DAVIS**

MA, LPCC-S, LICDC  
davis@touchedbycancer.org  
216-455-1528



**MARY FISHER-BORNSTEIN**

LISW-S  
bornstein@touchedbycancer.org  
216-455-1506



**SUSAN MARINAC**

MSSA, LISW-S  
marinac@touchedbycancer.org  
216-455-1512



**SYDNEY ROBERTS**

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



**KARELYS ORTIZ SANTIAGO**

MSW, LSW  
santiago@touchedbycancer.org  
216-455-1508

### MOVEMENT & NUTRITION



**STEPHEN CERNE**

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



**SANDY CONOCHAN**

ATC, PTA, CES  
conochan@touchedbycancer.org  
216-455-1529



**STEPHANIE HOPKINS**

MS, RDN, LD  
Nutrition Program Staff  
hopkins@touchedbycancer.org  
216-455-1525

### 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  
gates@touchedbycancer.org  
216-455-1523



**MICHELLE MILLER**

LISW-S, ACHP-SW  
mmiller@touchedbycancer.org  
216-455-1521



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

# ONGOING MOVEMENT PROGRAMS

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

## BALANCE FOR IMPROVED FUNCTION

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

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

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

### WARRIOR WORKOUT WITH KELSEY

MONDAYS: 6:30-7:15PM \*NOW IN PERSON AND VIRTUAL  
WEDNESDAYS: 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

## OPEN GYM

Attend an orientation and work out on your own.

MONDAYS: 5:30-7:30PM \*NEW TIME  
TUESDAYS & THURSDAYS: 8:30-10:30AM \*NEW & EXTENDED TIME  
SATURDAYS: 9:00AM-11:00AM   
APR 12 & 26, MAY 10 & 24, JUNE 14 & 28

## 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 \*NOW IN PERSON AND VIRTUAL  
Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## YOGA

A gentle flow class appropriate for all levels.

TUESDAYS: 10:00-11:00AM   
TUESDAYS: 6:00-7:00PM   
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](https://touchedbycancer.org/calendar) or call our Participant Navigators at 216-455-1507.

## ALL CANCERS

### GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528  
Mondays, 6:30-8:00pm   
Apr 14 & 28, May 12, June 2, 16 & 30

### GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516  
Thursdays, 6:30-8:00pm  
Apr 3 & 17, May 1, 15 & 29, June 12 & 26   
Apr 10 & 24, May 8 & 22, June 5

### GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512  
Mondays, 6:30-8:00pm  
Apr 7 & 21, May 5, June 9 & 23 \*WILL NOT BE HELD 5/19  
Apr 14 & 28, May 12, June 2, 16 & 30

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

### GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522  
Apr 10, May 8, June 12, 6:30-7:30pm   
Apr 24, May 22, June 26, 6:30-8:00pm

### LGBTQ+ GROUP

Brittani Davis, 216-455-1528   
Apr 15, May 20, June 17, 6:00-7:00pm

### LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520  
Apr 8, May 13, June 10, 6:30-8:00pm   
Karelys Ortiz Santiago 216-455-1508  
Apr 15, May 20, June 17, 12:30-1:30pm \*NEW  
Whitney Hadley, 216-455-1522  
Apr 21, May 19, June 16, 6:30-8:00pm

### OLDER ADULTS GROUP

Karen Hatfield, 216-455-1517  
Apr 18, May 16, June 20, 10:30am-12:00pm

### SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520  
Apr 1, May 6, June 3, 6:30-8:00pm

## CANCER SPECIFIC

### BLOOD CANCER GROUP

Mary Fisher Bornstein, 216-455-1506  
Stevie Gutin  
Apr 28, May 19, June 23, 5:30-7:00pm

### BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504  
Apr 8, May 13, June 10, 6:30-7:30pm

### GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512  
Apr 1, May 6, June 3, 6:30-8:00pm

### LUNG CANCER SUPPORT GROUP

For those with a lung cancer diagnosis  
Susan Marinac, 216-455-1512  
Apr 22, May 27, June 24, 2:00-3:30pm

### METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516  
Apr 15, May 20, June 17, 6:00-7:30pm

### ORAL, HEAD AND NECK CANCER SUPPORT GROUP

Brittani Davis, 216-455-1528  
Apr 18, May 16, June 20, 12:00-1:00pm

### OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512  
Apr 16, May 21, June 18, 2:00-3:30pm

### PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520  
Apr 23, May 28, June 25, 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)  
Mary Fisher Bornstein, 216-455-1506  
Apr 10, May 8, June 12, 6:30-8:00pm

**SAVE THE DATE!**  
PROSTATE CANCER FORUM 2025

**Sat, November 1st**  
at SITE Centers  
Details to come.

## GRIEF & LOSS

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508  
Apr 8, May 13, June 10, 2:00-3:30pm

### ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508  
Apr 22, May 27, June 24, 6:00-7:30pm

### ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528  
Apr 16, May 21, June 18, 11:00am-12:30pm

### ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528  
Apr 22, May 27, June 24, 6:30-8:00pm

## INDIVIDUAL SERVICES

- 1:1 Support
- Medical librarian services
- Financial and legal consults
- 1:1 Nutrition consults
- Wig salon appointments
- Reiki and Reflexology

# INFORMATION & EDUCATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



All programs require registration.

Visit our website or call our Participant Navigators to register.

## ADVOCATING FOR YOURSELF: TIPS ON NAVIGATING THROUGH THE PHASES OF YOUR CANCER JOURNEY

Grab your lunch and join in for practical tips and conversations around cancer to support the person with cancer and/or their care partner.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

WEDNESDAYS, 12:00-1:00PM

APR 2 - FINANCIAL TOXICITY

MAY 7 - RETURNING TO WORK

JUNE 4 - HOW TO TALK TO YOUR DOCTOR

## DENTAL CARE BEFORE, DURING AND AFTER TREATMENT

Oral health plays a crucial role in overall wellbeing, especially for individuals undergoing cancer treatment. Join to learn more about the importance of dental care while managing a cancer diagnosis. Learn about common oral side effects of cancer treatments, strategies to prevent and manage complications, and best practices for maintaining dental hygiene. Special considerations will be shared for those dealing with oral, head, or neck cancer.

THEODORE TSO, DMD MMSC

Maxillofacial Prosthetics, Cleveland Clinic

THURS, APR 3, 5:30-6:30PM

## EYEBROW CLASS

Hair loss can be a side effect of cancer treatment. While you may be able to get a wig for your head, eyebrows are a different story. Learn how to create amazing brows with a few simple steps.

SANDY BORRELLI & MARY ANN SINGLETON

Bella Capelli Salon

TUES, APR 8, 11:00AM-12:30PM

ERIN CORBITT & NOELLE JAND

Quintana's Barber & Dream Spa

MON, MAY 12, 12:00-1:30PM

## GAMMA KNIFE TREATMENT

Learn how Gamma Knife is used to treat cancer metastasis.

GLEN STEVENS, DO, PHD

Brain Tumor and Neuro-Oncology Center, Cleveland Clinic

TUES, APR 8, 6:00-7:00PM



APPNA-NEO

Association of Physicians of Pakistani-Descent of North America  
North-East Ohio Chapter

## CARDIO-ONCOLOGY

Cardio-oncologists diagnose and treat heart problems that may arise during cancer treatment. Join to learn more about cardio-oncology and steps to consider if you have cancer and have a pre-existing heart disease or are at high risk for heart disease.

ZENAB LAIQ, MD

WED, APR 23, 6:00-7:00PM

## SLEEP ISSUES

Many face trouble with sleep while dealing with a cancer diagnosis. During this session, we will identify sleep challenges and ways to combat those issues.

FAISAL QADIR, MD

WED, MAY 28, 6:00-7:00PM

## NEUROPATHY

Neuropathy can be a common side effect of cancer treatment. Learn more about neuropathy, techniques to manage neuropathy, and treatment options.

ZARMINAH ALY, MD

WED, JUNE 25, 6:00-7:00PM

## NEWLY DIAGNOSED? THIS WORKSHOP IS FOR YOU!



When you or a loved one receives a new cancer diagnosis it can feel very overwhelming. In this workshop you will meet with others who are new on the cancer journey and gain helpful tips and information as you navigate this new world. Caregivers are welcome to attend.

SUSAN MARINAC, MSSA, LISW-S

WED, APR 30, 12:00-1:00PM

EILEEN COAN, MA, MLS

TUES, MAY 27, 6:00-7:00PM

EILEEN COAN, MA, MLS

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

## GRIEF RETREAT

This mini-retreat is for adults who have experienced the death of a loved one due to cancer. Join us for a day of yoga, drumming and art designed to offer ways to care for yourself through your grief journey. No art or yoga experience needed.

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

KAREN HATFIELD, MMT, MT-BC, CHPCA

SAT, MAY 10, 10:00AM-2:00PM

## PROSTATE CANCER: MEDICINE THROUGH MOVEMENT

Join Stephen Cerne, Cancer Exercise Trainer, as he simplifies the latest research on the effects of exercise on prostate cancer. Learn how much, how often, and what types of exercise have shown to be beneficial. Be guided through a series of functional and adaptable movements that can be done both in-home or in a gym setting.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

TUES, MAY 13, 6:00-7:30PM

## UNDERSTANDING LYMPHEDEMA

Learn the definition of lymphedema, causes, risk factors and treatment options. Familiarize yourself with lymphedema garments. Patients and caregivers are encouraged to attend.

CATHY JEWELL, OT

THURS, MAY 15, 12:00-1:30PM

CHRIS ZITELLO, OTR/L  
& ELLEN MENNEN, OTR/L,

Lymphedema Therapists

THURS, JUNE 5, 12:00-1:00PM

## CANCER-RELATED COGNITIVE IMPAIRMENT: STRATEGIES AND SUPPORT FOR "CHEMO BRAIN"

Cancer-related cognitive impairment (CRCI) aka "chemo brain" impacts up to 75% of all cancer survivors at some time during their cancer experience. This informative, dynamic presentation will explain what it is, why it happens, and what you can do about it. We'll also talk about why we're changing the name and share strategies that you can use to try to combat these frustrating symptoms to make your life a little easier.

ALIQUE TOPALIAN, PHD, MPH

Research Scientist,

Division of Survivorship and Supportive Services,

Department of Family and Community Medicine,

University of Cincinnati Cancer Center

WED, MAY 21, 6:00-7:30PM

## EXPLORING ENERGY AND SELF-CARE

Reiki and other energy practices can provide benefits such as relaxation and an improved mood. Join Reiki Master Shawna Michaels for an educational workshop designed to introduce you to a variety of holistic modalities and explain simple techniques to enhance your daily wellness routine. This workshop is designed to introduce you to a variety of practices, empowering you to incorporate them into your daily life for enhanced well-being. Whether you are new to holistic wellness or looking to expand your knowledge, this workshop offers something for everyone.

SHAWNA MICHAELS

Reiki Master

THURS, MAY 22, 12:00-1:30PM

## WHAT'S NORMAL ANYWAY?

Is your loved one done with cancer treatments? What happens now? Join in for this conversation to learn what to do and what not to do as you and your person adjust to a "new normal."

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

FRI, JUNE 6, 12:00-1:00PM

# NUTRITION

\*RECIPES IN COOKING CLASSES MAY CONTAIN COMMON FOOD ALLERGENS

PROGRAM DETAILS KEY:

- VIRTUAL
- BEACHWOOD
- WESTLAKE
- WELLNESS CENTER
- OFF SITE

ALL PROGRAMS ARE EDT TIME



## ★ STAY UP TO DATE ON NUTRITION

by subscribing to the monthly nutrition newsletter.



## Q&A WITH AN ONCOLOGY DIETITIAN

Join board certified specialist in oncology, Kimberly Ortega, for a nutrition discussion. Kim will explain common nutrition and cancer misconceptions and will also answer your nutrition questions. If you have questions ahead of time, please submit them upon registration to ensure they are addressed during the meeting.

KIMBERLY ORTEGA, MS, RDN, LD, CSO

WED, APR 9, 6:00-7:00PM

“Plant-focused eating is a challenge for me but I’m giving it a try. Adding things a little at a time. I’m certainly learning new things thanks to you.”

TGP PARTICIPANT

## HEALTHY COMFORT FOODS (COOKING CLASS)

Join this hands-on cooking class to learn how to swap ingredients to make your favorite comfort foods more nutritious! Flavor does not need to be sacrificed to eat healthfully and feel good.

LAUREN TUROFF PT, DPT, RD, LD

WED, APR 16, 3:00-4:00PM

WED, APR 16, 6:00-7:30PM

SAT, APR 19, 12:00-1:30PM

## SMART SNACKS (COOKING CLASS)

Snacks can be a great way to increase your nutrition throughout the day and to manage hunger in between meals. Snack boards or snack plates can also be used as a quick way to eat a meal. Join this hands-on cooking class to make and sample healthy snack recipes.

LAUREN TUROFF PT, DPT, RD, LD

WED, MAY 14, 3:00-4:00PM

WED, MAY 14, 6:00-7:30PM

SAT, MAY 17, 12:00-1:30PM

## HEALTHY APPETIZERS (COOKING CLASS)

Appetizers set the stage for a delicious meal – why not have appetizers set the stage for your nutrition too? Join this cooking class to learn how to boost the nutrient density of appetizer recipes to support healthy cancer survivorship.

LAUREN TUROFF PT, DPT, RD, LD

WED, JUNE 18, 3:00-4:00PM

WED, JUNE 18, 6:00-7:30PM

SAT, JUNE 21, 12:00-1:30PM

## NUTRITION GUIDELINES FOR CANCER SURVIVORSHIP

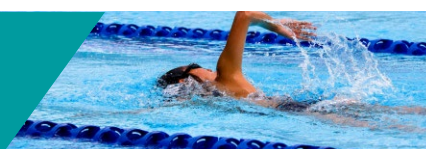
The American Cancer Society has guidelines for diet aimed to help cancer survivors reduce the risk of cancer recurrence and promote overall health. Join this presentation to learn how eating nutritious foods can help survivors manage energy levels, feel better, and stay stronger.

MIKE PANDY, MS, RDN, LD

SAT, JUNE 28, 12:00-1:00PM

# 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 program.

ASHLEY SANCHEZ, ISSA, CPT

TUESDAYS, 5:00-6:00PM

APR 1, 8, 15, 22 & 29

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

## QIGONG TAI CHI SERIES

QiGong-Tai Chi integrates physical exercises, breathing techniques and mindfulness into one practice. The classes are designed to reduce stress and increase vitality, improve flexibility, balance and circulation, and strengthen muscles. QiGong-Tai Chi can be done sitting or standing and is easily modified and adapted for all abilities and fitness levels.

JEANNIE KORAN, CQTCI, CAHF, INHC

WEDNESDAYS 10:00-11:00AM

APR 16, 23 & 30, MAY 7, 14 & 21

## BALANCE 101

Balance is the most overlooked aspect of wellness and function, while it is likely the most important. Learn simple measures to increase stability, move more efficiently, and decrease fall risk.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

MON, APR 21, 12:30-1:30PM

## HIKE & SNACK

Pair exercise, nutrition, and socialization together at a local park. Learn how to utilize food to fuel the body and aid in muscle recovery.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

MON, MAY 19, 6:00-7:30PM

Location: Shaker Lakes Nature Center

MON, JUNE 16, 6:00-7:30PM

Location: North Chagrin Reservation

## LINE DANCING

A line dancing class offers a fun and energetic way to learn choreographed dance routines performed in lines or rows. Each routine consists of repeated steps set to popular country, pop, or rock music, making it an enjoyable group activity. This class is great for all skill levels, from beginners to seasoned dancers, as the moves are broken down step by step. It's a fantastic way to improve coordination, boost fitness, and socialize in a welcoming, lively environment. No partner is required- just bring your enthusiasm and a pair of comfortable shoes.

BETH LARAWAY ARAA,

Group Exercise Certificate

WEDNESDAYS: 5:30-6:30PM

MAY 7, 14, 21, 28 & JUNE 4

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

## BALANCE SCREENING

Do you have a fear of falling or worried that your balance is not as good as it used to be? Meet with a Physical Therapist for a balance screening to see if physical therapy might be an option to help you improve your stability.

SHELLEY ALBERT, PT, DPT, Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

FRI, MAY 23, 11:00AM-1:00PM

AMY DUBOIS PT, C/NDT, CFPs

MON, JUNE 9, 2:00-5:00PM

All TGP programs and services are free of charge.

PROGRAM DETAILS KEY:

-  VIRTUAL
-  BEACHWOOD
-  WESTLAKE
-  WELLNESS CENTER
-  OFF SITE

ALL PROGRAMS ARE EDT TIME



## FAMILY SKILL BUILDING

### BEING PRESENT

Families will work together to highlight their unique qualities and styles of coping.

ADELLE GATES, MA, CCLS

TUES, APR 8, 6:30-7:30PM 

### FEELINGS PIZZA

Come hungry and ready to share your feelings as a family in a fun, creative way.


MICHELLE MILLER, LISW-S, ACHP-SW

TUES, MAY 13, 6:30-7:30PM 

### MINUTE TO WIN IT!

Join us for a virtual night of teamwork and fun while identifying stressors and coping strategies as a family.

TORI MATEJKA, MA, CCLS

TUES, JUNE 10, 6:30-7:30PM 

### 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 

APR 12, MAY 10, JUNE 14

### CONNECTIONS: PARENT GROUP

Group for parents or caregivers of a child or teen with cancer.

ADELLE GATES, MA, CCLS

TUESDAYS, 7:30-8:30PM 

APR 1 & 15, MAY 6 & 20, JUNE 3 & JUNE 17

## ADOLESCENTS & YOUNG ADULTS (YA)

ADOLESCENTS: AGES 13-17 | YA: AGES 18-45



### YA WITH BREAST CANCER GROUP

SUSAN MARINAC, MSSA, LISW-S

THURSDAYS, 6:30-8:00PM

APR 1, MAY 6, JUNE 3  

### YA GROUP

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

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

THURSDAYS, 6:30-7:30PM 

APR 10, MAY 8, JUNE 12

THURSDAYS, 6:30-8:00PM 

APR 24, MAY 22, JUNE 26

### YOU'RE A YA CANCER SURVIVOR. NOW WHAT?

#### WHAT TO KNOW ABOUT SURVIVORSHIP CARE

Welcome to the world of YA Survivorship. Learn some tips on navigating survivorship care and how to anticipate some long-term care needs.

KATHERIN DAUNOV, MSN, AOCNP

THURS, APR 17, 6:30-7:30PM  

#### BUILDING YOUR YA COMMUNITY

Learn more about the power of having a community as you navigate the world of YA cancer survivorship - from the day of diagnosis through the rest of your life.

BRIGID FRASQUILLO, MS

Program Manager, Stupid Cancer

THURS, MAY 15, 6:30-7:30PM  



### TGP SUMMER CAMP 2025

A special summer experience for children ages 6 to 10 who have been impacted by cancer.

Scan the QR code or contact Whitney Hadley at [kids@touchedbycancer.org](mailto:kids@touchedbycancer.org) or 216-455-1522 to learn more.

MON-FRI, 9:00AM-3:30PM

JULY 7-11 

JULY 14-18 

JULY 28-AUG 1 

AUG 4-8 

### CONNECTIONS: SIBLING GROUP

Group for siblings of a pediatric cancer patient.

TORI MATEJKA, MA, CCLS

TUESDAYS, 6:30-7:30PM 

APR 22, MAY 27, JUNE 24

### FAMILY GRIEF GROUP

Groups for parents and children who have experienced the death of a loved one due to cancer. Sessions include expressive age-appropriate activities.

ADELLE GATES, MA, CCLS

TORI MATEJKA, MA, CCLS

SATURDAYS, 9:30-10:30AM 

APR 12, MAY 10, JUNE 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

APR 12, MAY 10, JUNE 14 

### FAMILY SUPPORT GROUP

Groups for families with an adult with cancer, using art, play and discussion to process emotion and enhance coping skills as a family.

TORI MATEJKA, MA, CCLS

MICHELLE MILLER, LISW-S, ACHP-SW

SATURDAYS, 11:00AM-12:00PM 

APR 12, MAY 10, JUNE 14

Group for children with an adult family member with cancer. Parents may wait or register for other group held at the same time.

ADELLE GATES, MA, CCLS

MONDAYS, 6:30PM-7:30PM 

APR 14, MAY 12, JUNE 2

### FAMILY TIME

Support, information and fun for families impacted by a cancer diagnosis. Join us for a morning of education, support, creativity and fun at TGP West.

SATURDAYS: APR 19, MAY 17, JUNE 21 

KIDS SUPPORT (for kids age 6-12)

MICHELLE MILLER, LISW-S, ACHP-SW

10:00-11:00AM

SUPPORT FOR PARENTS

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

10:00-11:00AM

FAMILY FUN (fun for the whole family)

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

11:00AM-12:00PM

### SUPERPOWER DAY CAMP

School's out for the summer! Explore different superpowers that can be used for good (or evil) when coping with the impact of cancer and the many feelings experienced in the process.

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

MICHELLE MILLER, LISW-S, ACHP-SW

TUES, JUNE 17, 9:00AM-2:30PM 

### DAY CAMP AFTER HOURS

Can't do the 2:30pm pick up or ready for more fun? The Day Campers will continue the fun with snacks and viewing of The Incredibles.

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

TUES, JUNE 17, 2:30-5:00PM 

# CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## GUIDED MEDITATION

Learn how to clear your mind, relax your body, breathe slower and deeper, and go on a 'journey'.

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM

APR 7, MAY 5, JUNE 2

APR 14, MAY 12, JUNE 9

APR 28, MAY 26, JUNE 30

MONDAYS, 1:00-1:45PM

APR 21, MAY 19

## 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

FRIDAYS, 11:00AM-12:00PM

APR 11

MAY 23

JUNE 13



## TGP IN CLE

April is National Minority Health Month, a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications. Consider joining me for How to Talk About Cancer or Sister to Sister: Breast Cancer Facts and Support to gain valuable insights on navigating your or your loved one's cancer journey and take charge of your health and well-being.

*Peace & Blessings, Sydney Roberts*



**SYDNEY ROBERTS**

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

## ART STUDIO

Discover your creativity. No experience needed!

### MANDALA ART

Coloring mandalas have been shown to help reduce stress and anxiety. No experience required.

SARAH AXNER GILMORE, MSSA, LSW

TUES, APRIL 1, 11:30AM-1:00PM

### WATERCOLOR PAINTING

Guided painting with a springtime theme.

SARAH AXNER GILMORE, MSSA, LSW

TUES, MAY 6, 11:30AM-1:00PM

### ULTIMATE BEGINNERS PAINT PARTY

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

DEBBIE MORICH

TUES, JUNE 3, 11:30AM-1:00PM

## ART THERAPY: ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns known to reduce stress and slow breathing. Markers and pens will be used to create detailed designs.

GABRIELLE COOPER, LPC, ATR-P

WED, APR 30, 6:30-8:00PM

## ART THERAPY: POSTCARD

Participants will be guided to design and write a postcard to cancer. This activity encourages participants to release anger, sadness, and other emotions related to cancer experience.

GABRIELLE COOPER, LPC, ATR-P

WED, MAY 14, 6:30-8:00PM

## HORTICULTURE THERAPY: HERBAL TEA GARDEN

Spring is a great time to begin new self-care habits and let go of those that are unhelpful. We'll start by learning how to grow your own herbal tea garden (which can even be a small pot!) and sow some seeds to take home. Learn how to make relaxing and refreshing herbal tea blends to enjoy hot or iced, and as spa water or mocktails from your own garden.

KAREN KENNEDY, HTR

FRI, MAY 16, 1:00-2:30PM

TUES, MAY 20, 6:00-7:30PM

## DRUM CIRCLE

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

KAREN HATFIELD, MMT, MT-BC, CHPCA

WED, JUNE 11, 6:00-7:00PM

## ART THERAPY: CALM SPACE

Using drawing and painting materials, participants will create a safe space—whether real or imaginary—that allows them to relax and immerse themselves in a peaceful environment. This space will serve as a retreat to return to whenever there are feelings of stress and anxiety.

GABRIELLE COOPER, LPC, ATR-P

WED, JUNE 18, 6:30-8:00PM

## BEACH GLASS IN TWO DIMENSIONS

Come make a piece of art to hang using beach glass and pens. The metaphors in beach glass are many: Things that are broken can still be beautiful, time can smooth out our rough edges, we can find new purpose after major changes.

EILEEN COAN, MA, MLS

THURS, JUNE 26, 4:00-5:30PM

FRI, JUNE 27, 11:00AM-12:30PM

## HOW TO TALK ABOUT CANCER

According to the U.S. Department of Health and Human Services, African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined. Learn how to talk about, normalize, and take your power back from the "C" word to best navigate the healthcare systems for yourself and/or loved ones. Resources provided.

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

TUES, MAY 13, 5:00-6:00PM

## SISTER TO SISTER: BREAST CANCER FACTS AND SUPPORT

Join us to learn about what to expect during and after breast cancer radiation treatment, financial resources during treatment, and 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, JUNE 16, 12:00-1:00PM

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

# APRIL 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
	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>11:30AM <b>Art Studio: Mandala Art</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>5:00PM <b>Aquatic Exercise</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:30PM <b>Sister Circle*</b></p> <p>6:30PM <b>YA Breast Cancer Group*</b></p> <p>7:30PM Connections: Parent Group</p> <p style="text-align: right;"><b>1</b></p>	<p>12:00PM Advocating for Yourself</p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Exercise: Warrior Workout</p> <p style="text-align: right;"><b>2</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>5:30PM Dental Care</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p style="text-align: right;"><b>3</b></p>	<p>12:30PM <b>Restorative Motion*</b></p> <p style="text-align: right;"><b>4</b></p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p style="text-align: right;"><b>5</b></p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>5:30PM <b>Open Gym</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p> <p style="text-align: right;"><b>7</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>11:00AM <b>EyeBrow Class</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Grief Group</b></p> <p>5:00PM <b>Aquatic Exercise</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>Gamma Knife</b></p> <p>6:30PM <b>Life After Cancer Group</b></p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM <b>Family Skill Building</b></p> <p style="text-align: right;"><b>8</b></p>	<p>12:30PM Balance for Improved Function</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:00PM Q&amp;A with an Oncology Dietitian</p> <p style="text-align: right;"><b>9</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>5:15PM <b>Prostate Partner's Partners</b></p> <p>5:15PM <b>Prostate Partners Info Session</b></p> <p>6:30PM <b>Prostate Partners Group</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM YA Virtual Group</p> <p style="text-align: right;"><b>10</b></p>	<p>11:00AM <b>Singing Bowls (Sound Bath)*</b></p> <p>12:30PM <b>Restorative Motion*</b></p> <p style="text-align: right;"><b>11</b></p>	<p>9:00AM Yoga</p> <p>9:00AM <b>Open Gym</b></p> <p>9:30AM <b>Family Grief Group</b></p> <p>9:30AM <b>Sibling Grief Group</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM <b>Connections</b></p> <p>11:00AM <b>Family Support Group</b></p> <p style="text-align: right;"><b>12</b></p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>5:30PM <b>Open Gym</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Family Support Group</b></p> <p>6:30PM <b>Guided Meditation</b></p> <p style="text-align: right;"><b>14</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>12:30PM Life After Cancer Group</p> <p>1:00PM Core for More</p> <p>5:00PM <b>Aquatic Exercise</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM LGBTQ+ Group</p> <p>6:00PM <b>Metastatic Group</b></p> <p>7:30PM Connections: Parent Group</p> <p style="text-align: right;"><b>15</b></p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>11:00AM <b>Grief Group</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:00PM Healthy Comfort Foods</p> <p>6:00PM <b>Healthy Comfort Foods</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p style="text-align: right;"><b>16</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>YA Survivorship Care*</b></p> <p style="text-align: right;"><b>17</b></p>	<p>10:30AM <b>Older Adults Group</b></p> <p>12:00PM Oral, Head &amp; Neck Cancer Group</p> <p>12:30PM <b>Restorative Motion*</b></p> <p style="text-align: right;"><b>18</b></p>	<p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM <b>Kids Support</b></p> <p>10:00AM <b>Support for Parents</b></p> <p>11:00AM <b>Family Fun</b></p> <p>12:00PM <b>Healthy Comfort Foods</b></p> <p style="text-align: right;"><b>19</b></p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>12:30PM <b>Balance 101*</b></p> <p>1:00PM Guided Meditation</p> <p>5:30PM <b>Open Gym</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM <b>Life After Cancer Group</b></p> <p style="text-align: right;"><b>21</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Lung Cancer Group</b></p> <p>5:00PM <b>Aquatic Exercise</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>Grief Group</b></p> <p>6:30PM <b>Grief Group</b></p> <p>6:30PM Connections: Sibling Group</p> <p style="text-align: right;"><b>22</b></p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>12:30PM Balance for Improved Function</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:00PM Cardio-Oncology</p> <p>6:30PM Exercise: Warrior Workout</p> <p style="text-align: right;"><b>23</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM YA Group</p> <p style="text-align: right;"><b>24</b></p>	<p>12:30PM <b>Restorative Motion*</b></p> <p style="text-align: right;"><b>25</b></p>	<p>9:00AM Yoga</p> <p>9:00AM <b>Open Gym</b></p> <p>10:00AM Qigong-Tai Chi</p> <p style="text-align: right;"><b>26</b></p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>5:30PM <b>Open Gym</b></p> <p>5:30PM <b>Blood Cancer Group</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Guided Meditation</b></p> <p style="text-align: right;"><b>28</b></p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>5:00PM <b>Aquatic Exercise</b></p> <p>6:00PM <b>Yoga</b></p> <p style="text-align: right;"><b>29</b></p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>12:00PM <b>Newly Diagnosed?</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Art Therapy: Zentangle</b></p> <p style="text-align: right;"><b>30</b></p>			



# MAY

## 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
			<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>1</p>	<p>12:30PM <b>Restorative Motion*</b></p> <p>2</p>	<p>9:00AM <b>Yoga</b></p> <p>10:00AM <b>Qigong-Tai Chi</b></p> <p>3</p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>5:30PM <b>Open Gym</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Guided Meditation</b></p> <p>5</p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>11:30AM <b>Art Studio: Watercolor Painting</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>6:00PM <b>Yoga</b></p> <p>6:30PM <b>Sister Circle*</b></p> <p>6:30PM <b>YA Breast Cancer Group*</b></p> <p>7:30PM <b>Connections: Parent Group</b></p> <p>6</p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>12:00PM <b>Advocating for Yourself</b></p> <p>12:30PM <b>Balance for Improved Function</b></p> <p>5:30PM <b>Line Dancing</b></p> <p>6:30PM <b>Exercise: Warrior Workout</b></p> <p>7</p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>5:15PM <b>Prostate Partner's Partners</b></p> <p>5:15PM <b>Prostate Partners Info Session</b></p> <p>6:30PM <b>Prostate Partners Group</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>YA Virtual Group</b></p> <p>8</p>	<p>12:30PM <b>Restorative Motion*</b></p> <p>9</p>	<p>9:00AM <b>Yoga</b></p> <p>9:00AM <b>Open Gym</b></p> <p>9:30AM <b>Family Grief Group</b></p> <p>9:30AM <b>Sibling Grief Group</b></p> <p>10:00AM <b>Grief Retreat</b></p> <p>10:00AM <b>Qigong-Tai Chi</b></p> <p>11:00AM <b>Connections</b></p> <p>11:00AM <b>Family Support Group</b></p> <p>10</p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>12:00PM <b>Eyebrow Class</b></p> <p>5:30PM <b>Open Gym</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Family Support Group</b></p> <p>6:30PM <b>Guided Meditation</b></p> <p>12</p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Grief Group</b></p> <p>5:00PM <b>How to Talk About Cancer</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>Prostate Cancer: Movement</b></p> <p>6:30PM <b>Life After Cancer Group</b></p> <p>6:30PM <b>Breast Cancer Group</b></p> <p>6:30PM <b>Family Skill Building</b></p> <p>13</p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>12:30PM <b>Balance for Improved Function</b></p> <p>3:00PM <b>Smart Snacks</b></p> <p>5:30PM <b>Line Dancing</b></p> <p>6:00PM <b>Smart Snacks</b></p> <p>6:30PM <b>Exercise: Warrior Workout</b></p> <p>6:30PM <b>Art Therapy: Postcard</b></p> <p>14</p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM <b>Understanding Lymphedema</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Building Your YA Community*</b></p> <p>15</p>	<p>10:30AM <b>Older Adults Group</b></p> <p>12:00PM <b>Oral, Head &amp; Neck Cancer Group</b></p> <p>12:30PM <b>Restorative Motion*</b></p> <p>1:00PM <b>Horticulture Therapy</b></p> <p>16</p>	<p>9:00AM <b>Yoga</b></p> <p>10:00AM <b>Qigong-Tai Chi</b></p> <p>10:00AM <b>Kids Support</b></p> <p>10:00AM <b>Support for Parents</b></p> <p>11:00AM <b>Family Fun</b></p> <p>12:00PM <b>Smart Snacks</b></p> <p>17</p>
<p>11:00AM <b>Zumba Gold*</b></p> <p>1:00PM <b>Guided Meditation</b></p> <p>5:30PM <b>Open Gym</b></p> <p>5:30PM <b>Blood Cancer Group</b></p> <p>6:00PM <b>Hike &amp; Snack</b></p> <p>6:30PM <b>Exercise: Warrior Workout*</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Life After Cancer Group</b></p> <p>19</p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>12:30PM <b>Life After Cancer Group</b></p> <p>1:00PM Core for More</p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>LGBTQ+ Group</b></p> <p>6:00PM <b>Metastatic Group</b></p> <p>6:00PM <b>Horticulture Therapy</b></p> <p>7:30PM <b>Connections: Parent Group</b></p> <p>20</p>	<p>10:00AM <b>Qigong-Tai Chi Series</b></p> <p>11:00AM <b>Grief Group</b></p> <p>12:30PM <b>Balance for Improved Function</b></p> <p>2:00PM <b>Ovarian Cancer Group</b></p> <p>5:30PM <b>Line Dancing</b></p> <p>6:00PM <b>Chemo Brain*</b></p> <p>6:30PM <b>Exercise: Warrior Workout</b></p> <p>21</p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>12:00PM <b>Exploring Energy and Self Care</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>YA Group</b></p> <p>22</p>	<p>11:00AM <b>Balance Screening</b></p> <p>11:00AM <b>Singing Bowls (Sound Bath)*</b></p> <p>12:30PM <b>Restorative Motion*</b></p> <p>23</p>	<p>9:00AM <b>Yoga</b></p> <p>9:00AM <b>Open Gym</b></p> <p>10:00AM <b>Qigong-Tai Chi</b></p> <p>24</p>
<p>26</p> <p>Offices Closed for Memorial Day</p>	<p>8:30AM <b>Open Gym</b></p> <p>10:00AM <b>Yoga*</b></p> <p>12:00PM <b>Exercise: Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM <b>Lung Cancer Group</b></p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>Newly Diagnosed?</b></p> <p>6:00PM <b>Grief Group</b></p> <p>6:30PM <b>Grief Group</b></p> <p>6:30PM <b>Connections: Sibling Group</b></p> <p>27</p>	<p>12:30PM <b>Balance for Improved Function</b></p> <p>3:30PM <b>Pancreatic Cancer Group</b></p> <p>5:30PM <b>Line Dancing</b></p> <p>6:00PM <b>Sleep Issues</b></p> <p>6:30PM <b>Exercise: Warrior Workout</b></p> <p>28</p>	<p>8:30AM <b>Open Gym</b></p> <p>11:00AM <b>Yoga</b></p> <p>11:00AM <b>Chair One Fitness*</b></p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM <b>Exercise: Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>29</p>	<p>12:30PM <b>Restorative Motion*</b></p> <p>30</p>	<p>9:00AM <b>Yoga</b></p> <p>10:00AM <b>Qigong-Tai Chi</b></p> <p>31</p>

# JUNE

## 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
<p>11:00AM Zumba Gold* <b>2</b></p> <p>5:30PM Open Gym</p> <p>6:30PM Exercise: Warrior Workout*</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Family Support Group</p> <p>6:30PM Guided Meditation</p>	<p>8:30AM Open Gym <b>3</b></p> <p>10:00AM Yoga*</p> <p>11:30AM Art Studio: Paint Party</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Newly Diagnosed?</p> <p>1:00PM Core for More</p> <p>6:00PM Yoga</p> <p>6:30PM Sister Circle*</p> <p>6:30PM YA Breast Cancer Group*</p> <p>7:30PM Connections: Parent Group</p>	<p>12:00PM Advocating for Yourself <b>4</b></p> <p>12:30PM Balance for Improved Function</p> <p>5:30PM Line Dancing</p> <p>6:30PM Exercise: Warrior Workout</p>	<p>8:30AM Open Gym <b>5</b></p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Understanding Lymphedema</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>12:00PM What's Normal Anyway? <b>6</b></p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga <b>7</b></p> <p>10:00AM Qigong-Tai Chi</p>
<p>11:00AM Zumba Gold* <b>9</b></p> <p>2:00PM Balance Screening</p> <p>5:30PM Open Gym</p> <p>6:30PM Exercise: Warrior Workout*</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>	<p>8:30AM Open Gym <b>10</b></p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Grief Group</p> <p>6:00PM Yoga</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM Family Skill Building</p>	<p>12:30PM Balance for Improved Function <b>11</b></p> <p>6:00PM Drum Circle</p> <p>6:30PM Exercise: Warrior Workout</p>	<p>8:30AM Open Gym <b>12</b></p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>5:15PM Prostate Partner's Partners</p> <p>5:15PM Prostate Partners Info Session</p> <p>6:30PM Prostate Partners Group</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Virtual Group</p>	<p>11:00AM Singing Bowls (Sound Bath)* <b>13</b></p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga <b>14</b></p> <p>9:00AM Open Gym</p> <p>9:30AM Family Grief Group</p> <p>9:30AM Sibling Grief Group</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Connections</p> <p>11:00AM Family Support Group</p>
<p>11:00AM Zumba Gold* <b>16</b></p> <p>12:00PM Sister to Sister</p> <p>5:30PM Open Gym</p> <p>6:00PM Hike &amp; Snack</p> <p>6:30PM Exercise: Warrior Workout*</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Life After Cancer Group</p>	<p>8:30AM Open Gym <b>17</b></p> <p>9:00AM Superpower Day Camp</p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>12:30PM Life After Cancer Group</p> <p>1:00PM Core for More</p> <p>2:30PM Day Camp After Hours</p> <p>6:00PM Yoga</p> <p>6:00PM LGBTQ+ Group</p> <p>6:00PM Metastatic Group</p> <p>7:30PM Connections: Parent Group</p>	<p>11:00AM Grief Group <b>18</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>3:00PM Healthy Appetizers</p> <p>6:00PM Healthy Appetizers</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Art Therapy: Calm Space</p>	<p>19</p> <p>Offices Closed for Juneteenth</p>	<p>10:30AM Older Adults Group <b>20</b></p> <p>12:00PM Oral, Head &amp; Neck Cancer Group</p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga <b>21</b></p> <p>10:00AM Qigong-Tai Chi</p> <p>10:00AM Kids Support</p> <p>10:00AM Support for Parents</p> <p>11:00AM Family Fun</p> <p>12:00PM Healthy Appetizers</p>
<p>11:00AM Zumba Gold* <b>23</b></p> <p>5:30PM Open Gym</p> <p>5:30PM Blood Cancer Group</p> <p>6:30PM Exercise: Warrior Workout*</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>8:30AM Open Gym <b>24</b></p> <p>10:00AM Yoga*</p> <p>12:00PM Exercise: Circuit Fusion</p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>2:00PM Lung Cancer Group</p> <p>6:00PM Yoga</p> <p>6:00PM Grief Group</p> <p>6:30PM Grief Group</p> <p>6:30PM Connections: Sibling Group</p>	<p>12:30PM Balance for Improved Function <b>25</b></p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:00PM Neuropathy</p> <p>6:30PM Exercise: Warrior Workout</p>	<p>8:30AM Open Gym <b>26</b></p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>4:00PM Beach Glass</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Group</p>	<p>11:00AM Beach Glass <b>27</b></p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga <b>28</b></p> <p>9:00AM Open Gym</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Nutrition Guidelines</p>
<p>11:00AM Zumba Gold* <b>30</b></p> <p>5:30PM Open Gym</p> <p>6:30PM Exercise: Warrior Workout*</p> <p>6:30PM Adults with Cancer Group*</p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>					<p>★</p> <p>RACE FOR THE PLACE SUNDAY, JUNE 1 SEE NEXT PAGE FOR DETAILS</p>



## THIS YEAR MARKS THE 25TH ANNIVERSARY OF RACE FOR THE PLACE!

*And we want to celebrate with you!*

Calling all former Race for the Place 5K and 1 Mile registrants, all current and former TGP participants, Volunteers, and Donors.

Join us on June 1st as we Celebrate Survivors, Current Warriors, and remember those that we have lost to cancer.

Join us for a morning of food, fun, and community to support TGP

REGISTER, CREATE A TEAM, JOIN A TEAM AT [WWW.RACEFORTHEPLACE.ORG](http://WWW.RACEFORTHEPLACE.ORG)

# JOIN US

**SUNDAY, JUNE 1, 2025**

Race for the Place  
Beachwood Place Mall

**7:30AM**

Registration Opens

**8:00AM**

Celebration Village Opens  
(fun for the entire family)

**8:45AM**

Cancer Survivor Ceremony

**9:00AM**

5k and 1 mile walk/run begin

**10:30AM**

Awards Ceremony

★ **10:45AM**

Race for the Place After Party  
TGP 25th Anniversary Kickoff!

★ **Special Day of After Party Activities Include:**

Food trucks, live music, games,  
and much, much more!!!

SCAN TO  
REGISTER



## OUR OFFICES

Connecting with The Gathering Place is easy- just give us a call or stop by our Beachwood or Westlake office!

**PHONE:** 216-595-9546

### OFFICE HOURS

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

**Summer Fridays:** 9:00am - 2:00pm beginning Friday, June 6<sup>th</sup>

**Beachwood:** 2<sup>nd</sup> Saturday of the month 9:00am - 1:00pm

**Westlake:** 3<sup>rd</sup> Saturday of the month 9:00am - 1:00pm

For a complete list of programs and to register, visit [touchedbycancer.org/calendar](http://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

the  
gathering  
Place



Vintage Furnishings  
Warehouse

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.

Contact **Ellen Velez** at [TGPWarehouse@touchedbycancer.org](mailto:TGPWarehouse@touchedbycancer.org) for dates and information.



# THE GATHERING PLACE

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park,  
Beachwood, Ohio 44122

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

## INSIDE!

PROGRAM GUIDE

*Spring Edition*

APRIL • MAY • JUNE

## 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](http://touchedbycancer.org/donate).



## WAYS TO CONNECT

216-595-9546  
[touchedbycancer.org](http://touchedbycancer.org)



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