

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 smiling and looking towards the camera. 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



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 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

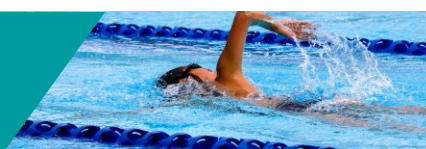
The American Cancer Society has guidelines for diet aimed to help cancer survivors reduce the risk of cancer recurrence and promote overall health. Join this presentation to learn how eating nutritious foods can help survivors manage energy levels, feel better, and stay stronger.

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 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 9

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

MAY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND VIRTUAL

BEACHWOOD
WESTLAKE
VIRTUAL ONLY

OFFSITE
WELLNESS CENTER

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

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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* 2</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 3</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 4</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 5</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? 6</p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 7</p> <p>10:00AM Qigong-Tai Chi</p>
<p>11:00AM Zumba Gold* 9</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 10</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 11</p> <p>6:00PM Drum Circle</p> <p>6:30PM Exercise: Warrior Workout</p>	<p>8:30AM Open Gym 12</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)* 13</p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 14</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* 16</p> <p>12:00PM Sister to Sister</p> <p>5:30PM Open Gym</p> <p>6:00PM Hike & 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 17</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 18</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 20</p> <p>12:00PM Oral, Head & Neck Cancer Group</p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 21</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* 23</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 24</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 25</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 26</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 27</p> <p>12:30PM Restorative Motion*</p> <p>Offices Close at 2:00pm</p>	<p>9:00AM Yoga 28</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* 30</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

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 6th

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

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

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

THE GATHERING PLACE EAST

The Arnold & Sydel Miller Family Campus
23300 Commerce Park, Beachwood, OH 44122

THE GATHERING PLACE WEST

The Sandy Borrelli Center
25425 Center Ridge Road, Westlake, 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 for dates and information.



THE GATHERING PLACE

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

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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.



WAYS TO CONNECT

216-595-9546
touchedbycancer.org



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