



An Affiliate of the
CANCER SUPPORT COMMUNITY

Virtual - February 2024

Wed	Thurs	Fri	Sat
	1 10:00 Art Therapy For All 11:00 Sue Fabian Series: What Makes You...YOU! 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Kids Living W/ Cancer Group 6:30 Brain Group 7:00 Catch Phrase!	2 10:00 New Member Meeting 10:00 Morning Meditation 1:00 Yoga 3:30 Kids Story Time	3 10:00 Chair Yoga 11:00 Mindful Writing
7 10:00 Gentle Flow Yoga 1:00 Book Club 4:00 Scattgories! 6:00 Chair Yoga 6:30 Pancreatic Group 6:30 Life After Treatment Group	8 10:00 Art Therapy For All 11:00 Sue Fabian Series: Basic Estate Planning 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Art Therapy For Teens 6:30 Caregivers Group 7:00 Catch Phrase!	9 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time	10 10:00 Chair Yoga 10:00 The Mindful Month: Embracing Awe
14 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	15 10:00 Art Therapy For All 11:00 Sue Fabian Series: Doing Your Medical Power of Attorney 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Spouses Bereavement Group 7:00 Catch Phrase!	16 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time	17 10:00 Chair Yoga 11:00 Mindful Writing
21 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattgories 6:00 Chair Yoga 6:00 Men's Meeting 6:30 New To Remission Group	22 10:00 Art Therapy For All 11:00 Sue Fabian Series: Patient Advocacy 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:30 Caregiver's Group 6:30 Metastatic Breast Group 7:00 Catch Phrase!	23 10:00 New Member Meeting 10:00 Morning Meditation 11:00 Yoga 3:30 Kids Story Time	24 10:00 Chair Yoga 11:00 The Mindful Month: Embracing the Awe
28 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	29 10:00 Art Therapy For All 11:00 Sue Fabian Series: Joint Replacement Patient Advocacy 1:00 Mindful Hour 4:00 Gentle Flow Yoga 7:00 Catch Phrase!	Gilda's Virtual Community is open: Wed-Thurs 10:00 am - 8:00 pm Fridays 10:00 am - 5:00 pm & Saturdays at 10:00 am	Registration is required for <u>all</u> programs. You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org