

Fall

2024

OCTOBER • NOVEMBER • DECEMBER



FACING CANCER • EMBRACING LIFE

WELCOME!

New to The Gathering Place?  
Call **216-455-1507** to speak with  
a Participant Navigator about our  
programs and services.

**PROGRAMS FOR:**  
Children • Teens • Young Adults (YA)  
Families • Adults



The Gathering Place's mission is to provide a  
caring community that supports, educates and  
empowers individuals and families currently coping with  
the impact of cancer through programs and services

*provided free of charge.*

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

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

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

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



warm regards,  
**MICHELE SEYRANIAN**  
CEO

## OUR OFFICES

### OFFICE HOURS

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

**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

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

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

### THE GATHERING PLACE EAST

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

### THE GATHERING PLACE WEST

The Sandy Borrelli Center  
25425 Center Ridge Road, Westlake, OH 44145

### WELLNESS CENTER

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

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



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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

## MEET THE CLINICAL TEAM

### CHIEF PROGRAM OFFICER



**KAREN HATFIELD**  
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

# ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



VIRTUAL



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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

## BALANCE FOR IMPROVED FUNCTION

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

WEDNESDAYS: 12:30-1:00PM \*RECORDINGS AVAILABLE

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## CHAIR ONE FITNESS

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

THURSDAYS: 11:00-11:45AM

Anita Bartel

## CORE FOR MORE STABILITY & BALANCE

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

TUESDAYS: 1:00-1:30PM \*RECORDINGS AVAILABLE

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## EXERCISE CLASSES \*NEW NAMES BUT SAME GREAT CLASSES!

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

WARRIOR WORKOUT WITH KELSEY

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

CIRCUIT FUSION WITH SANDY

TUESDAYS: 12:00-12:45PM

FUNCTIONAL MOVEMENT WITH STEPHEN

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

THURSDAYS: 12:00-12:45PM

BODY BALANCE BOOTCAMP WITH SANDY

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

## OPEN GYM

Attend an orientation and work out on your own.

THURSDAYS: 9:00-11:00AM

SATURDAYS: 10:00AM-11:00PM

OCT 12 & 26, NOV 9 & 23, DEC 14

## QIGONG-TAI CHI

Reduce stress & improve balance.

SATURDAYS: 10:00-11:00AM

Jeannie Koran

## RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM \*RECORDINGS AVAILABLE

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.

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

## ALL CANCERS

GROUP FOR ADULTS WITH CANCER

Brittani Davis, 216-455-1528

Mondays, 6:30-8:00pm

GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516

Thursdays, 6:30-8:00pm

Oct 3, 17 & 31, Nov 14, Dec 5 & 19

Oct 10 & 24, Nov 7 & 21, Dec 12

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512

Mondays, 6:30-8:00pm

Oct 7 & 21, Nov 4 & 18, Dec 2 & 16

Oct 14 & 28, Nov 11 & 25, Dec 9

Karelys Ortiz Santiago 216-455-1508

Thursdays, 6:30-8:00pm

FOR CAREGIVERS: LIFE AFTER CANCER TREATMENT \*NEW

Sydney Roberts, 216-455-1520

Fridays, 12:00-1:00pm

Oct 11, Nov 8, Dec 13

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522

Oct 24, 6:30-8:00pm

LGBTQ+ GROUP

Brittani Davis, 216-455-1528

Oct 15, Nov 19, Dec 17, 6:00-7:00pm

LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520

Oct 8, Nov 12, Dec 10, 6:30-8:00pm

Whitney Hadley, 216-455-1522

Oct 21, Nov 18, Dec 16, 6:30-8:00pm

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520

Oct 1, Nov 5, Dec 3, 6:30-8:00pm

YOUNG ADULT VIRTUAL GROUP

Whitney Hadley, 216-455-1522

Oct 10, Nov 14, Dec 12, 6:30-7:30pm

## CANCER SPECIFIC

BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504

Oct 10, Nov 14, Dec 12, 6:30-7:30pm

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512

Oct 1, Nov 5, Dec 3, 6:30-8:00pm

LUNG CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Oct 22, Nov 26, 2:00-3:30pm

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516

Oct 15, Nov 19, Dec 17, 6:00-7:30pm

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512

Oct 16, Nov 20, Dec 18, 2:00-3:30pm

PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520

Oct 23, Nov 21, Dec 18, 3:30-4:30pm

PROSTATE PARTNERS

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

Prostate Partners Support/Information Group (for diagnosed individuals)

5:15-6:15pm

Prostate Partners Partner's Group

(for partners)

5:15-6:15pm

Topic-Based Support/Education Session

(diagnosed individuals and partners)

6:30-8:00pm

Brittani Davis, 216-455-1528

Oct 8

Mary Fisher Bornstein, 216-455-1506

Oct 10, Nov 14, Dec 12

## GRIEF & LOSS

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Oct 8, Nov 12, Dec 10, 2:00-3:30pm

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508

Oct 22, Nov 26, Dec 17, 6:30-8:00pm

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Oct 22, Nov 26, Dec 10, 6:30-8:00pm

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528

Oct 16, Nov 20, Dec 18, 11:00am-12:30pm

# INFORMATION & EDUCATION

PROGRAM DETAILS KEY:

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

ALL PROGRAMS ARE EDT TIME



## STRATEGIES TO COPE WITH THE FEAR OF CANCER RECURRENCE

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

SUSAN MARINAC, MSSA, LISW-S

THURS, OCT 3, 12:00-1:30PM

## COFFEE & CONVERSATION

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

### PUMPKIN SPICE EDITION

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

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

### NOTICING THE GOOD

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

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

### HOLIDAY MEMORIES

FRI, DEC 6, 10:00-11:00AM

FRI, DEC 13, 10:00-11:00AM

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

KAREN HATFIELD, MMT, MT-BC, CHPCA

## MARY KAY MAKEOVERS

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

EILEEN COAN, MA, MLS

SAT, OCT 5, 2:00-4:00PM

## COPING WITH A NEW CANCER DIAGNOSIS

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

EILEEN COAN, MA, MLS

TUESDAYS, 5:00-6:00PM

OCT 15, NOV 12, DEC 17

## SCAR CARE

Procedures and surgeries in your cancer treatment plan may result in discomfort at the incision site and surrounding area. Join to learn from an occupational therapist about at-home techniques and stretches to relieve scar and surgery incision tightness and pain.

MARIA PICKSTON, Occupational Therapist

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

## SISTER TO SISTER: BREAST CANCER FACTS & SUPPORT

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

SYDNEY ROBERTS, MA, NCC, LPC, CPPN

MON, OCT 21, 12:00-1:00PM

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

MON, NOV 18, 12:00-1:00PM



## SURVIVING AND THRIVING THE HOLIDAYS

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

MARY FISHER BORNSTEIN, LISW-S

TUES, NOV 5, 6:00-7:00PM

## CARING FOR YOUR SKIN WHEN FACING CANCER

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



NANCY SUTTON

THURS, NOV 7, 12:30-2:00PM

THURS, NOV 7, 6:30-8:00PM

## GRATITUDE YOGA

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

SANDY BORRELLI, RYT

SUSAN MARINAC, MSSA, LISW-S

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

## MINDFULNESS IMMERSION RETREAT

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

SARAH AXNER GILMORE, MSSA, LSW

LISA THEIL, MA, E-RYT500

SAT, NOV 9, 10:30AM-1:00PM



WED, NOV 13, 5:30-8:00PM

Location: Stella Maris, 1320 Washington Ave, Cleveland, OH 44113

5:30PM - NETWORKING

6:30PM - PROGRAM TO BEGIN

QUESTIONS? Contact Susan Marinac

216-455-1512 or Marinac@touchedbycancer.org

## INDIVIDUAL SERVICES

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

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

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

All programs require registration.

Visit our website or call our Participant Navigators to register.

## BEING PROACTIVE IN MAXIMIZING PELVIC FLOOR FUNCTION

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

LAUREN MERCURIO, PT, DPT

SHELLEY ALBERT, PT, DPT

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

## COPING WITH GRIEF DURING THE HOLIDAYS

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

SUSAN MARINAC, MSSA, LISW-S

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

## UPDATES ON PANCREATIC CANCER

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

JORDAN WINTER, MD

Chief of Surgical Oncology, University Hospitals

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

## DREAMING SWEET DREAMS

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

MARY FISHER BORNSTEIN, LISW-S

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

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

## PARTICIPATING ORGANIZATIONS



# NUTRITION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## CHAT WITH THE DIETITIAN

Adults with cancer and caregivers join this monthly nutrition discussion. We share recipes, review topics of interest, and the latest news around cancer and diet. For more information on the month's topic, please subscribe to the Snack & Chat Nutrition newsletter through The Gathering Place website.

STEPHANIE HOPKINS, MS, RDN, LD

THURS, OCT 3, 11:00AM-12:00PM 

FRI, NOV 1, 11:00AM-12:00PM 

FRI, DEC 6, 11:00AM-12:00PM 


## CANCER SURVIVORSHIP DIET: HOW TO COOK STIR FRY


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

STEPHANIE HOPKINS, MS, RDN, LD

SAT, OCT 12, 10:00AM-12:00PM 

SAT, OCT 12, 12:00-1:30PM 

WED, OCT 16, 11:00AM-12:30PM 

WED, OCT 16, 6:00-7:00PM 

## DIET AND TREATMENT SIDE EFFECTS

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

STEPHANIE HOPKINS, MS, RDN, LD

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

## SNACK ATTACK: DEMO & TASTING

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

STEPHANIE HOPKINS, MS, RDN, LD

FRI, OCT 25, 11:00AM-12:00PM 

FRI, NOV 8, 11:00AM-12:00PM 


## HOLIDAY DISHES WITH A RECIPE TO SHARE

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

STEPHANIE HOPKINS, MS, RDN, LD

WED, NOV 13, 6:00-7:30PM 


SAT, NOV 16, 10:00-11:00AM 

SAT, NOV 16, 12:00-1:30PM 

## NUTRITION TIPS FOR MANAGING DIABETES AND CANCER

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


STEPHANIE HOPKINS, MS, RDN, LD

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

## CANCER NUTRITION MYTH BUSTING

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


STEPHANIE HOPKINS, MS, RDN, LD

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

## COOKING TO SUPPORT YOUR IMMUNE SYSTEM

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

STEPHANIE HOPKINS, MS, RDN, LD

WED, DEC 11, 6:00-7:30PM 

SAT, DEC 14, 10:00-11:00AM 

SAT, DEC 14, 12:00-1:30PM 

# MOVEMENT

See page 3 for ongoing movement classes.



## FOUNDATIONS OF AQUATIC EXERCISE SERIES

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

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

FRIDAYS, 1:00-2:00PM 

OCT 18 & 25, NOV 1, 8 & 15

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

BETH LARAWAY, GROUP EXERCISE INSTRUCTOR

TUESDAYS, 5:00-6:00PM

OCT 15, 22 & 29, NOV 5 & 12 

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

## HIKE & SNACK

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

SANDY CONOCHAN, ATC, PTA, CES

STEPHANIE HOPKINS, MS, RDN, LD

WED, OCT 2, 2:00-3:00PM 

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

## BALANCE SCREENING

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

AMY DUBOIS, PT, C/NDT, CFPS

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

SHELLEY ALBERT, PT, DPT

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

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

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

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

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

All TGP programs  
and services are  
*free of charge.*

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## CONNECTIONS: SUPPORT FOR FAMILIES AFFECTED BY CHILDHOOD CANCER

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

ADELLE GATES, MA, CCLS

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

## CONNECTIONS: PARENT GROUP

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

ADELLE GATES, MA, CCLS

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

## KIDS SUPPORT GROUP

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

MICHELLE MILLER, LISW-S, ACHP-SW

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

ADELLE GATES, MA, CCLS

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

## INDIVIDUAL SERVICES ★

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

## PARENT SUPPORT GROUP

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

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

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

## SIBLING GRIEF GROUP

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

MICHELLE MILLER, LISW-S, ACHP-SW

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

## KIDS GRIEF GROUP

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

ADELLE GATES, MA, CCLS

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

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

## KIDS GRIEF: PARENT GROUP

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

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

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

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

## FAMILY FUN DAY: PUMPKIN PAINTING!

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

ADELLE GATES, MA, CCLS

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

## PARENTING THROUGH CANCER

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

ADELLE GATES, MA, CCLS

TUES, OCT 29, 12:00-1:00PM

## PARENTING THROUGH GRIEF

Virtual discussion with practical solutions for parenting while managing grief.

ADELLE GATES, MA, CCLS

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

## BROWNS WATCH PARTY & OPEN HOUSE

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

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

SUN, OCT 13, 12:30-4:00PM

## KIDS ONLY HOLIDAY PJ PARTY

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

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

SAT, DEC 7, 1:00-3:00PM

# ADOLESCENTS & YOUNG ADULTS (YA)

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



## BROWNS WATCH PARTY & OPEN HOUSE

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

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

SUN, OCT 13, 12:30-4:00PM

## GROUP FOR YOUNG ADULTS WITH BREAST CANCER

SUSAN MARINAC, MSSA, LISW-S

THURSDAYS, 6:30-8:00PM   
 OCT 10, NOV 14, DEC 12

## YA VIRTUAL GROUP

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

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

## YA GROUP

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

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

NEEDLE FELTING  
 THURS, OCT 24, 6:30-8:00PM

## YA UGLY SWEATER PARTY

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

WHITNEY HADLEY, MA, MSW, LSW, OSW-C  
 FRI, DEC 6, 6:30-8:00PM



# CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:



ALL PROGRAMS ARE EDT TIME



## GUIDED MEDITATION

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS

MONDAYS, 6:30-7:15PM

OCT 7, NOV 4, DEC 2\*, DEC 9\*

OCT 14, NOV 11

OCT 28, NOV 25

MONDAYS, 1:00-1:45PM

OCT 21, NOV 18, DEC 16

\*Prerecorded mediation will be emailed upon registration

## ART STUDIO

Discover your creativity. No experience needed!

### ULTIMATE BEGINNERS PAINT PARTY

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

DEBBIE MORICH

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

### SYMBOLISM OF STILL LIFE OBJECTS

SARAH AXNER GILMORE, MSSA, LISW-S

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

### OPEN STUDIO

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

## SINGING BOWLS (SOUND BATH)

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

BECKY HOPP, CERTIFIED SOUND HEALER

FRI, OCT 11, 11:00AM-12:00PM

FRI, NOV 8, 11:00AM-12:00PM

FRI, DEC 13, 11:00AM-12:00PM

## ABSTRACT PAINTING FOR GRIEF

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

GABRIELLE COOPER, LPC, ATR-P

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

## DRUM CIRCLE

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

SUSAN MARINAC, MSSA, LISW-S

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

\*Children are welcome

KAREN HATFIELD, MMT, MT-BC, CHPCA

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

## GRATITUDE YOGA

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

SANDY BORRELLI, RYT

SUSAN MARINAC, MSSA, LISW-S

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

## MINDFULNESS IMMERSION RETREAT

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

SARAH AXNER GILMORE, MSSA, LISW

LISA THEIL, MA, E-RYT500

SAT, NOV 9, 10:30AM-1:00PM

## THE THANKFUL GARDEN

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

KAREN KENNEDY, HTR

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

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

## WRITING FOR SELF-CARE

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

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

THURS, NOV 14, 12:00-1:00PM

## MANDALAS FOR SELF-CARE

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

GABRIELLE COOPER, LPC, ATR-P

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

## WALK THE LABYRINTH FOR THE WINTER SOLSTICE

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

EILEEN COAN, MA, MLS

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

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

## OPEN HOUSE

Wed, November 6 at 5:00pm

Thurs, November 21 at 5:00pm

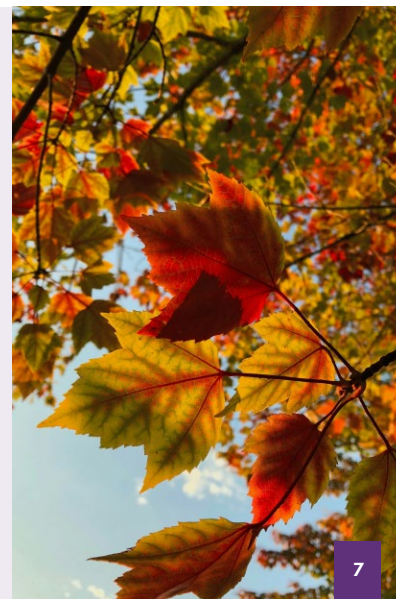
Questions? Please contact:

Karen Hatfield

216-455-1517

Hatfield@touchedbycancer.org

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



# OCTOBER

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER


ADVANCE REGISTRATION REQUIRED.

216-595-9546

TOUCHEDBYCANCER.ORG/CALENDAR



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

MON	TUES	WED	THURS	FRI	SAT
<p></p> <p><b>TGP KIDS AND YA BROWNS WATCH PARTY</b> SUN, OCT 13, 12:30-4:00PM Beachwood</p>	<p><b>1</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM <b>Exercise: Functional Movement</b> 1:00PM <b>Core for More</b> 6:00PM <b>Yoga</b> 6:30PM <b>YA Breast Cancer Group</b> 6:30PM <b>Sister Circle*</b> 7:30PM <b>Connections: Parent Group</b></p>	<p><b>2</b></p> <p>12:30PM <b>Balance for Improved Function</b> 2:00PM <b>Hike &amp; Snack</b></p>	<p><b>3</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 11:00AM <b>Chat with the Dietitian*</b> 12:00PM <b>Fear of Cancer Recurrence</b> 12:00PM <b>Exercise: Body Balance</b> 12:00PM <b>Exercise: Functional Movement</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b></p>	<p><b>4</b></p> <p>12:30PM <b>Restorative Motion</b></p>	<p><b>5</b></p> <p>9:00AM <b>Yoga</b> 10:00AM <b>Qigong-Tai Chi</b> 2:00PM <b>Mary Kay Makeovers</b></p>
<p><b>7</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Guided Meditation</b></p>	<p><b>8</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM <b>Exercise: Functional Movement</b> 1:00PM <b>Core for More</b> 2:00PM <b>Grief Group</b> 5:15PM <b>Prostate Partner's Partners</b> 5:15PM <b>Prostate Partners Info Session</b> 6:30PM <b>Prostate Partners Group</b> 6:30PM <b>Life After Cancer Group</b> 6:00PM <b>Yoga</b></p>	<p><b>9</b></p> <p>12:30PM <b>Balance for Improved Function</b> 3:00PM <b>Diet &amp; Treatment Side Effects</b></p>	<p><b>10</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM <b>Exercise: Body Balance</b> 12:00PM <b>Exercise: Functional Movement</b> 5:15PM <b>Prostate Partner's Partners</b> 5:15PM <b>Prostate Partners Info Session</b> 6:30PM <b>Prostate Partners Group</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Breast Cancer Group</b> 6:30PM <b>YA Virtual Group</b></p>	<p><b>11</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b> 10:00AM <b>Coffee &amp; Conversation</b> 11:00AM <b>Singing Bowls (Sound Bath)*</b> 12:00PM <b>For Caregivers</b> 12:30PM <b>Restorative Motion</b></p>	<p><b>12</b></p> <p>9:00AM <b>Yoga</b> 9:30AM <b>Sibling Grief Group</b> 9:30AM <b>Kids Grief Group</b> 9:30AM <b>Kids Grief: Parent Group</b> 10:00AM <b>Qigong-Tai Chi</b> 10:00AM <b>Cancer Survivorship Diet</b> 10:00AM <b>Open Gym</b> 11:00AM <b>Kids Support Group</b> 11:00AM <b>Parent Support Group</b> 11:00AM <b>Connections</b> 12:00PM <b>Cancer Survivorship Diet</b></p>
<p><b>14</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Kids Support Group</b> 6:30PM <b>Guided Meditation</b></p>	<p><b>15</b></p> <p>10:00AM <b>Yoga*</b> 11:30AM <b>Art Studio: Paint Party</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM <b>Exercise: Functional Movement</b> 1:00PM <b>Core for More</b> 5:00PM <b>Coping with a New Diagnosis</b> 5:00PM <b>Aquatic Exercise</b> 6:00PM <b>Yoga</b> 6:00PM <b>LGBTQ+ Virtual Drop-in</b> 6:00PM <b>Metastatic Group</b> 7:30PM <b>Connections: Parent Group</b></p>	<p><b>16</b></p> <p>11:00AM <b>Grief Group</b> 11:00AM <b>Cancer Survivorship Diet</b> 12:30PM <b>Balance for Improved Function</b> 2:00PM <b>Ovarian Cancer Group</b> 5:30PM <b>Scar Care</b> 6:00PM <b>Cancer Survivorship Diet</b></p>	<p><b>17</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM <b>Exercise: Body Balance</b> 12:00PM <b>Exercise: Functional Movement</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Kids Grief Group</b> 6:30PM <b>Kids Grief: Parent Group</b></p>	<p><b>18</b></p> <p>12:30PM <b>Restorative Motion</b> 1:00PM <b>Aquatic Exercise</b></p>	<p><b>19</b></p> <p>9:00AM <b>Yoga</b> 10:00AM <b>Family Fun: Pumpkin Painting</b></p>
<p><b>21</b></p> <p>11:00AM <b>Zumba Gold*</b> 1:00PM <b>Sister to Sister: Breast Cancer</b> 1:00PM <b>Guided Meditation</b> 2:00PM <b>Balance Screening</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Life After Cancer Group</b></p>	<p><b>22</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM <b>Exercise: Functional Movement</b> 1:00PM <b>Core for More</b> 2:00PM <b>Lung Cancer Group</b> 5:00PM <b>Aquatic Exercise</b> 6:00PM <b>Yoga</b> 6:30PM <b>Grief Group</b> 6:30PM <b>Grief Group</b></p>	<p><b>23</b></p> <p>12:30PM <b>Balance for Improved Function</b> 3:30PM <b>Pancreatic Cancer Group</b> 6:30PM <b>Art Therapy: Abstract Painting</b></p>	<p><b>24</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM <b>Exercise: Body Balance</b> 12:00PM <b>Exercise: Functional Movement</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>YA Group</b></p>	<p><b>25</b></p> <p>11:00AM <b>Snack Attack</b> 12:30PM <b>Restorative Motion</b> 1:00PM <b>Aquatic Exercise</b></p>	<p><b>26</b></p> <p>9:00AM <b>Yoga</b> 10:00AM <b>Qigong-Tai Chi</b> 10:00AM <b>Open Gym</b></p>
<p><b>28</b></p> <p>11:00AM <b>Zumba Gold*</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Guided Meditation</b></p>	<p><b>29</b></p> <p>10:00AM <b>Yoga*</b> 12:00PM <b>Exercise: Circuit Fusion</b> 12:00PM <b>Exercise: Functional Movement</b> 12:00PM <b>Parenting Through Cancer</b> 1:00PM <b>Core for More</b> 5:00PM <b>Aquatic Exercise</b> 6:00PM <b>Yoga</b> 7:00PM <b>Drum Circle</b></p>	<p><b>30</b></p> <p>12:30PM <b>Balance for Improved Function</b> 6:00PM <b>Drum Circle</b></p>	<p><b>31</b></p> <p>9:00AM <b>Open Gym</b> 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM <b>Exercise: Body Balance</b> 12:00PM <b>Exercise: Functional Movement</b> 6:30PM <b>Exercise: Warrior Workout</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b></p>		



# NOVEMBER

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER


ADVANCE REGISTRATION REQUIRED.

216-595-9546

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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
 <b>OPEN HOUSE</b> WED, NOV 6, 5:00PM - Beachwood THURS, NOV 21, 5:00PM - Westlake				10:00AM <b>Coffee &amp; Conversation</b> 1 11:00AM <b>Chat with the Dietitian*</b> 12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b>	9:00AM Yoga 2 10:00AM Qigong-Tai Chi
11:00AM <b>Zumba Gold*</b> 4 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM Caregiver Group 6:30PM Guided Meditation	10:00AM <b>Yoga*</b> 5 12:00PM Exercise: <b>Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 5:00PM <b>Aquatic Exercise</b> 6:00PM <b>Yoga</b> 6:00PM <b>Surviving and Thriving the Holidays</b> 6:30PM <b>YA Breast Cancer Group</b> 6:30PM <b>Sister Circle*</b> 7:30PM Connections: Parent Group	12:30PM Balance for Improved Function 5:00PM <b>Open House</b> 6	9:00AM <b>Open Gym</b> 7 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM Exercise: <b>Functional Movement</b> 12:30PM <b>Caring for Your Skin</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Caring for Your Skin</b>	10:00AM <b>Coffee &amp; Conversation</b> 8 11:00AM <b>Snack Attack</b> 11:00AM <b>Singing Bowls (Sound Bath)*</b> 12:00PM For Caregivers 12:00PM <b>Balance Screening</b> 12:30PM Restorative Motion 1:00PM <b>Aquatic Exercise</b>	9:00AM Yoga 9 9:30AM <b>Sibling Grief Group</b> 9:30AM <b>Kids Grief Group</b> 9:30AM <b>Kids Grief: Parent Group</b> 10:00AM Qigong-Tai Chi 10:00AM <b>Gratitude Yoga</b> 10:00AM <b>Open Gym</b> 10:30AM <b>Mindfulness Immersion Retreat</b> 11:00AM <b>Kids Support Group</b> 11:00AM <b>Parent Support Group</b> 11:00AM <b>Connections</b>
11:00AM <b>Zumba Gold*</b> 11 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Kids Support Group</b> 6:30PM <b>Guided Meditation</b>	10:00AM <b>Yoga*</b> 12 11:30AM <b>Art Studio: Still Life Objects</b> 12:00PM Exercise: <b>Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Grief Group</b> 5:00PM Coping with a New Diagnosis 5:00PM <b>Aquatic Exercise</b> 6:00PM <b>Yoga</b> 6:00PM <b>The Thankful Garden</b> 6:00PM <b>Maximizing Pelvic Floor Function</b> 6:30PM <b>Life After Cancer Group</b>	12:30PM Balance for Improved Function 5:30PM <b>Trans Dudes with Lady Cancer*</b> 6:00PM <b>Holiday Dishes to Share</b> 13	9:00AM <b>Open Gym</b> 14 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM Writing for Self-Care 12:00PM Exercise: <b>Functional Movement</b> 6:00PM <b>The Thankful Garden</b> 5:15PM <b>Prostate Partner's Partners</b> 5:15PM <b>Prostate Partners Info Session</b> 6:30PM <b>Prostate Partners Group</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM Breast Cancer Group 6:30PM <b>Shoulder Mobility &amp; Breast Cancer*</b> 6:30PM YA Virtual Group	12:30PM Restorative Motion 15 1:00PM <b>Aquatic Exercise</b>	9:00AM Yoga 16 10:00AM Qigong-Tai Chi 10:00AM <b>Holiday Dishes to Share</b> 12:00PM <b>Holiday Dishes to Share</b>
11:00AM <b>Zumba Gold*</b> 18 1:00PM Sister to Sister: Breast Cancer 1:00PM Guided Meditation 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM Caregiver Group 6:30PM <b>Life After Cancer Group</b>	10:00AM <b>Yoga*</b> 19 12:00PM Exercise: <b>Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM <b>Yoga</b> 6:00PM LGBTQ+ Virtual Drop-in 6:00PM <b>Metastatic Group</b> 7:30PM Connections: Parent Group	11:00AM <b>Grief Group</b> 20 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 3:00PM Nutrition - Diabetes & Cancer	9:00AM <b>Open Gym</b> 21 11:00AM <b>Yoga</b> 11:00AM <b>Chair One Fitness*</b> 12:00PM Exercise: Body Balance 12:00PM Exercise: <b>Functional Movement</b> 1:00PM <b>Grief During the Holidays</b> 3:30PM Pancreatic Cancer Updates 5:00PM <b>Open House</b> 6:30PM Exercise: Warrior Workout 6:30PM <b>Caregiver Group</b> 6:30PM <b>Adults with Cancer Group</b> 6:30PM <b>Kids Grief Group</b> 6:30PM <b>Kids Grief: Parent Group</b>	12:30PM Restorative Motion 22	9:00AM Yoga 23 10:00AM Qigong-Tai Chi 10:00AM <b>Open Gym</b>
11:00AM <b>Zumba Gold*</b> 25 6:30PM Exercise: Warrior Workout 6:30PM <b>Adults with Cancer Group*</b> 6:30PM <b>Caregiver Group</b> 6:30PM <b>Guided Meditation</b>	10:00AM <b>Yoga*</b> 26 12:00PM Exercise: <b>Circuit Fusion</b> 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM <b>Lung Cancer Group</b> 6:00PM <b>Yoga</b> 6:30PM <b>Grief Group</b> 6:30PM <b>Grief Group</b>	12:30PM Balance for Improved Function 27	Offices Closed for Thanksgiving Holiday 28	Offices Closed for Thanksgiving Holiday 29	9:00AM Yoga 30 10:00AM Qigong-Tai Chi

# DECEMBER

## PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: \*IN-PERSON AND VIRTUAL

BEACHWOOD  
WESTLAKE  
VIRTUAL ONLY

OFFSITE  
WELLNESS CENTER

ADVANCE REGISTRATION REQUIRED.

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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 <b>Zumba Gold*</b> <b>2</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM Caregiver Group</p> <p>6:30PM Guided Meditation</p>	<p>10:00AM <b>Yoga*</b> <b>3</b></p> <p>12:00PM Exercise: <b>Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>12:00PM Parenting Through Grief</p> <p>1:00PM Core for More</p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM <b>Dreaming Sweet Dreams</b></p> <p>6:30PM <b>YA Breast Cancer Group</b></p> <p>6:30PM <b>Sister Circle*</b></p> <p>7:30PM Connections: Parent Group</p>	<p><b>4</b></p> <p>12:30PM Balance for Improved Function</p> <p>3:00PM Cancer Nutrition Myth Busting</p> <p>6:30PM <b>Art Therapy: Mandalas</b></p>	<p><b>5</b></p> <p>9:00AM <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 Exercise: <b>Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p>	<p><b>6</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b></p> <p>11:00AM <b>Chat with the Dietitian*</b></p> <p>12:30PM Restorative Motion</p> <p>6:30PM <b>YA Ugly Sweater Party</b></p>	<p><b>7</b></p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>1:00PM <b>Kids Only Holiday PJ Party</b></p>
<p>11:00AM <b>Zumba Gold*</b> <b>9</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>Kids Support Group</b></p> <p>6:30PM Guided Meditation</p>	<p>10:00AM <b>Yoga*</b> <b>10</b></p> <p>11:30AM <b>Art Studio: Open Studio</b></p> <p>12:00PM Exercise: <b>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>6:00PM <b>Yoga</b></p> <p>6:30PM <b>Grief Group</b></p> <p>6:30PM <b>Life After Cancer Group</b></p>	<p><b>11</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:00PM <b>Cooking to Support Your Immune System</b></p>	<p><b>12</b></p> <p>9:00AM <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 Exercise: <b>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>Caregiver Group</b></p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Breast Cancer Group</p> <p>6:30PM YA Virtual Group</p>	<p><b>13</b></p> <p>10:00AM <b>Coffee &amp; Conversation</b></p> <p>11:00AM <b>Singing Bowls (Sound Bath)*</b></p> <p>12:00PM For Caregivers</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 12:30PM</p>	<p><b>14</b></p> <p>9:00AM Yoga</p> <p>9:30AM <b>Sibling Grief Group</b></p> <p>9:30AM <b>Kids Grief Group</b></p> <p>9:30AM <b>Kids Grief: Parent Group</b></p> <p>10:00AM <b>Open Gym</b></p> <p>10:00AM <b>Cooking to Support Your Immune System</b></p> <p>11:00AM <b>Kids Support Group</b></p> <p>11:00AM <b>Parent Support Group</b></p> <p>11:00AM <b>Connections</b></p> <p>12:00PM <b>Cooking to Support Your Immune System</b></p>
<p>11:00AM <b>Zumba Gold*</b> <b>16</b></p> <p>1:00PM Guided Meditation</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Adults with Cancer Group*</b></p> <p>6:30PM Caregiver Group</p> <p>6:30PM <b>Life After Cancer Group</b></p>	<p>10:00AM <b>Yoga*</b> <b>17</b></p> <p>12:00PM Exercise: <b>Circuit Fusion</b></p> <p>12:00PM Exercise: Functional Movement</p> <p>1:00PM Core for More</p> <p>5:00PM Coping with a New Diagnosis</p> <p>6:00PM <b>Yoga</b></p> <p>6:00PM LGBTQ+ Virtual Drop-in</p> <p>6:00PM <b>Metastatic Group</b></p> <p>6:30PM <b>Grief Group</b></p> <p>7:30PM Connections: Parent Group</p>	<p><b>18</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>3:30PM Pancreatic Cancer Group</p> <p>4:00PM <b>Walk the Labyrinth</b></p>	<p><b>19</b></p> <p>9:00AM <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 Exercise: <b>Functional Movement</b></p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM Kids Grief: Parent Group</p> <p>6:30PM Kids Grief Group</p>	<p><b>20</b></p> <p>12:30PM Restorative Motion</p> <p>4:00PM <b>Walk the Labyrinth</b></p>	<p><b>21</b></p> <p>10:00AM Qigong-Tai Chi</p>
<p><b>23</b></p> <p>Office Hours 10:00AM-3:00PM</p>	<p><b>24</b></p> <p>Offices Closed for Christmas Holiday</p>	<p><b>25</b></p> <p>Offices Closed for Christmas Holiday</p>	<p><b>26</b></p> <p>Office Hours 10:00AM-3:00PM</p>	<p><b>27</b></p> <p>Office Hours 10:00AM-3:00PM</p>	<p><b>28</b></p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p><b>30</b></p> <p>Office Hours 10:00AM-3:00PM</p>	<p><b>31</b></p> <p>Offices Closed for Holiday</p>				

# TGP IN CLE



As we navigated the summer and back to school, we continued to offer services in the City of Cleveland. We had a wonderful response from the community for our second **Health and Wellness Fair** at UH Glenville Community Wellness Center. We were happy to connect with individuals in the community to share our mission with as well as ensure that they have other important resources. Sydney also led a panel discussion with **RTA's Elevating Women Employee Resource Group** to share TGP resources as well as teach people how to take care of themselves and loved ones while navigating cancer treatment. Sydney spoke with over 80 individuals virtually from the **VA for their Caring for the Caregiver Summit and Panel**. Sydney helped others to learn best practices for caregiving and remembering self-care while doing so. Karelys Ortiz Santiago continues to deepen connections in the Hispanic Community by providing her services to Spanish speaking patients at **MetroHealth's Cancer Center**, partnering with **Northeast Ohio Association for Hispanic Health (NOAHH)**, and attending Hispanic Senior Day to educate and offer resources. In connection with Boston Scientific and The Cleveland Foundation, we were excited to host a screening of *The Black Walnut*, a powerful documentary increasing knowledge about prostate cancer in the Black community. A huge thank you to our hospital and community partners for making this event such a success!

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

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

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

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

*Peace & Blessings,*  
**Sydney Roberts**



**SYDNEY ROBERTS**

MA, NCC, LPC, CPPN  
Community Program Manager  
[roberts@touchedbycancer.org](mailto:roberts@touchedbycancer.org)  
216-455-1520



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

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

Contact **Ellen Velez** at [TGPWarehouse@touchedbycancer.org](mailto: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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Permit #769

INSIDE!

PROGRAM GUIDE

*Fall Edition*

OCTOBER • NOVEMBER • DECEMBER

## WAYS TO *give.*

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

Find out more at [touchedbycancer.org/donate](https://touchedbycancer.org/donate).



## WAYS TO CONNECT

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



### TGP EAST

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

### TGP WEST

The Sandy Borrelli Center  
25425 Center Ridge Road  
Westlake, Ohio 44145