



An Affiliate of the  
CANCER SUPPORT COMMUNITY

# January 2023 — Lake House

Tue		Wed	Thu
<b>3</b> <b>11:00</b> Living with Cancer <b>12:00</b> Courage Room Meditation <b>1:00</b> Caregiver Group <b>2:00</b> Art Therapy for All <b>6:00</b> Family Bereavement Group	<b>4</b> <b>10:00</b> New Member Meeting <b>1:00</b> Women's Gathering	<b>5</b> <b>1:00</b> Thankful Thursday Art	
<b>10</b> <b>10:30</b> Chair Yoga <b>12:00</b> Courage Room Meditation <b>1:00</b> Mindful Journaling <b>3:00</b> Reiki <b>6:00</b> Parenting a Survivor Group	<b>11</b> <b>10:00</b> New Member Meeting <b>1:00</b> Breast Group	<b>12</b> <b>10:30</b> Healing Arts Jewelry <b>1:00</b> Knitting Circle	
<b>17</b> <b>10:30</b> Chair Yoga <b>11:00</b> Living with Cancer <b>12:00</b> Courage Room Meditation <b>2:00</b> Art Therapy for All <b>6:00</b> Lung Group (H)	<b>18</b> <b>10:00</b> New Member Meeting <b>1:00</b> Gynecological Cancers Group	<b>19</b> <b>1:00</b> Thankful Thursday Art	
<b>24</b> <b>10:30</b> Chair Yoga <b>12:00</b> Courage Room Meditation <b>1:00</b> Mindful Journaling <b>3:00</b> Reiki	<b>25</b> <b>10:00</b> New Member Meeting <b>2:00</b> Euchre	<b>26</b> <b>1:00</b> Knitting Circle <b>3:00</b> Uke Group!	
<b>31</b> <b>10:30</b> Chair Yoga <b>12:00</b> Courage Room Meditation <b>2:00</b> Art Therapy for All	<b>(H) - Indicates this is a 'Hybrid Program.' Members can register to attend in person or virtually.</b>  <b>Red = NEW!</b>	<b>Registration is required for <u>all</u> programs.</b>  <b>You can give us a call at 586-777-7761 or register online at <a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a></b>	