



GILDA'S CLUB
KANSAS CITY
 An Affiliate of the
CANCER SUPPORT COMMUNITY

education, support, & hope

FOR ALL PEOPLE IMPACTED BY CANCER, ANYTIME, ANYWHERE

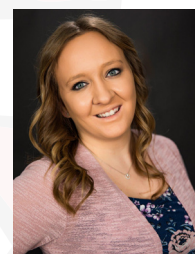
Young Adult Support Spotlight

The Gilda's Club KC Young Adult Cancer Support Group was started in March of 2023 to connect people ages 21-39 who have been diagnosed with cancer. This group has regular attendance from those that are recently diagnosed, in the midst of treatment, and in remission. Although all patients have the support, knowledge, and advice from their healthcare team, sometimes the best level of support can come from those who are facing or have faced similar situations at a comparable time in their life. Topics in this group range from coping with diagnosis, finding ways to navigate life while going through treatment, sharing advice on how to get through common symptoms or barriers that many face, acknowledging the feelings and emotions that come along with being diagnosed with cancer at a young age, all the way to making sure the group meets your pet if they pop up in your Zoom video! This group has been an asset to all that have attended and continues to be a source of support, friendship, and understanding.



Young Adult Support Group participant, Aleah, shared that this group “has been a really positive gift to me in a really difficult year. No one ever talks about how discouraging it is to be the youngest patient in the waiting room and how most support group members are at least 30-40 years older than you. I really look forward to chatting with my new friends every month and we’ve even grown to have a text group outside of group time! I’m very thankful that I found Gilda’s Group and I hope to continue the friendships as I make my way to the end of active treatment and survivorship with breast cancer!”

The Young Adult Cancer Support Group is held on the 1st and 3rd Mondays of each month from 6:00-7:30 pm via Zoom, and is facilitated by one of Gilda's Club KC's highly skilled contract licensed mental health clinicians, **Shelby Moe, LCSW, OSW-C**.



Building on the momentum of our Young Adult Support Group, starting in March 2024, Gilda's Club and Turning Point are collaborating to offer educational and healthy lifestyle programming specifically for young adults who have been diagnosed with cancer. March will feature Zumba Light and April will feature Intro to Meditation, and future topics will address financial needs, mental health, sex, body image, fertility preservation, and more. Register online and join us for opportunities to connect and learn!

ABOUT GILDA'S CLUB



Gilda's Club KC, uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care So that everyone impacted by cancer receives the support they want and need throughout their experience. Community is Stronger than Cancer.®

Our program is always available to anyone with cancer and their loved ones at any stage, from diagnosis through survivorship. It is based on research, led by professionals, offered both in-person and virtually, and provided at no cost to participants.

Our program offers free **support groups** and **short-term individual counseling**, various educational workshops and **healthy lifestyle classes** on subjects like nutrition, exercise/ movement, and mental health, and **resources/referrals**. We emphasize the importance of **social connections** and offer children, teens, and family services.

New to Gilda's Club Kansas City? We invite you to join us! Become a part of our in-person or virtual community. To get started - you can email us at support@gildasclubkc.org or call 816-531-5444 or join a Welcome Meeting!

Welcome Meetings

First Wednesdays at 11:30 am - 12:30 pm Hybrid • Third Wednesdays at 4pm-5pm
Welcome to Gilda's Club Kansas City! If you are interested in learning more about our FREE cancer support program, please join us for a welcoming meeting.

SOCIAL EVENTS

December and January were busy months at Gilda's Club KC! Below are a few pics from our Holiday Bash, the Uriel Owens Foundation Holiday Party, the Team Evelyn Holiday Party, Expressive Arts Winter Solstice, Expressive Arts Families Connect Kickoff, and Bingo Night events!



THERE IS SUPPORT HERE

To join a support group contact support@gildasclubkc.org or call 816-531-5444. Groups are held via zoom, in person, or hybrid (noted below).

Prostate Cancer Network

1st Wednesday Hybrid 6:30-8:00pm

Open to new participants living with a prostate cancer diagnosis. This is a peer-to-peer support group facilitated by the Prostate Network.

Living with Loss Support Group

4th Monday 6-7:30pm

Hybrid / Clubhouse & Zoom

Open to new participants who are grieving the death of a loved one from cancer.

Family & Friends Support Group

1st Wednesday Zoom / 3rd Wednesday

Hybrid - in-person at Clubhouse and

Zoom 6-7:30pm

Open to new participants who are supporting someone living with cancer.

Living with Cancer Support Group

1st Thursday Zoom / 3rd Thursday

Hybrid- In-Person at Clubhouse 6-7:30pm

Open to new participants who are living with cancer.

Post-Treatment Support Group

2nd Wednesday Hybrid Clubhouse &

Zoom / 4th Wednesday Zoom 6-7:30pm

Open to new participants who completed treatment.

Breast Cancer Support Group

2nd Tuesday Zoom / 4th Tuesday

Hybrid- In-Person at Clubhouse & Zoom

6-7:30pm

Open to new participants living with a breast cancer diagnosis.

Families Connect

4th Thursday Clubhouse 6-7:30pm

Open to parents and children ages 5-17 navigating cancer in the family. Dinner will be provided..

Kid Support and Teen Support

4th Thursday Hybrid Clubhouse & Zoom

6-7:30 pm 6-7:30pm

This group runs concurrently with Families Connect and offers support for kids and teens who have a parent/caregiver/sibling/family member with a cancer diagnosis.

Young Adults Support Group

1st and 3rd Mondays each month

6pm-7:30pm via Zoom

This group is open to anyone between the ages of 21-39 who has been diagnosed with cancer or is in remission.

One-on-One Support

Individual counseling requests are welcome. To provide further support, GCKC offers short-term counseling. Limited to maximum of six sessions. Availability varies.

Open to Options®

A service of the Cancer Support Community

Open to anyone living with cancer and who has an upcoming treatment decision, Open to Options is a one-on-one appointment for you to meet with one of our trained staff members to help create an effective list of questions to review with your care team about treatment options.

THERE IS SUPPORT HERE



Occupational Therapy Office Hours

Join Occupational Therapy students for OT Office Hours, Thursdays from 12-1. Join to learn about a different topic each week, including sex and intimacy, how to manage brain fog, the importance of exercise, and leisure exploration/participation. Alternating online or in person. See online calendar or reach out to hayden@gildasclubkc.org or colleen@gildasclubkc.org with questions or for help with registering.



¡APOYO EN ESPAÑOL!

Para obtener más información, por favor, llame al 816-200-7356.

Open to new participants living with a prostate cancer diagnosis. This is a peer-to-peer support group facilitated by the Prostate Network.

Grupo De Apoyo- Hybrid

Segundo Miércoles, 6-7:30 p.m.

Grupo de Apoyo para sobrevivientes de cáncer y sus familias en el que pueden obtener información, compartir recursos y recibir apoyo emocional. Para obtener más información, por favor, llame al 816-200-7356.



El Centro, Inc.

¡Gilda's Club KC esta encantado de colaborar con El Centro, Inc, 650 Minnesota Ave, Kansas City, KS 66101, para ofrecerles una serie de clases educativas para nuestra comunidad hispanohablante!



Cancer y Genetica

23 de Marzo, 2024 de las 10am -11am

Unase con Juntos para conocer mas de la genetica y el riesgo del cáncer.

Frankly Speaking About Cancer: Que le Diré a Los Niños?

30 de Marzo, 2024 de las 10am -11am

Unase con Areli Ramphal, LCSW, LSCSW para conversar acerca que pasos considerar cuando se prepara para una conversacion con los niños acerca del impacto del cáncer.

Y Ahora Que?

6 de Abril, 2024 a las 10am -11am

Este programa es disenado para los personas recién diagnosticados de cáncer y para sus cuidadores -un recién diagnosticado 101. Provee una descripción general de temas como que lenguaje entender, quien es parte del equipo de cuidados, compartiendo diagnosticos, apoyando a los niños, navegando el trabajo y cancer y cuando y como buscar ayuda.

GILDA'S IN THE COMMUNITY!

Support Groups and Educational Workshops in partnership with some of our hospital locations, either via zoom, hybrid, or in person (noted below).

Support Group registration required. Meeting with a GCKC staff member is strongly encouraged prior to support group participation.

Advent Health

Living with Cancer Support Group

Monday, March 18th, 6-7:30 pm via Zoom

Monday, April 15th, 6-7:30 pm via Zoom

Open to individuals who are living with cancer.

Basic Budgeting

Monday, March 4th, 6 - 7pm

Hybrid at AdventHealth Cancer Center Conference Room or via Zoom

Rachel Audsley, Business and Community Development Experience Advocate with Mazuma Credit Union, will provide budgeting tips.

Gifts of Self-Care

Monday, April 1st, 6-7pm, via Zoom

Have you experienced feeling the weight of life's stressors? Are you having difficulty making time to care for yourself? We will discuss the impacts of unmanaged life stressors, explore the benefits and utilization of self-care techniques, and facilitate experiential self-care activities during this class.

Liberty Hospital

Living with Cancer Support Group

Thursday, March 14th, 6-7:30 pm via Zoom

Thursday, April 11th, 6-7:30 pm via Zoom

Open to individuals who are living with cancer.

Family & Friends Support Group

Thursday, March 14th, 6-7:30 pm via Zoom

Thursday, April 11th, 6-7:30 pm via Zoom

Open to individuals supporting someone who is living with cancer.

Advance Care Planning

Monday, March 18th 6pm-7pm via Zoom

This free workshop offers information on advance care planning (ACP). We will discuss the process of ACP and creating an advance directive, and the differences between the two. Participants will learn why ACP is important and tips on what to consider when creating a care plan.

Frankly Speaking About Cancer: What Do I Tell the Kids?

Monday, April 15th 6pm-7pm via Zoom

A cancer diagnosis can have a profound impact on the entire family. There is new information to learn, treatment decisions to make, collective lifestyle adjustments, and concern about how much of the experience you share with your children. Join GCKC Program Director, Amanda Trout, LCSW, LSCSW, OSW-C, as we discuss the steps to consider when preparing a conversation with children regarding the impact of cancer. Each participant will receive the Frankly Speaking About Cancer: What Do I Tell the Kids? booklet.

Saint Luke's East

Living with Cancer Support Group

Tuesday, March 12th, 6-7:30 pm via Zoom

Tuesday, April 9th, 6-7:30 pm via Zoom

Open to individuals who are living with cancer.

Family & Friends Support Group

Tuesday, March 12th, 6-7:30 pm via Zoom

Tuesday, April 9th, 6-7:30 via Zoom

Open to individuals supporting someone who is living with cancer.

Cancer-Related Fatigue

Wednesday, March 27th, 6pm-7:30pm via Zoom

Join our OT Student Intern, Hayden Burnett, as she leads a discussion on cancer-related fatigue.

Sensitive Communications

Wednesday, April 24th 6pm-7pm

Join Anita Slusher, LPC, LCPC for this discussion surrounding learning effective ways to communicate around sensitive topics.

GILDA'S IN THE COMMUNITY!

Saint Luke's South

Addressing Cancer-Related Brain Fog

Monday, March 25th, 6pm-7pm - via Zoom

Experiencing brain fog? Join our OT student intern, Colleen, as she facilitates a discussion on cancer-related brain fog and its impact on everyday life.

Metastatic Breast Cancer

Monday, April 22nd, 6pm-7pm - via Zoom

Janie Metsker, RN BSN CN-BN ONN-CG, Nurse Navigator & Clinical Coordinator will discuss what those living with metastatic breast cancer need to know about this diagnosis, treatment options and decision making. Bring any questions you may have.

University Health

Post-Traumatic Growth

Tuesday, March 26th, 12 - 1pm - in person at

University Health Cancer Center and Zoom

Join Amy Ruse-Cheung, LCSW, LSCSW, as we explore types of personal growth, the difference between post-traumatic growth and resilience, and how this topic relates to the cancer experience.

Navigating Financial Resources

Tuesday, April 30th, 12-1 pm - in person

at University Health Cancer Center and Zoom

Join Stephanie Sherode, LMSW, Financial Navigation Program Manager with Masonic Cancer Alliance, for a discussion about navigating financial resources and insurance.

EDUCATION AND HEALTHY LIFESTYLE CLASSES

All workshops are offered virtually or hybrid (noted below) and are open to anyone and everyone! Registration is required. Visit our website to register or call 816-531-5444.v

Cancer Transitions - Moving Beyond Treatment

Gilda's Club KC is proud to partner with the Masonic Cancer Alliance to bring back this workshop in 2024! It is common to feel many emotions once treatment ends. The post-treatment phase of survivorship requires many things - physical activity, nutrition, a healthy emotional life, and management of any health conditions that may arise.

Join on Zoom from 4-5:30pm the first four Mondays in April! Register online, or email support@gildasclubkc.org for more information.

Session 1: Get Back to Wellness - April 1st

Session 2: Emotional Health April 8th

Session 3: Eating Well and Staying Active April 15th

Session 4: Medical Management Beyond Cancer April 22nd

Expressive Art Therapy

Gilda's Club KC Clubhouse

Fourth Thursday of every month from 4-5:30 pm

Join Emporia State University students for monthly expressive art therapy programming. Materials will be provided.

Guided Relaxation

Via Zoom

First Tuesday Of Each Month, 12-1pm

Living with cancer, being a caregiver, or experiencing grief can be exhausting and stressful. Join GCKC to learn to use Mind-Body techniques, such as deep breathing, mindfulness, and meditation to reduce stress and relax.

EDUCATION AND HEALTHY LIFESTYLE CLASSES

Healing Through Writing

Gilda's Club KC Clubhouse and via Zoom
Saturday, March 16th and Saturday April 27th 10 am - 12 pm

Join a healing writing community to explore what you have to say to yourself and others, to discover the truth of your journey, and bring to light your creative spirit. Inspiring writing prompts will be presented, and each participant will be given the opportunity to share his/her/their writing or experience of writing (though reading aloud will not be required). No experience necessary. Each class will have different writing prompts. All who want to write are welcome.

Knitting Class

Gilda's Club KC Clubhouse
March 4th and April 8th 5:30 - 7pm
March 6th and April 3rd 12 - 1:30pm

Join Nancy Kollhoff for fun and community as she teaches the basics of knitting! Participants will be creating their own knitted potholders, or another creation, to take home or give as a gift. No experience is necessary, but if possible please email support@gildasclubkc.org with level of experience so our instructor can be prepared. All supplies will be provided.

Mary Kay Pampering Session

Gilda's Club KC Clubhouse
Tuesday March 5th, 5:30-7:30pm or
Saturday April 6th, 9:30 - 11:30 am

Indulge in a moment of self-care with Mary Kay. As a breast cancer survivor and Mary Kay consultant, Sara Riden is dedicated to bringing a touch of luxury to your skincare routine. Join her for a pampering session – because you deserve it!

Walking Club

Meet at Gilda's Club KC
Wednesdays in March: 3/6, 3/13, 3/20, 3/27 from 12-1 pm

Come join our Occupational Therapy student intern, Hayden Burnett, and fellow members to enjoy the physical and mental benefits that come from walking. Participants will be guided through a brief informational session to enhance participation in walking followed by the opportunity to walk outdoors around Mill Creek Park. This event will take place at GCKC. Please check the weather to dress for comfort outdoors.

Young Adult Cancer Series - Zumba Light

Via Zoom
Thursday, March 21st from 5-6pm

Join Gilda's Club Program Director and Licensed Zumba Instructor, Amanda Trout, for a fun, lively dance fitness class geared towards Young Adults with Cancer This is a fun, low-impact class with warm-up and cool-down time included. No experience necessary... just be ready to move to some music and smile!

Zumba Light

Via Zoom
Third Wednesday of Each Month 12 - 1 pm

Come be a part of this lively dance fitness program with a Latin beat! Join our Program Director, Amanda, for this fun low-impact, dance fitness workout from the comfort of your own home. Warm-up and stretching/cool-down will be included.

SAVE THE DATE... NATIONAL CANCER SURVIVORS DAY!



Join us Sunday, June 2nd for the 39th Annual National Cancer Survivors Day Celebration! Stay tuned for details!

Gilda's Club of Kansas City

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	<p>05:30 PM Knitting Class</p> <p>06:00 PM Basic Budgeting - partnered w/AdventHealth</p> <p>06:00 PM Young Adults Support Group</p>	<p>12:00 PM Guided Relaxation</p> <p>05:30 PM Mary Kay Pampering Session</p>	<p>11:30 AM Welcome Meeting</p> <p>12:00 PM Knitting Class</p> <p>04:30 PM Walking Club</p> <p>06:00 PM Family & Friends Support Group - Zoom</p> <p>06:30 PM Prostate Network</p>	<p>12:00 PM OT Office Hours- Brain Fog</p> <p>06:00 PM Living with Cancer Group</p>	8	9
10	11	<p>06:00 PM Breast Cancer Support Group</p> <p>06:00 PM Family & Friends Support - Partnered w/ Saint Luke's East</p> <p>06:00 PM Living with Cancer - Partnered w/ Saint Luke's East</p>	<p>04:30 PM Walking Club</p> <p>06:00 PM Grupo de Apoyo - Hybrid</p> <p>06:00 PM Post Treatment Group - Hybrid</p>	<p>12:00 PM OT Office Hours- Importance of Exercise</p> <p>06:00 PM Family & Friends Support - Partnered w/ Liberty Hospital</p> <p>06:00 PM Living with Cancer Support Group - Partnered w/ Liberty Hospital</p>	15	<p>10:00 AM Healing Through Writing</p>
17	<p>06:00 PM Advance Care Planning</p> <p>06:00 PM Living with Cancer Group - Partnered with Advent Health</p> <p>06:00 PM Young Adults Support Group</p>	19	<p>12:00 PM Zumba - Light</p> <p>04:00 PM Welcome Meeting</p> <p>04:30 PM Walking Club</p> <p>06:00 PM Family & Friends Support Group - Hybrid</p>	<p>12:00 PM OT Office Hours- Leisure Exploration and Participation</p> <p>05:00 PM Young Adult Cancer Series - Zumba Light</p> <p>06:00 PM Living with Cancer Group - Hybrid</p>	22	<p>10:00 AM Cancer y Genetica - con El Centro y Juntos</p>
24	<p>06:00 PM Addressing Cancer-Related Brain Fog - Partnered w/Saint Luke's South</p> <p>06:00 PM Living with Loss Group</p>	<p>12:00 PM Post-Traumatic Growth - partnered w/University Health</p> <p>05:30 PM Learn About Missy's Boutique!</p> <p>06:00 PM Breast Cancer Support Group - Hybrid</p>	<p>04:30 PM Walking Club</p> <p>06:00 PM Cancer-Related Fatigue - in partnership w/Saint Luke's East</p> <p>06:00 PM Post Treatment Group</p>	<p>04:00 PM Expressive Art Therapy</p> <p>06:00 PM Families Connect Support</p>	29	<p>10:00 AM Frankly Speaking About Cancer: ¿Qué les diré a las niñas? - con El Centro</p>
31						

Please scan for the most up to date calendar!



Gilda's Club of Kansas City

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>04:00 PM Cancer Transitions - Moving Beyond Treatment</p> <p>06:00 PM Gifts of Self-Care - partnered w/AdventHealth</p> <p>06:00 PM Young Adults Support Group</p>	<p>12:00 PM Guided Relaxation</p>	<p>11:30 AM Welcome Meeting</p> <p>12:00 PM Knitting Class</p> <p>06:00 PM Family & Friends Support Group - Zoom</p> <p>06:30 PM Prostate Network</p>	<p>06:00 PM Living with Cancer Group</p>		<p>09:30 AM Mary Kay Pampering Session</p> <p>10:00 AM ¿Y ahora qué? - con El Centro</p>
	<p>04:00 PM Cancer Transitions - Moving Beyond Treatment</p> <p>05:30 PM Knitting Class</p>	<p>06:00 PM Breast Cancer Support Group</p> <p>06:00 PM Family & Friends Support - Partnered w/ Saint Luke's East</p> <p>06:00 PM Living with Cancer - Partnered w/ Saint Luke's East</p>	<p>06:00 PM Grupo de Apoyo - Hybrid</p> <p>06:00 PM Post Treatment Group - Hybrid</p>	<p>06:00 PM Family & Friends Support - Partnered w/ Liberty Hospital</p> <p>06:00 PM Living with Cancer Support Group - Partnered w/ Liberty Hospital</p>		
	<p>04:00 PM Cancer Transitions - Moving Beyond Treatment</p> <p>06:00 PM Frankly Speaking About Cancer: What Do I Tell the Kids? - partnered w/Liberty Hospital</p> <p>06:00 PM Living with Cancer Group - Partnered with Advent Health</p> <p>06:00 PM Young Adults Support Group</p>		<p>12:00 PM Zumba - Light</p> <p>04:00 PM Welcome Meeting</p> <p>06:00 PM Family & Friends Support Group - Hybrid</p>	<p>05:00 PM Young Adult Cancer Series: Intro to Meditation</p> <p>06:00 PM Living with Cancer Group - Hybrid</p>		
	<p>06:00 AM Metastatic Breast Cancer - partnered w/Saint Luke's South</p> <p>04:00 PM Cancer Transitions - Moving Beyond Treatment</p> <p>06:00 PM Living with Loss Group</p>	<p>05:30 PM Learn About Missy's Boutique!</p> <p>06:00 PM Breast Cancer Support Group - Hybrid</p>	<p>06:00 PM Post Treatment Group</p> <p>06:00 PM Sensitive Communications - partnered w/Saint Luke's East</p>	<p>04:00 PM Expressive Art Therapy</p> <p>06:00 PM Families Connect Support</p>		<p>10:00 AM Healing Through Writing</p>
		<p>12:00 PM Financial Navigation Resources for Oncology Patients - partnered/University Health</p>				

RESOURCES

Cancer support at your fingertips



Connect to Your Cancer Support Helpline Navigator at **888.793.9355**



Connect to Your Online Community on cancersupportcommunity.org/mylifeline



Open to Options®

A service of the Cancer Support Community

Open to anyone living with cancer and who has an upcoming treatment decision, Open to Options is a one-on-one appointment for you to meet with one of our trained staff members to help create an effective list of questions to review with your care team about treatment options.

Programs are made possible in part by donations from the American Century Investments Foundation, Ash Grove Cement Foundation, The Bayer Fund, Central Presbyterian Church, Children's Services Fund of Jackson County, Mo., Combined Federal Campaign, Ronald D. Deffenbaugh Foundation, Haggerty Family Foundation, Health Forward Foundation, Henderson Foundation, The Junior League of Kansas City, Mo., Edward G. and Kathryn E. Mader Foundation, Mazuma Foundation, J. B. Reynolds Foundation, Jean Stalcup Patient Education Fund, Jane and Jack Strandberg Charitable Foundation, Bank of America, N.A., Trustee, R. A. Long Foundation, Ronald D. Deffenbaugh Foundation, The Sherman Family Foundation, Truman Heartland Foundation, Unified Government of Wyandotte County/Hollywood Casino Fund, Walker Family Foundation, and other generous donors.

¿Hablas Español?

Para más información llame y deje un mensaje al 816-200-7356



**GILDA'S CLUB
KANSAS CITY**

An Affiliate of the
CANCER SUPPORT COMMUNITY

21 W. 43rd St.
Kansas City, MO 64111

Community is Stronger than Cancer.

Thank you to our hospital partners.



Gilda's Clubhouse Hours (unless otherwise posted):
Monday - Thursday: 9:30 a.m. - 4:30 p.m., Friday: 9:30 a.m. - 12:30 p.m.

"I am more than my cancer."

GILDA'S CLUB KANSAS CITY
21 W. 43rd St., Kansas City, MO 64111
GildasClubKC.org • 816-531-5444

