



An Affiliate of the
CANCER SUPPORT COMMUNITY

March 2024 — Detroit

Mon	Tue	Thu
4 11:30 (H) Coping 101: Managing Anxiety 2:30 New Member Meeting	5	7 11:00 Coffee & Community 4:00 Family Art Time 5:30 Durfee Dinner
11 11:30 (H) Coping 101: Managing Depression 1:00 (H) Living with Cancer Group 2:30 New Member Meeting	12 1:00-5:00 (H) Love You, Get Screened Event	14 4:00 Board Game Night! 5:30 Spin & Spill Social Gathering 6:00 (H) Women of Color Group 6:30 Cancer Fighting Smoothies with Shelby 7:00 (H) intenSati: Movement, Mantra & Meditation
18 11:30 (H) Coping 101: Managing Stress 2:30 New Member Meeting	19	21 4:00 Family Art Time 5:00 (H) Kids Living with Cancer 6:00 Kid's Bingo 6:00 (H) Lung Group
25 10:00 (H) Soulful Steps with Take Root 11:30 (H) Coping 101: Managing Difficult Emotions 11:30 (H) Watercolor for Beginners 1:00 (H) Living with Cancer Group 2:30 New Member Meeting	26 1:00 (H) New Year, New Mindset Series: Becoming an Overcomer	28 9:00 (H) Gilda's Hospital Partners Meet & Eat Event 4:00 (H) Zumba Fitness 6:00 (H) Functional Health & Fitness Series with Coach Khari
Registration is required for <u>all</u> programs. You can give us a call at 313.356.7600 or register online at: www.gildasclubdetroit.org		(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually. RED = NEW! BLUE = Children, Teens, & Family Programs