



GILDA'S CLUB® KANSAS CITY

CUSTOMIZE YOUR OWN FIVE PART PROGRAM:

SUPPORT

Gilda's 101 orientation meetings

Group Support for people living with cancer

Group Support for Family, Friends, & Caregivers

Groups & other activities for children & teens who have a family member with cancer or who have cancer themselves

Cancer-related bereavement support for all ages

Individual sessions are available as a tool to personalize your Gilda's Club experience

Individual/group support online

EDUCATION

Lectures/workshops about: cancer and its treatment

Psychosocial issues

Skill-building programs

Workplace, school & Faith-based education/support programs

Access to educational materials and programs online

HEALTHY LIFESTYLE

Mind-body programs

Exercise & physical activity programs

Nutrition education, cooking & awareness activities

Expressive Arts

Health maintenance & awareness

Access to healthy lifestyle programs online

SOCIAL CONNECTION

Activities, play, interaction, & humor (e.g. Joke Fest, Pot Lucks, Knitting, Wii bowling)

Social activities for families facing cancer who have teens and/or children

Social networking opportunities online

RESOURCES & REFERRAL

Personalized assistance & referral to resources within the Cancer Support Community and in the broader community as needed

Resource library & computer access

Access to online information about local/national resources

Gilda's Club Kansas City is a place where individuals living with cancer and their family and friends share a collective wisdom benefitting all members. It's a place where no matter where you are in your cancer journey-even years down the road-you are welcome. You can participate in as many-or as few-of our programs as you choose. Everything is completely free of charge.