

In This Together... Learn. Share. Laugh.

GILDA'S CLUB GRAND RAPIDS LOWELL PROGRAM FACT SHEET

What:

Gilda's Club will provide free cancer and grief support for any one who wishes to attend

For Whom:

- Children and adults diagnosed with any kind of cancer
- Children and adults supporting or living in a family with any kind of cancer diagnosis
- Adults (ages 19 and up) grieving the death of a loved one to cancer
- Children (ages 3 to 18) grieving the death of a loved one (due to cancer, other illness, accident, heart attack, suicide, etc...) and the adults in their lives

When:

Weekly on Tuesdays from 9:00am to 9:00pm starting September 15

Where:

All activities will be held at the Lowell Senior Neighbors Clubhouse at 314 South Hudson in Lowell; free parking on site. Call (616) 897-8600 or (616) 453-8300 or email Lowell@gildasclubgr.org

Kind of Activities to be Offered:

- Learning Times - educational lectures and workshops such as:
 - Living with Cancer 101 Series
 - Cancer Specific Topical Lectures like "The Latest Advances in Prostate Cancer"
 - Managing Your Finances Through Cancer
- Sharing Times – structured support meetings such as:
 - Cancer Support – for adults diagnosed with any kind of cancer
 - Family and Friends Support – for those who support someone with cancer
 - Youth Support – Teens, Tweens, Kids, Youngsters
 - Cancer Specific Support Groups – like breast, prostate, lung, etc...
 - Grief Support – for all ages
- Laughing Times – social activities such as:
 - Supper Together – dinner meal served before evening groups
 - Talking With Your Mouth Full – lunch time together with others
 - Family Activity Nights – parties and potlucks with fun things to do
 - Socials – potlucks, movie nights, football game watching parties, and the like

Other

- The program and all activities are free
- An In-Schools Program will be offered in Lowell Schools
- Volunteers are needed for all aspects of the program
- 100% of the funds raised to support the Lowell Program will be used to support families attending the Lowell Program

Please visit our website or call for more information

1806 Bridge Street NW | Grand Rapids, MI 49504
616-453-8300 | 800-326-1419 | www.gcgr.org

