

Summer 2025

JULY • AUGUST • SEPTEMBER



SUPPORTING THOSE TOUCHED BY CANCER

WELCOME!

New to The Gathering Place?

Call **216-455-1507** to learn more about our programs and services.

ONLINE & IN-PERSON 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.

A cancer diagnosis changes everything – The Gathering Place is here for you.

At The Gathering Place, we provide free programs, services, and a caring community for those touched by cancer. Whether you need one-on-one support, group connections, health and wellness classes, or resources for your family, we're here for you.

OUR OFFICES

PHONE: 216-595-9546

OFFICE HOURS

Summer Office Hours: Monday through Thursday, 9:00am – 5:00pm
Friday 9:00am – 2:00pm

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

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

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

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

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

● ONLINE

● 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 online. Note all programs are EDT time. If you have additional questions, please contact our Participant Navigator at 216-455-1507.

PARTICIPANT NAVIGATORS

navigator@touchedbycancer.org
216-455-1507



RHONDA BRANCHE



KIM DAY



STEVI GUTIN

MEET THE CLINICAL TEAM

CHIEF PROGRAM OFFICER



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PROGRAM STAFF



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MOVEMENT & NUTRITION



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SANDY CONOCHAN
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TGP KIDS



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Child, Teen and Young Adult
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216-455-1522



MICHELLE MILLER
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216-455-1521

ONGOING MOVEMENT PROGRAMS

PROGRAM DETAILS KEY:



ONLINE



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 ●● *NOT MEETING IN JULY
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 ●●
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 ●
TUESDAYS & THURSDAYS: 8:30-10:30AM ●
SATURDAYS: 9:00AM-11:00AM ●
JULY 12 & 26, AUG 9 & 23, SEPT 13 & 27

QIGONG-TAI CHI

Reduce stress & improve balance.

WEDNESDAYS: 10:00-11:00AM ●● *NEW CLASS
SATURDAYS: 10:00-11:00AM ●
Jeannie Koran

RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

FRIDAYS: 12:30-1:00PM ●●
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
July 7 & 21, Aug 4 & 18, Sept 8 & 22 ●
July 14 & 28, Aug 11 & 25, Sept 15 & 29 ●●

GROUP FOR ADULTS WITH CANCER

Sarah Axner Gilmore, 216-455-1516
Thursdays, 6:30-8:00pm
July 3, 17 & 31, Aug 14 & 28, Sept 11 & 25 ●
July 10 & 24, Aug 7 & 21, Sept 4 & 18 ●

GROUP FOR YOUNG ADULTS

Whitney Hadley, 216-455-1522
July 10, Aug 14, Sept 11, 6:30-7:30pm ●
July 24 & Aug 28, 6:30-8:00pm ●

GROUP FOR CAREGIVERS

Susan Marinac, 216-455-1512
Mondays, 6:30-8:00pm
July 7 & 21, Aug 4 & 18, Sept 8 & 22 ●
July 14 & 28, Aug 11 & 25, Sept 15 & 29 ●

Karelys Ortiz Santiago 216-455-1508

Thursdays, 6:30-8:00pm *NEW SCHEDULE
July 3, 17 & 31, Aug 14 & 28, Sept 11 & 25 ●
July 10 & 24, Aug 7 & 21, Sept 4 & 18 ●

LGBTQ+ GROUP

Brittani Davis, 216-455-1528
July 15, Aug 19, Sept 16, 6:00-7:00pm ●



LIFE AFTER CANCER TREATMENT GROUP

Sydney Roberts, 216-455-1520
July 8, Aug 12, Sept 9, 6:30-8:00pm ●
Karelys Ortiz Santiago 216-455-1508
July 15, Aug 19, Sept 16, 12:30-1:30pm ●
Whitney Hadley, 216-455-1522
July 21, Aug 18, Sept 15, 6:30-8:00pm ●

OLDER ADULTS GROUP

Karen Hatfield, 216-455-1517
July 18, Aug 15, Sept 19, 10:30am-12:00pm ●

SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

Sydney Roberts, 216-455-1520
July 1, Aug 5, Sept 2, 6:30-8:00pm ●●

CANCER SPECIFIC

BLOOD CANCER GROUP

Mary Fisher Bornstein, 216-455-1506
Stevie Gutin
July 28, Aug 25, Sept 22, 5:30-7:00pm ●●

LUNG CANCER SUPPORT GROUP

For those with a lung cancer diagnosis
Susan Marinac, 216-455-1512
July 22, Aug 26, Sept 23, 2:00-3:30pm ●

ORAL, HEAD AND NECK CANCER SUPPORT GROUP

Brittani Davis, 216-455-1528
July 18, Aug 15, Sept 19, 12:00-1:00pm ●

OVARIAN CANCER SUPPORT GROUP

Susan Marinac, 216-455-1512
July 16, Aug 20, Sept 17, 2:00-3:30pm ●

PANCREATIC CANCER GROUP

Sydney Roberts, 216-455-1520
July 23, Aug 27, Sept 24, 3:30-4:30pm ●

PROSTATE PARTNERS

For individuals diagnosed with prostate cancer and their loved ones.

Mary Fisher Bornstein, 216-455-1506
July 10, Aug 14, Sept 11 ●

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

BREAST CANCER SUPPORT

BREAST CANCER SUPPORT GROUP

Eileen Coan, 216-455-1504
July 8, Aug 12, Sept 9, 6:30-8:00pm ●

GROUP FOR YOUNG ADULTS WITH BREAST CANCER

Susan Marinac, 216-455-1512
July 1, Aug 5, Sept 2, 6:30-8:00pm ●●

METASTATIC BREAST CANCER GROUP

Sarah Axner Gilmore, 216-455-1516
July 15, Aug 19, Sept 16, 6:00-7:30pm ●

GRIEF & LOSS

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508
July 8, Aug 12, Sept 9, 2:00-3:30pm ●

ADULT GRIEF SUPPORT

Karelys Ortiz Santiago, 216-455-1508
July 22, Aug 26, Sept 23, 6:00-7:30pm ●

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528
July 16, Aug 20, Sept 17, 11:00am-12:30pm ●

ADULT GRIEF SUPPORT

Brittani Davis, 216-455-1528
July 22, Aug 26, Sept 30, 6:30-8:00pm ●

INDIVIDUAL SERVICES

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

INFORMATION & EDUCATION

PROGRAM DETAILS KEY:



ONLINE



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

ALL PROGRAMS ARE EDT TIME



All programs require registration.

Visit our website or call our Participant Navigators to register.

STEPS OF HEALING

Join us for a healing walk in the park for those who have lost a loved one to cancer. This program offers space to connect with nature, learn mindfulness techniques, and support one another through grief. Each step offers a moment to reflect, breathe, and move toward healing together.

KARELYS ORTIZ SANTIAGO, MSW, LSW

TUESDAYS, 10:00-11:00AM ●

JULY 1, AUG, 5, SEPT 2

Location: Clague Park, 3000 Clague Rd., North Olmsted, OH 44070

INTRODUCTION TO HYPNOTHERAPY

Learn the basics of this relaxing technique including self-hypnosis to reduce pain.

KAREN MACPHERSON, NP-C, CMS, CHT

THURS, JULY 31, 12:00-1:00PM ●

MANAGING STRESS AND ANXIETY AFTER CANCER

Cancer treatment is intense and stressful. When it ends, loved ones may want to celebrate—but survivors often feel overwhelmed or unready to move on. That's normal. Discover strategies to ease anxiety and improve quality of life.

SUSAN MARINAC, MSSA, LISW-S

THURS, AUG 7, 12:00-1:00PM ●

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.

EILEEN COAN, MA, MLS

TUES, AUG 26, 6:00-7:00PM ●



ACUPUNCTURE: AN EFFECTIVE INTEGRATIVE TREATMENT IN CANCER CARE

Studies have shown that acupuncture can be effective in the management of pain, fatigue, nausea and vomiting, anxiety, insomnia, and digestive function, both pre and post treatment and surgery. Join to learn the theory of acupuncture and what to expect during and after an acupuncture treatment session.

LISA R. HOPPS, L.AC./DIPL.AC.

WED, AUG 20, 1:00-2:00PM ●

THE ROLE OF MEDICAL CANNABIS FOR CANCER PATIENTS

Join for an overview of medical cannabis, including the role in managing cancer treatment side effects.

KATY PACK, PHARM.D.

THURS, AUG 28, 5:30PM-6:30PM ●

HOW TO IMPROVE YOUR SLEEP

Quality sleep is essential to overall health and well-being. However, a cancer diagnosis and its associated treatments can significantly disrupt sleep patterns. This workshop will introduce evidence-based approaches to improve sleep quality and address common sleep disturbances experienced during and after cancer treatment.

SUSAN MARINAC, MSSA, LISW-S

THURS, SEPT 4, 12:00-1:00PM ●

IDENTITY AFTER LOSS

Grief after a loss can leave us feeling unsure of who we are without the person who has died. In this session, we'll explore how loss impacts our sense of self and identity. You'll learn to take small but meaningful steps toward rediscovering yourself through reflection and a guided activity.

KARELYS ORTIZ SANTIAGO, MSW, LSW

THURS, SEPT 18, 1:00-2:00PM ●

FRI, SEPT 19, 11:00AM-12:00PM ●

SELF-CARE SERIES

Monthly guided meditation and self-care topics to support your well-being.

CAROL LESLIE ACHT, CWC, OT-RET

1:00-2:00PM ●●

GUIDED MEDITATION

Learn how to release tension, to focus on the breath, and to use your imagination to experience calm and comfort.

WED, JULY 9, AUG 13, SEPT 10

PAIN MANAGEMENT

Join us to discuss the impact of pain on fatigue, emotion, body mechanics, breath and relationships. We will explore the difference between acute versus chronic pain, and discuss maximizing function, work simplification and pacing techniques.

WED, JULY 23



APPNA-NEO

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

BREAST CANCER: WELLNESS AND SUPPORTIVE CARE

Join us for a discussion of supportive care to improve wellness and quality of life for individuals with breast cancer.

AZKA ALI, MD

WED, JULY 23, 6:00-7:00PM ●

HEAD AND NECK CANCERS: UPDATES IN CARE

This program will provide an overview of advances in diagnosis and treatment for individuals with head and neck cancers.

HUMZA QUERSHY, MD, PGY4

WED, AUG 27, 6:00-7:00PM ●

THE SILENT WEIGHT: COPING WITH DEPRESSION ON THE CANCER JOURNEY

A cancer diagnosis brings a wide range of emotional responses, and for some, it can trigger or worsen symptoms of depression. Learn what to look for, when to seek support, and ways to cope.

FAWAD TAJ, MD

WED, SEPT 24, 6:00-7:00PM ●

THE LATEST ADVANCES IN LUNG CANCER TREATMENT

Learn about breakthroughs in chemotherapy, immunotherapy and radiation therapy that are changing the outlook for even late-stage lung cancer cases.

MELINDA HSU, MD

TUES, SEPT 30, 6:30-8:00PM ●



MANAGING SENSORY OVERLOAD

Learn how our senses and breath can impact our peace of mind, can cause distress, exacerbate pain and fatigue, and impact social gatherings; learn about the Vagus Nerve and its power to help calm the body and nervous system.

WED, AUG 27

COMMUNICATING NEEDS AND BOUNDARIES

Learn healthy expression of needs for use with family and friends during your cancer journey; discuss the importance of personal boundaries to lessen well-meant intrusiveness in your life; embrace the 'good selfishness' of self-care to be there for others in times of need.

THURS, SEPT 25

NUTRITION

*RECIPES IN COOKING CLASSES MAY CONTAIN COMMON FOOD ALLERGENS

PROGRAM DETAILS KEY:

● ONLINE ● BEACHWOOD ● WESTLAKE ● WELLNESS CENTER ● OFF SITE ALL PROGRAMS ARE EDT TIME



★ STAY UP TO DATE ON NUTRITION

by subscribing to the monthly nutrition newsletter.



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. A different topic is covered in discussion each month. For more information on the current month's topic, please subscribe to the Snack & Chat Nutrition newsletter through The Gathering Place website.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, JULY 11, 11:00AM-12:00PM ●●

FRI, AUG 1, 11:00AM-12:00PM ●●

FRI, SEPT 5, 11:00AM-12:00PM ●●

FRESH FRUIT DESSERTS FOR SUMMER (COOKING CLASS)

The American Institute for Cancer Research recommends eating a diet that includes a variety of different fruits. Summer is the time for fresh fruit in Ohio! Join this class to create fruit-forward desserts with seasonal options such as berries, melon, cherries, and peaches.

STEPHANIE HOPKINS, MS, RDN, LD

WED, JULY 16, 11:00AM-12:30PM ●●

WED, JULY 16, 6:00-7:30PM ●●

FRI, JULY 18, 11:00AM-12:00PM ●●

SAT, JULY 19, 11:00AM-12:30PM ●●

COOKING STRATEGIES FOR CANCER TREATMENT

Not sure what to eat during cancer treatment or what to cook for a loved one? Join this presentation to learn nutrition strategies that support the body during treatment. Tips will be discussed on how to alter recipes when side effects are present like low appetite, taste changes, nausea, and more.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, JULY 25, 11:00AM-12:00PM ●

MASON JAR SALADS (COOKING CLASS)

Join this class to make fresh summer salads in a mason jar. Learn about the health benefits of high fiber salads for cancer survivorship as well as why and how to incorporate a variety of different vegetables in your diet. Each participant in class will be given a mason jar for meal prep storage and learn the correct technique for keeping salads crisp all day long.

STEPHANIE HOPKINS, MS, RDN, LD

WED, AUG 6, 11:00AM-12:30PM ●●

WED, AUG 6, 6:00PM-7:30PM ●●

FRI, AUG 15, 11:00AM-12:00PM ●●

SAT, AUG 16, 11:00AM-12:30PM ●●

COOKING WITH HERBS & SPICES (COOKING CLASS)

Herbs and spices are great sources of phytochemicals – plant compounds that can have antioxidant and anti-inflammatory properties which may boost health for cancer survivorship. Herbs and spices are also wonderful options to flavor meals without the use of excess sugar or salt! Join this cooking class to review the health benefits of different herbs and spices, how to incorporate them in meals, and various flavoring blends.

STEPHANIE HOPKINS, MS, RDN, LD

FRI, SEPT 12, 11:00AM-12:00PM ●●

SAT, SEPT 13, 11:00AM-12:30PM ●●

WED, SEPT 17, 11:00AM-12:30PM ●●

WED, SEPT 17, 6:00-7:30PM ●●

DIETARY SUPPLEMENTS 101

Supplements are often promoted for health benefits, but the American Institute for Cancer Research does not recommend relying on supplements to reduce cancer risk, as research doesn't support their effectiveness in preventing or curing cancer. Join this presentation to learn more about dietary supplements in the context of cancer risk reduction and survivorship, overall health, and safety considerations.

STEPHANIE HOPKINS, MS, RDN, LD

WED, SEPT 24, 3:00-4:00PM ●●

AUGUST FRUIT AND VEGETABLE EMAIL SERIES

We've all heard countless times to "eat more fruits and vegetables" for our health. August is the time with the seasonal produce available! But implementing healthy eating behaviors can be easier said than done. If you need accountability to increase the amount of fruits and vegetables in your diet and want to learn WHY fruits and vegetables are important for cancer survivors, join this 5-week email series. Each week in August, receive an email busting nutrition and cancer myths, exploring the health benefits of fruits and vegetables, and sharing tips and tasty recipes. By the end, you'll be ready to keep enjoying fruits and vegetables year-round.

STEPHANIE HOPKINS, MS, RDN, LD



SCAN TO SIGN UP TO RECEIVE EMAILS

MOVEMENT

See page 3 for ongoing movement classes.



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

STEPHANIE HOPKINS, MS, RDN, LD

MON, JULY 21, 1:00-2:30PM ●●

Location: North Chagrin Reservation Nature Center 401 Buttermilk Falls Parkway, Mayfield Village, OH 44143

SANDY CONOCHAN, ATC, PTA, CES

STEPHANIE HOPKINS, MS, RDN, LD

TUES, AUG 19, 2:00-3:30PM ●●

Location: Rocky River Reservation Nature Center 24000 Vallye Parkway, North Olmsted, OH 44070

15TH ANNUAL DRAGON BOAT ASSOCIATION FESTIVAL

Join us for a fun-filled day as we cheer on TGP's Dragonflies.

SATURDAY, SEPT 6, 8:00AM ●●



BENEFITS OF EXERCISE

Join to learn more about exercise recommendations, strengthening, aerobic capacity training, balance, flexibility, and cancer-specific exercise guidelines.

SHELLEY ALBERT, PT, DPT,

Board Certified Clinical Specialist in Orthopedic Physical Therapy and Certified in REVITAL Oncology Rehabilitation

WED, SEPT 17, 12:00-1:00PM ●●



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.

SATURDAYS, 11:00AM-12:00PM ●
JULY 12, AUG 9, SEPT 13

CONNECTIONS: PARENT GROUP

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

THURSDAYS, 7:30-8:30PM ●
JULY 3 & 17, AUG 7 & 21, SEPT 4 & 18

CONNECTIONS: SIBLING GROUP

Group for siblings of a pediatric cancer patient.

TUESDAYS, 6:30-7:30PM ●
JULY 22, AUG 26, SEPT 23

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.

SATURDAYS, 9:30-10:30AM ●
JULY 12, AUG 9, SEPT 13

SIBLING GRIEF GROUP

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

SATURDAYS, 9:30-10:30AM ●
JULY 12, AUG 9, SEPT 13

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.

SATURDAYS, 11:00AM-12:00PM ●
JULY 12, AUG 9, SEPT 13



FAMILY FUN: PIZZA NIGHT!

Pizzeria TGP is back and open to our families for a shared meal. Join us for an opportunity to swap summer stories and celebrate the new school year.

WED, SEPT 3, 5:30-7:30PM ●
TUES, SEPT 9, 5:30-7:30PM ●

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

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

ADOLESCENTS & YOUNG ADULTS (YA)

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



YA WITH BREAST CANCER GROUP

Group for individuals in their 20's, 30's & 40's who have been diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S
THURSDAYS, 6:30-8:00PM ●●
JULY 1, AUG 5, SEPT 2

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 ●
JULY 10, AUG 14, SEPT 11

THURSDAYS, 6:30-8:00PM ●
JULY 24, AUG 28

YA GROUP: FINDING MEANING

Join this 5-week group to explore meaning, legacy, and identity before, during, and after cancer.

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

WEDNESDAYS, 6:30-7:30PM ●
SEPT 17 & 24, OCT 1, 8, & 15

YA GARDEN PARTY

Join the YA Group in the garden for an end-of-summer celebration.

WHITNEY HADLEY, MA, MSW, LSW, OSW-C
THURS, SEPT 25, 6:00-8:00PM ●

CREATIVE ARTS & MEDITATION

PROGRAM DETAILS KEY:



ONLINE



BEACHWOOD



WESTLAKE



WELLNESS CENTER



OFF SITE

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 ●
JULY 7 & 21, AUG 4 & 18, SEPT 15

ABSTRACT ART

Have fun and get creative in this beginner abstract art class. Play with colors, shapes, and lines to make your own unique artwork. No experience is needed, just bring your imagination and enjoy making art in a relaxed and friendly space.

SARAH AXNER GILMORE, MSSA, LSW

TUES, JULY 8, 6:00-7:30PM ●



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

JULY 11 ●●
AUG 8 ●●
SEPT 12 ●●

LABYRINTH WALK

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

EILEEN COAN, MA, MLS

SAT, JULY 19, 11:00AM-12:00PM ●



DRUMMING YOUR EMOTIONS

Experience a drum circle to help you recharge, refocus, and reconnect. No experience necessary. Drums are provided.

SUSAN MARINAC, MSSA, LISW-S

(open to all ages)

WED, JULY 30, 6:30-7:30PM ●

KAREN KATFIELD, MMT, MT-BC, CHPCA

(adults)

WED, SEPT 3, 6:00-7:00PM ●

ART THERAPY: COPING WITH LIFE NOW

Participants will trace their hands and use symbols to express their life journey. One hand represents life before cancer, and the other will reflect life as it is now. This creative process offers a compassionate space to grieve, honor personal growth, and explore the emotional impact of change. No artistic experience is needed.

GABRIELLE COOPER, MA, LPC, ATR-P

WED, JULY 30, 6:30-8:00PM ●

ULTIMATE BEGINNERS PAINT PARTY

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

DEBBIE MORICH

TUES, AUG 12, 11:30AM-1:00PM ●

HORTICULTURE THERAPY: GROWING IN NEW DIRECTIONS

Life can bend and twist in different directions, especially when there is a cancer diagnosis. Using a simple wire-bending process, you'll create a topiary frame that will inspire shaping your own growth, too. Participants will receive everything they need to create a tabletop ivy topiary.

KAREN KENNEDY, HTR

TUES, AUG 19, 6:00-7:30PM ●

FRI, AUG 29, 12:00-1:30PM ●

PEN & POWER: A 4-WEEK CREATIVE WRITING WORKSHOP

Find your voice. Shape your story. Own the page.

STACI KIRK & SYDNEY ROBERTS,
MA, LPC, NCC, CPPN

TUESDAYS, 1:00-2:00PM ●

OWN YOUR VOICE

Introduction to Creative Writing:

Get comfortable with storytelling and build your writing confidence.

AUG 12

STRUCTURE THAT SPEAKS

Writing with Purpose:

Learn how to organize thoughts into strong writing pieces.

AUG 19

STYLE & SPICE

Playing with Writing Forms:

Here you will experiment with different genres and formats.

AUG 26

THE WRITER'S ROOM

Sharpen, Share, & Shine:

Refine your work and share it with confidence. Learn editing tips and presentation skills for writers.

SEPT 2

GRATITUDE ART

Create simple pieces centered on gratitude using words, symbols, and color. Focus on a positive word or theme.

SARAH AXNER GILMORE, MSSA, LSW

TUES, SEPT 9, 6:00-7:30PM ●

ART THERAPY: WATERCOLOR AFFIRMATIONS

Using a wax crayon and watercolor technique, create affirmations that support you through your cancer journey. No painting experience needed.

GABRIELLE COOPER, MA, LPC, ATR-P

WED, SEPT 10, 6:30-8:00PM ●

JULY

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE
ONLINE 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
	8:30AM Open Gym 10:00AM Yoga* 10:00AM Steps of Healing 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group*	10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 6:30PM Exercise: Warrior Workout	8:30AM Open Gym 11:00AM Yoga 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:30PM Connections: Parent Group	Offices Closed for Independence Day	
9:00AM TGP Summer Camp 11:00AM Zumba Gold* 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group 6:30PM Guided Meditation 6:30PM Caregiver Group	8:30AM Open Gym 9:00AM TGP Summer Camp 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Grief Group 6:00PM Yoga 6:00PM Abstract Art 6:30PM Life After Cancer Group 6:30PM Breast Cancer Group	9:00AM TGP Summer Camp 10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 1:00PM Self-Care: Guided Meditation* 6:30PM Exercise: Warrior Workout	8:30AM Open Gym 9:00AM TGP Summer Camp 11:00AM Yoga 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 Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group	9:00AM TGP Summer Camp 11:00AM Chat with The Dietitian* 11:00AM Singing Bowls* 12:30PM Restorative Motion*	9:00AM Yoga 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
9:00AM TGP Summer Camp 11:00AM Zumba Gold* 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	8:30AM Open Gym 9:00AM TGP Summer Camp 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 6:00PM Yoga 6:00PM LGBTQ+ Group 6:00PM Metastatic Group	9:00AM TGP Summer Camp 10:00AM Qigong-Tai Chi 11:00AM Fresh Fruit Desserts for Summer 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Ovarian Cancer Group 6:00PM Fresh Fruit Desserts for Summer 6:30PM Exercise: Warrior Workout	8:30AM Open Gym 9:00AM TGP Summer Camp 11:00AM Yoga 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:30PM Connections: Parent Group	9:00AM TGP Summer Camp 10:30AM Older Adults Group 11:00AM Fresh Fruit Desserts for Summer 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion*	9:00AM Yoga 10:00AM Qigong-Tai Chi 11:00AM Fresh Fruit Desserts for Summer 11:00AM Labyrinth Walk
11:00AM Zumba Gold* 1:00PM Hike & Snack 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Guided Meditation 6:30PM Life After Cancer Group	8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Grief Group 6:30PM Grief Group 6:30PM Connections: Sibling Group	10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 1:00PM Self Care: Pain Management* 3:30PM Pancreatic Cancer Group 6:00PM Breast Cancer Supportive Care 6:30PM Exercise: Warrior Workout	8:30AM Open Gym 11:00AM Yoga 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group	11:00AM Cooking Strategies 12:30PM Restorative Motion*	9:00AM Yoga 9:00AM Open Gym 10:00AM Qigong-Tai Chi
9:00AM TGP Summer Camp 11:00AM Zumba Gold* 5:30PM Open Gym 5:30PM Blood Cancer Group* 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	8:30AM Open Gym 9:00AM TGP Summer Camp 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga	9:00AM TGP Summer Camp 10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 6:30PM Exercise: Warrior Workout 6:30PM Drumming Your Emotions 6:30PM Art Therapy: Coping with Life Now	8:30AM Open Gym 9:00AM TGP Summer Camp 11:00AM Yoga 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 1:00PM Introduction To Hypnotherapy 6:30PM Adults with Cancer Group 6:30PM Caregiver Group		

AUGUST

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE
ONLINE 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
 EMAIL SERIES AUGUST FRUIT & VEGETABLE SERIES				1 9:00AM TGP Summer Camp 11:00AM Chat with The Dietitian* 12:30PM Restorative Motion* Offices Close at 2:00pm	2 9:00AM Yoga 10:00AM Qigong-Tai Chi
4 9:00AM TGP Summer Camp 11:00AM Zumba Gold* 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Guided Meditation	5 8:30AM Open Gym 9:00AM TGP Summer Camp 10:00AM Yoga* 10:00AM Steps Of Healing 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 6:00PM Yoga 6:30PM Sister Circle* 6:30PM YA Breast Cancer Group*	6 9:00AM TGP Summer Camp 10:00AM Qigong-Tai Chi 11:00AM Mason Jar Salads 12:30PM Balance for Improved Function 6:00PM Mason Jar Salads 6:30PM Exercise: Warrior Workout	7 8:30AM Open Gym 9:00AM TGP Summer Camp 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 12:00PM Managing Stress and Anxiety 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:30PM Connections: Parent Group	8 9:00AM TGP Summer Camp 11:00AM Singing Bowls* 12:30PM Restorative Motion* Offices Close at 2:00pm	9 9:00AM Yoga 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
11 11:00AM Zumba Gold* 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	12 8:30AM Open Gym 10:00AM Yoga* 11:30AM Beginner Paint Party 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 1:00PM Pen & Power 2:00PM Grief Group 6:00PM Yoga 6:00PM Prostate Cancer: Movement 6:30PM Life After Cancer Group 6:30PM Breast Cancer Group	13 10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 1:00PM Self-Care: Guided Meditation* 6:30PM Exercise: Warrior Workout	14 8:30AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 12:00PM Understanding Lymphedema 5:15PM Prostate Partner's Partners 5:15PM Prostate Partners Info Session 6:30PM Prostate Partners Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group	15 10:30AM Older Adults Group 11:00AM Mason Jar Salads 12:00PM Oral, Head & Neck Cancer Group 12:30PM Restorative Motion* Offices Close at 2:00pm	16 9:00AM Yoga 10:00AM Qigong-Tai Chi 11:00AM Mason Jar Salads
18 11:00AM Zumba Gold* 5:30PM Open Gym 6:30PM Exercise: Warrior Workout* 6:30PM Caregiver Group 6:30PM Adults with Cancer Group 6:30PM Life After Cancer Group 6:30PM Guided Meditation	19 8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 12:30PM Life After Cancer Group 1:00PM Core for More 1:00PM Pen & Power 2:00PM Hike & Snack 6:00PM Yoga 6:00PM LGBTQ+ Group 6:00PM Metastatic Group 6:00PM Horticulture Therapy	20 10:00AM Qigong-Tai Chi 11:00AM Grief Group 12:30PM Balance for Improved Function 1:00PM Acupuncture 101 2:00PM Ovarian Cancer Group 6:30PM Exercise: Warrior Workout	21 8:30AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 7:30PM Connections: Parents Group	22 12:30PM Restorative Motion* Offices Close at 2:00pm	23 9:00AM Yoga 9:00AM Open Gym 10:00AM Qigong-Tai Chi
25 11:00AM Zumba Gold* 5:30PM Open Gym 5:30PM Blood Cancer Group 6:30PM Exercise: Warrior Workout* 6:30PM Adults with Cancer Group* 6:30PM Caregiver Group	26 8:30AM Open Gym 10:00AM Yoga* 12:00PM Exercise: Circuit Fusion 12:00PM Exercise: Functional Movement 1:00PM Core for More 1:00PM Pen & Power 2:00PM Lung Cancer Group 6:00PM Yoga 6:00PM Newly Diagnosed? 6:00PM Grief Group 6:30PM Grief Group 6:30PM Connections: Sibling Group	27 10:00AM Qigong-Tai Chi 12:30PM Balance for Improved Function 1:00PM Self Care: Managing Sensory Overload* 3:30PM Pancreatic Cancer Group 6:00PM Update on Head & Neck Cancers 6:30PM Exercise: Warrior Workout	28 8:30AM Open Gym 11:00AM Yoga 11:00AM Chair One Fitness* 12:00PM Exercise: Body Balance 12:00PM Exercise: Functional Movement 5:30PM Medical Cannabis For Cancer 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM YA Group	29 12:00PM Horticulture Therapy 12:30PM Restorative Motion* Offices Close at 2:00pm	30 9:00AM Yoga 10:00AM Qigong-Tai Chi

SEPTEMBER

PROGRAM CALENDAR

ALL PROGRAM TIMES ARE EDT

PROGRAM LOCATIONS: *IN-PERSON AND ONLINE

BEACHWOOD
WESTLAKE
ONLINE 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>1</p> <p>8:30AM Open Gym</p> <p>10:00AM Steps of Healing</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>1:00PM Pen & Power</p> <p>6:00PM Yoga</p> <p>6:30PM Sister Circle*</p> <p>6:30PM YA Breast Cancer Group*</p> <p>Offices Closed For Labor Day</p>	<p>2</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>6:00PM Yoga</p> <p>5:30PM Family Fun! Pizza Night</p> <p>6:00PM Gratitude Art</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p>	<p>3</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>5:30PM Family Fun! Pizza Night</p> <p>6:00PM Drumming Your Emotions</p> <p>6:30PM Exercise: Warrior Workout</p>	<p>4</p> <p>8:30AM Open Gym</p> <p>11:00AM Yoga</p> <p>11:00AM Chair One Fitness*</p> <p>12:00PM How To Improve Your Sleep</p> <p>12:00PM Exercise: Body Balance</p> <p>12:00PM Exercise: Functional Movement</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>7:30PM Connections: Parent Group</p>	<p>5</p> <p>11:00AM Chat with The Dietitian*</p> <p>12:30PM Restorative Motion*</p>	<p>6</p> <p>8:00AM Dragon Boat Festival</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p>
<p>8</p> <p>11:00AM Zumba Gold*</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>9</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>6:00PM Yoga</p> <p>5:30PM Family Fun! Pizza Night</p> <p>6:00PM Gratitude Art</p> <p>6:30PM Life After Cancer Group</p> <p>6:30PM Breast Cancer Group</p>	<p>10</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>1:00PM Self-Care: Guided Meditation*</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM Art Therapy: Watercolor Affirmations</p>	<p>11</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 Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>6:30PM YA Group</p>	<p>12</p> <p>11:00AM Cooking With Herbs & Spices</p> <p>11:00AM Singing Bowls*</p> <p>12:30PM Restorative Motion*</p>	<p>13</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 Qigong-Tai Chi</p> <p>11:00AM Cooking With Herbs & Spices</p> <p>11:00AM Connections</p> <p>11:00AM Family Support Group</p>
<p>15</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>6:30PM Life After Cancer Group</p>	<p>16</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>17</p> <p>10:00AM Qigong-Tai Chi</p> <p>11:00AM Grief Group</p> <p>11:00AM Cooking With Herbs & Spices</p> <p>12:00PM Benefits Of Exercise</p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Ovarian Cancer Group</p> <p>6:00PM Cooking With Herbs & Spices</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Finding Meaning</p>	<p>18</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>1:00PM Identity After Loss</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p> <p>7:30PM Connections: Parent Group</p>	<p>19</p> <p>10:30AM Older Adults Group</p> <p>11:00AM Identity After Loss</p> <p>12:00PM Oral, Head & Neck Cancer Group</p> <p>12:30PM Restorative Motion*</p>	<p>20</p> <p>9:00AM Yoga</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Healthy Appetizers</p>
<p>22</p> <p>11:00AM Zumba Gold*</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>23</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 Grief Group</p> <p>6:30PM Connections: Sibling Group</p>	<p>24</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:30PM Balance for Improved Function</p> <p>3:00PM Dietary Supplements 101</p> <p>3:30PM Pancreatic Cancer Group</p> <p>6:00PM The Silent Weight: Coping with Depression</p> <p>6:30PM Exercise: Warrior Workout</p> <p>6:30PM YA Group: Finding Meaning</p>	<p>25</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>1:00PM Self Care: Communication Needs*</p> <p>6:00PM YA Garden Party</p> <p>6:30PM Adults with Cancer Group</p> <p>6:30PM Caregiver Group</p>	<p>26</p> <p>12:30PM Restorative Motion*</p>	<p>27</p> <p>9:00AM Yoga</p> <p>9:00AM Open Gym</p> <p>10:00AM Qigong-Tai Chi</p> <p>12:00PM Nutrition Guidelines</p>
<p>29</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>30</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>6:30PM Grief Group</p> <p>6:30PM The Latest Advances in Lung Cancer Treatment</p>				

TGP IN CLE

As we gear up for the summer season, we are excited to announce the addition of our brand new mobile unit, HOPE-

Healing
Opportunities
Peace
Empowerment



Our newest staff member, Shermelle Schaffer, will work closely with the outreach team to expand our reach and impact by bringing HOPE to community residents near and far, who may otherwise not be able to access our four walls. We look forward to deepening our partnership within the city of Cleveland and with hospital partners' satellite office locations.

Organizations interested in scheduling a visit from our mobile unit may contact Shermelle at schaffer@touchedbycancer.org or 216-455-1501.

Otherwise, keep a look out for us on the road!

Peace & Blessings, Sydney Roberts



SYDNEY ROBERTS

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



SHERMELLE SCHAFER

Community Program Manager
schaffer@touchedbycancer.org
216-455-1501

SAVE THE DATE PROSTATE CANCER FORUM 2025

Free event for those with a prostate cancer diagnosis, their adult loved ones and healthcare professionals.

Join us for an information-packed day. Hear from physicians about the latest advances in prostate cancer care, learn more about what to expect during and after cancer treatment and engage with others who are facing prostate cancer.

**SATURDAY, NOVEMBER 1, 2025
SITE CENTERS**



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 & Sydel Miller Family Campus
23300 Commerce Park,
Beachwood, Ohio 44122

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INSIDE!

PROGRAM GUIDE

Summer Edition JULY • AUGUST • SEPTEMBER

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



TGP EAST

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

TGP WEST

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