



An Affiliate of the
CANCER SUPPORT COMMUNITY

Virtual - March 2024

Wed	Thurs	Fri	Sat
<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org</p>	<p>Gilda's Virtual Community is open:</p> <p>Wed-Thurs 10:00 am - 8:00 pm Fridays 10:00 am - 5:00 pm & Saturdays at 10:00 am</p>	<p>1 10:00 New Member Meeting 10:00 Morning Meditation 1:00 Yoga 3:30 Kids Story Time</p>	<p>2 10:00 Chair Yoga 11:00 Mindful Writing</p> 
<p>6 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories! 6:00 Chair Yoga 6:30 Pancreatic Group 6:30 Life After Treatment Group</p> 	<p>7 10:00 Art Therapy For All 11:00 Sue Fabian Series: Caregiving 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Kids Living With Cancer Group 6:00 Spouses Bereavement Group 6:30 Brain Group 6:30 Lung Health Awareness 7:00 Game Night!</p>	<p>8 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time</p>	<p>10 10:00 Chair Yoga 10:00 The Mindful Month: Reframe the Fear of Missing Out (FOMO) With the Joy of Missing Out (JOMO)</p>
<p>12 5:00 Parenting with Cancer - Group</p> <hr/> <p>13 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Journey Book Club 4:00 Scattergories 5:00 Kids Talk 6:00 Chair Yoga 6:00 Family Bereavement 6:30 Young Adults Group</p>	<p>14 10:00 Art Therapy For All 11:00 Sue Fabian Series: Emergency Preparedness 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Art Therapy For Teens 6:00 Mindfulness Based Stress Reduction Series 6:30 Caregivers Group 7:00 Catch Phrase!</p>	<p>15 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time</p>	<p>16 10:00 Chair Yoga 11:00 Mindful Writing</p> 
<p>20 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories 6:00 Chair Yoga 6:00 Men's Meeting 6:30 New To Remission Group</p>	<p>21 10:00 Art Therapy For All 11:00 Sue Fabian Series: Simplify Your Life 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:30 Spouses Bereavement Group 6:00 Mindfulness Based Stress Reduction Series 7:00 Catch Phrase!</p> 	<p>22 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time</p>	<p>23 10:00 Chair Yoga 10:00 The Mindful Month: Reframe the Fear of Missing Out (FOMO) With the Joy of Missing Out (JOMO)</p>
<p>27 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Book Club 4:00 Scattergories 6:00 Chair Yoga</p>	<p>28 10:00 Art Therapy For All 11:00 Sue Fabian Series: My Spouse Died, What Do I Do now? 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Mindfulness Based Stress reduction Series 6:30 Caregivers Group 6:00 Metastatic Breast Group 7:00 Catch Phrase!</p>	<p>29 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time</p>	<p>30 10:00 Chair Yoga</p> 