



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

Gilda's Club Kansas City uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

*All programs are FREE of Charge*

Check out our digital calendar on our website:  
[gckc.gnosishosting.net/events/calendar](http://gckc.gnosishosting.net/events/calendar)  
or connect with our staff at 816-531-5444  
or email [support@gildasclubkc.org](mailto:support@gildasclubkc.org)



Gilda's Club KC  
21 W 43rd Street  
Kansas City, MO 64111  
816-531-5444

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As a 501(c)(3) non-profit organization, Gilda's Club Kansas City's free programs and services exist thanks to support from individual donors, corporations, foundations and grants. Volunteer and funding opportunities are available.

## Gilda's Club Kansas City

### Education, Support, and Hope

*Community Is Stronger Than Cancer*®



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Kansas City, MO 64111**

**[gildasclubkc.org](http://gildasclubkc.org)  
816-531-5444**

“When I found out I had cancer my family and friends were very supportive. But I still felt alone. The rest of the world sees me as the person with cancer - at Gilda's Club - cancer doesn't define me. I know I belong here - each time I walk through the door.”

- Gilda's Club Kansas City Participant

“I came and laughed and let go for the first time since my diagnosis. I need this as much as I need my treatments.”

- Gilda's Club Kansas City Participant

“When the nurse suggested I go to Gilda's Club, I didn't know what to think. Now that I have taken classes about treatment options, side effect management, and even financial planning. I realize that Gilda's Club has made such a positive change in my life!”

- Gilda's Club Kansas City Participant

## Gilda's Club is here for you if...

- you are living with cancer and are looking for people who understand
- you have a family member or friend living with cancer
- you have children and want a place where they can find support
- you don't know where to turn for information or what questions to ask
- you have lost a family member or friend to cancer
- you have completed your treatment and wonder, "now what?"

## Welcome.

Gilda's Clubhouse is filled with people just like you - asking questions, seeking support and finding their place in a community that understands cancer. Our program is designed with something for everyone - all genders, all ages, and all identities. The first step is just to come as you are. The community will help you find the right path, because community is stronger than cancer.

## Cancer, Support, Education, and Hope.

At Gilda's Club we know the physical and emotional challenges of cancer treatment can become overwhelming - but we also know what's possible when you have a community behind you.

We offer a five part evidence-based program model that includes:

- Educational workshops led by our licensed mental health professionals
- Healthy lifestyle classes to promote exercise, nutrition, and guided meditation.
- Support groups offered for both those living with cancer and those actively caring for someone with cancer
- Resource and referrals for specific cancer information and community resources
- Social connection programs that build life-long friendships with others and families

## You don't have to face cancer alone.

Visit [gildasclubkc.org](http://gildasclubkc.org) or call 816-531-5444 to learn more about our programs. Everything is free of charge due to our generous contributors.

¿Habla español?

Para obtener más información llame y deja un mensaje al 816-200-7356

## People who understand what you're going through.

At Gilda's Club, you have the opportunity to make meaningful connections with others impacted by cancer.

Whether you join an educational or healthy lifestyle workshop, or one of our support or networking groups, our programs give you a chance to:

- Talk with people who understand what you're going through
- Lean from others' experiences along the cancer journey
- Develop connections that can help sustain you

## We invite you to open the Red Door

A diverse community of support lies right behind our red door allowing you the opportunity to both give and receive.

Gilda's Club 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 here.

So please, take the first step and open the red door.