



**GILDA'S  
CLUB  
SIMCOE  
MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



# PROGRAM CALENDAR

January & February  
2025

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## Free Cancer support for anyone impacted by cancer!

We are here to ensure that everyone impacted by Cancer receives the support they want and need throughout their experience. We offer **free**, professional-level social and emotional services as a complement to medical health care. Our evidence-based Cancer Support Program is shown to ease cancer-related isolation, difficult emotions; and increase overall wellness for children, youth, & adults who are impacted by cancer.



## Get in Touch!



705-726-5199



[www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)



10 Quarry Ridge Rd.,  
Barrie, ON, L4M7G1

## MEMBER INFORMATION!

To become a member at Gilda's Club Simcoe Muskoka you must register for a Group Orientation. Our orientation sessions run every Wednesday from 2:30-3:30pm. There is no cost to be a member at Gilda's Club due to the generous support of our community! We provide professional level psychosocial and emotional support to all individuals and families currently impacted by cancer. *All ages, stages, genders and types of cancer diagnosis welcome!*

**Registration is required for any program you wish to attend.** This helps us appropriately plan for materials & room set up, keep accurate waiting lists, and so we may contact you in case of any last minute changes. If you are registered for any activity but are unable to attend or you may be late, please try to give as much notice as possible by calling **(705) 726-5199** or email **program@gildasclubsm.org**

**Registration opens 4 weeks in advance for most programs, except for Qigong Yoga which opens 2 weeks in advance.**

**Please do not come to the clubhouse if you are feeling unwell! We are very thoughtful of not spreading germs, and be respectful to anyone who may enter the building whether it be staff, volunteers, members, or the community.**

### Hours of Operation for January and February 2024

Monday through Friday 9:00am to 4:00pm

We will be **closed** the following days in this upcoming calendar:

January 1st, and February 17th.

Follow us on Social Media on:

Instagram @Gildasclubsm or Facebook at facebook.com/gildasclubsm



### Respect and Inclusiveness

We are respectful and welcoming to all people touched by cancer with diverse backgrounds and perspectives. Members/participants are invited to "come as you are" in an environment that welcomes humor, honours learning, and encourages meaningful exchanges with others.

## Movement Classes



### Hatha Yoga

Discover the beauty of yoga, calming the body and calming the mind. A gentle practice suited to those on active cancer treatment and/or those who are brand new to yoga.

**Every Monday 11am-12pm IN-PERSON**

### Pilates

Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, & overall wellness.

**Every Thursday from 11:45am-12:45pm VIRTUAL**



# Movement Classes



## Qigong Yoga (2 Sessions)

An ancient Chinese practice uniting body, mind and spirit through conscious breath and gentle movement. The practice of Qigong (pronounced chee-gung) has the potential to benefit everyone, regardless of age, ability, life circumstances or belief systems.

**Every Friday Session A from 10-11am Session B from 11:30am-12:30pm HYBRID**

## ShinSei Wellness Series

William works with you to promote better health, as well as a more positive outlook, and higher quality of life through physical exercise, mental focus, and emotional stability. We use gentle, relaxing, breathing, and moving exercises, meditative techniques, and facilitated discussion to help you recover your strengths, renew your focus, and restart your life.

**Every Tuesday from 10 to 11:00am IN-PERSON**

## Energy Balancing Sound Bath

A Sound Bath blends the pure sounds of crystal singing bowls with soothing vocal tones for a deeply relaxing therapeutic experience. As we journey through the chakra system, you will be gently guided to explore and release tension from your physical and energetic body. A group sound bath is an amazing way to connect with yourself, within a community of like-minded others. Class is run by Lisa Hutchinson!

**January 8th, & 22nd, February 5th, & 19th from 10:30am-11:30am IN-PERSON**

## Massage Therapy with CTS College Students

It's important to talk with your oncologist before beginning massage therapy, especially if you have had recent surgery, or are being treated with chemotherapy or radiation therapy. As with any type of treatment, massage therapy carries potential risks, as well as contraindications. We are offering a free 30 minute massage with CTS College Students based solely on the advice from your physician should you consider massage. **January 21st & February 25th from 1-5pm IN-PERSON**

## Line Dancing

Amie offers this low-impact dance class in which you'll learn a new dance each week and review past dances. You can go at your own pace, standing or seated, and take any rest breaks you need. Only 4 Dates Available so be sure to register early!

**Every Other Tuesday From 11am -12pm Starting January 14th IN-PERSON**

**Please Note \*\*\*Healthy Lifestyle Classes are aimed at promoting a healthy lifestyle while living with Cancer. Get your blood pumping, enjoy a gentle stretch or learn a new type of movement in these treatment friendly classes. We encourage you to consult with your doctor before taking any movement classes and follow the directions of your physician! \*\*\***

# Support Groups



## Living with Advanced Cancer

Living with Advanced Cancer is a hopeful and inspiring group which is sure to fill you with comfort as you connect with others who truly understand what you're going through.

**Every Other Monday 1:30pm- 2:30pm VIRTUAL**

**In person meeting on February 19th from 3-4pm *\*\*No Group Feb 17th\*\****

**Facilitator: Taylor**

## Facing Forward Support (2 Groups)

Facing Forward is an on-line group for those who are finished treatment for any type of cancer, and are looking for new skills and strategies for life after cancer.

**Group A: First & Third Wednesday of each month from 1 - 2:30pm VIRTUAL**

**Facilitator: Shannon & Taylor**

**Group B: Every Second & Fourth Wednesday of the Month from 1-2:30pm VIRTUAL**

**Facilitator: Erin & Riya**

## Family and Friends Support (2 Groups)

Family and Friends Support is a group for members who are supporting for someone with any cancer diagnosis. Express feelings, gain insights, and get support from others who understand.

**Group A: Every Second & Forth Monday**

**6:00pm - 7:00pm VIRTUAL Facilitator: Madison**

**GROUP B: Every other Thursday**

**2:00-3:30PM IN-PERSON Facilitator: Erin**

## Living with Cancer Support Group (2 Groups)

No matter what your current diagnosis this group is for anyone needing support with their current cancer experience. Come meet with members and a facilitator to guide healthy discussions.

**Group A: Every other Friday from 10:30am-12:00pm IN-PERSON Facilitator Jess**

**Group B: Thursday January 23rd and February 27th from 6-7pm IN-PERSON Facilitator: Carling**

## Grief and Loss- 6 Session Series

Open to members who have had a family member or friend die from cancer within the past 5 years. Find bereavement support from others who "truly understand", learn coping skills and share your own experiences. **Every First & Third Monday from 6:30m-8:00pm IN-PERSON**

**Facilitator: Madison**

## Gilda's Club Community Support Group **\*\*NEW\*\***

This support group is a gathering of people who are all part of the Gilda's club community. This group is open to members who have a cancer diagnosis, support people, survivors and bereaved. Lets meet, connect and support each other! This group highlights the Gilda's Club motto *Community is Stronger than Cancer.*

**The first Thursday of the month from 10:30am-11:30am. January 9th & February 6th IN-PERSON**

**Facilitator: Madison**

## Caregivers Support Group **\*\*NEW\*\***

Caregivers support group is a group for members who are primary caregivers for someone with any cancer diagnosis. This support group is and educational and open discussion format for people to express feelings, gain insights, and get support from others who understand being a caregiver.

**Saturday January 18th and February 15nd from 11am-12pm IN-PERSON**

**Facilitator: Tamara**

# Networking Groups



## Blood Cancer Networking

This group is for anyone with a blood cancer diagnosis who is looking to connect with others and share their experiences.

**January 15th and February 12th from 10:30am-12pm IN-PERSON**

**Facilitator: Jess**

## Breast Cancer Networking (2 Groups)

This group is for anyone with a current breast cancer diagnosis who is looking to connect with others and share their experiences.

### Group B

Every Other Friday

Starting January 10th from **10:30am-12:00pm**

**IN-PERSON Facilitator: Taylor**

### Group A

The last Monday of each month

from **7:00pm - 8:00pm**

**VIRTUAL Facilitator: Tamara**

## QUEER COMMUNITY NETWORKING GROUP

This group is for anyone who identifies as a part of the 2S LGBTQ2+ community. The group is open for people impacted by cancer, support people, caregivers, and bereaved members of Gilda's club Simcoe Muskoka. This group is facilitated by

**January 30th and February 20th from 6-7pm IN-PERSON**

**Facilitator: Theresa**

**Support & Networking Groups are a chance for members to talk, find mutual support and share wisdom with others who understand. You must be a registered member to attend a Support or Networking Group as these are professionally led by a Mental Health professional. Contact Program Team if these are of interest to you!**

# Educational Workshops

## FEELING BONE TIRED: MANAGING AND COPING WITH CANCER-RELATED FATIGUE

Cancer related fatigue is one of the most common and distressing side-effects of cancer and cancer treatment. Usually it is described as a persistent sense of physical, emotional and cognitive tiredness unrelated to activity and doesn't go away with rest. Individuals with cancer fatigue may describe it as an overwhelming feeling of being "bone tired". It can occur early in cancer treatment and persist as a chronic symptom for days, months and years after cancer treatment ends. You do not "just need to learn to live with it".

**November 19th: Understanding your fatigue**

**November 26th: Self-Management strategies to reduce fatigue**

**December 3rd: Physical activity and fatigue**

**December 17th: Stress and coping with fatigue**

**January 7th: Nutrition and cancer fatigue**

**January 14th: Sleep and cancer fatigue**

**Tuesdays from 2:00-3:30pm IN-PERSON**

# Educational Workshops

## Legal Support Workshop

Come join lawyers Cassandra and Paige as they discuss Wills & Estate planning, Power of Attorney, End of Life decisions, and MAID. This will be a presentation format with a Q&A session at the end. If you have any questions you specifically want addressed please contact a program staff and we will connect with the legal team.

**Wednesday January 22nd 11am-12:30pm IN-PERSON**

## Nutrition Workshop

Gilda's Club Simcoe Muskoka has partnered with the psychosocial oncology team's nutritionist to give a health & Wellness Workshop. Dietitians provide tips on food and nutrition to help you manage your symptoms and feel your best before, during and after your cancer treatment. This workshop will focus on managing common symptoms that arise during and after treatment, ensuring nutrition needs are being met, along with common questions that many of our patients have including sugar and cancer, use of antioxidants, and many others. This will be followed by a question and answer period to ensure your nutrition related questions are answered.

Your presenters will be a Hudson Regional Cancer Centre Registered Dietitian: Kim Witmer, Haley Jenkins or Megan McConney.

**Monday January 6th from 2-3:30pm IN-PERSON**

**Monday February 3rd from 2-3:30pm**

## Cannabis & Cancer Workshop **\*\*NEW\*\***

Welcome EO Care, a proud partner with the Cancer Support Community who have been providing presentations about cannabis and cancer across our network. EO's team are specialists in research and awareness for cannabis and cancer care. This presentation will include learning about the stigmas surrounding cannabis use for medical care, statistics of cannabis and cancer use in Canada, symptom management, and a questions and answer period with the experts. We welcome you to join this presentation to learn and explore with the experts at EO Care.

**Wednesday February 12th from 12:30-1:30pm HYBRID**

## Guest Speaker: Virginia Gingras **\*\*NEW\*\***

### Unwanted Change. "Feeling the Joy Within It"

This candid presentation centres around unwanted change (or "life quakes") and the overall impact they impose on our lives. Although this type of change leaves a devastating impact on your life and may feel like your world is turned upside down in a mere second, this type of change also has the potential to catalyze personal growth and transformation - if you let it. With time and acceptance, this change holds many beautiful hidden joys within it, if you shift the lens you are looking through slightly. Virginia Gingras, the presenter, explores this idea using her own personal struggles and "lifequakes" as a platform to demonstrate where and how these joys can present themselves. Virginia shares intimate details and exposes herself emotionally by being honest about her thoughts, feelings and attitudes during her own successes and disappointments during her life, connecting to her audience to bring the presentation to life.

**Thursday February 6th 1:00-2:00pm IN-PERSON**



## Creative Expression Classes



### Sewing and Quilting

Do you enjoy sewing or quilting? Members are welcome to join this weekly group! Beginner or expert; join us for a lovely day of spinning a yarn or in conversation with others. Bring a project you are working on or start something new! Most materials are supplied. Knitters are welcome too!

**Every Tuesday from 12 - 3pm IN-PERSON \*\*No class on Feb 11th\*\***

### Art for Wellbeing with Dylan

Art for wellbeing looks to encourage and support you through creative expression. Artistic expression is the process of communicating one's thoughts, emotions, and ideas through various creative mediums. Convey your unique perspective of the world and your life experiences.

**January 24th and February 14th from 3-4pm IN-PERSON**

### Art Class with Kim "Cool Blue Winter Landscapes"

Have fun capturing the beauty of winter landscapes by using a mono chromatic colour palette. Inspiration for this task begins with a brief read aloud of poetic verse by Robert Frost.

*No prior experience is necessary as the instructor will guide you to meet your potential.*

**Wednesday January 15th from 1-3pm IN-PERSON**

### "The World of Tessellations"

Let's get mathematical as we explore some of the graphic designs by M.C. Escher. Participants will create decorative motifs by repeating the unique geometric shape they create. *No prior experience is necessary as the instructor will guide you to meet your potential.*

**Tuesday February 11th from 1-3pm IN-PERSON**

### Choir

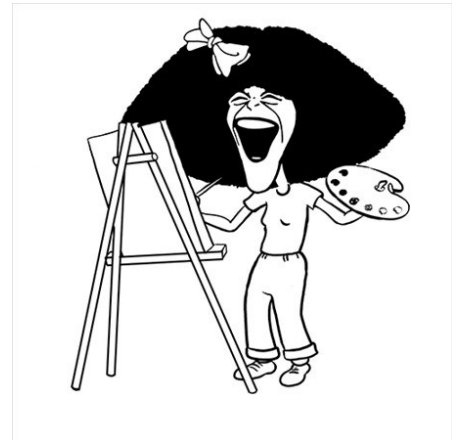
Songs from musicals, classical repertoire or anything in between: come see what the choir is like with Alisa who has 25 years' experience teaching vocal groups.

**Every Thursday from 10-11am**

### Journalling

Join Program staff and your fellow Members as we explore journaling as a group. This bi-weekly class will highlight the benefits of journaling and feature both public and private journaling prompts. Each class will require a pen and a notebook.

**Every other Monday from 11am-12pm VIRTUAL**



## Social Activities



### Cooking Class

This Cooking class at Gilda's is back by request. Come make a new recipe with Mirella in our kitchen!. **Thursday January 16th and February 13th from 11am-1:00pm IN-PERSON**

## Social Activities



**BINGO!** Do you feel lucky? At Gilda's we will host two separate opportunities to come play B-I-N-G-O. Prizes will be available to those who have the winning numbers!

**January 21st and February 18th from 1-2pm IN-PERSON**

**Trivia:** Come test your trivia skills! We will look at all genres including music, geography, history, Canadian History, movies, food and more.

**January 7th and February 4th from 1-2pm IN-PERSON**

**Men Connect:** *Open to male-identified Members who have a current cancer diagnosis, or are post-treatment.* Connect with other men who are directly impacted by cancer. Know you are not alone as you chat, laugh, and ask questions with other guys who understand!

**Fourth Thursday of each month from 6 - 7:30pm IN-PERSON**

**Post Treatment Connect:** Join us at the clubhouse and connect with others who have completed treatment. Share stories, words of wisdom and encouragement to other Gilda's Club Members.

**January 16th and February 20th from 6-7pm IN-PERSON**

**Book Club:** Want to join likeminded individuals who read and share their thoughts about the books presented each month. Make new friends and discover new books!

**Third Friday of each month from 12:30-2:30pm IN-PERSON**

**Cards:** What is your relationship with Lady Luck? We invite you to the **Club** every week, where you can dig with your **Spade** to find fun. Laugh with others with all your **Heart**, and find the **Diamond** amongst the coal with every hand played.

**Wednesday from 1-3pm IN-PERSON**

**Soup Social:** With the cold weather leaving us, visit the Clubhouse for a combination warm soup and warm conversation.

**Every other Tuesday Starting January 7th at 11-2pm IN PERSON**

### **New Member Welcome Social \*\*NEW\*\***

We want welcome all the new members each month by having a social for them to meet other new members, and the rest of the Gilda's Club community. This is open to all members and will be in the community room.

**The last Thursday of the month from 1:30-3:00pm**

**IN-PERSON**

### **Open Member Meeting \*\*NEW\*\***

All Members are welcome to this new initiative at Gilda's Club meet with Program staff quarterly as we want your input and support in creating Member related programs.

**January 29th from 10:30-11:30pm IN-PERSON**

### **Fireside Chats \*\*NEW\*\***

Come join our members for a weekly social in our clubhouse community room. Grab some coffee or tea, some snacks and meet beside the fireplace. This is a great way to meet other members and share stories. We love seeing our clubhouse being used as a community hub so please join us fireside for some community connection.

**Every Wednesday from 10:00am-12:00pm IN-PERSON**



# CHILD, YOUTH & FAMILY PROGRAM

AT GILDA'S CLUB SIMCOE MUSKOKA



## P.A Day Activities

P.A day activities will include a visit for a special guest, art class and some kids yoga.! Join us for a fun day at the clubhouse..

**January 24th 10:00m- 3:00pm IN-PERSON**

PA  
Day

## Family Pizza Night

Calling all Gilda's Noogieland Families from ages 4-12 to join us at the clubhouse for pizza, and socializing!

**Monday, January 20th from 5:00-6:00pm IN-PERSON**



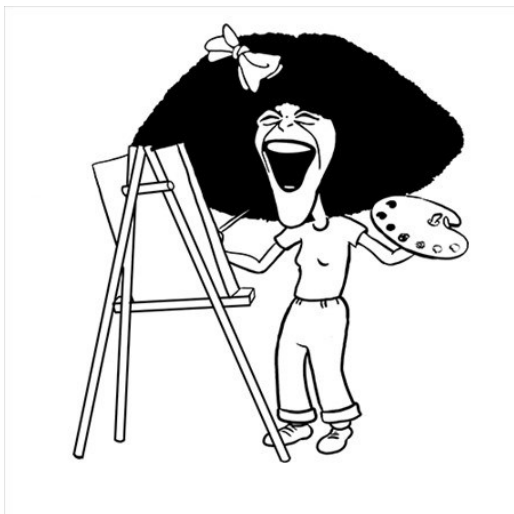
## Kids Pottery Class- Age 6-12

Lets get creative and make some cool pinch pot pottery creatures. This will be a 2 part pottery class; part 1 is scrupling and part 2 is painting. Please make sure to register for this class to ensure we have the appropriate amount of supplies needed.

**Class 1: February 3rd from 5:30pm-6:30pm**

**Class 2: February 10th 5:30pm-6:30pm**

**IN-PERSON**



## INDIVIDUAL COUNSELLING SERVICES FOR CHILDREN & TEENS AT GILDA'S CLUB SIMCOE MUSKOKA

Gilda's Club Simcoe Muskoka offers **1:1 short term counselling** for children and youth who have been affected by cancer either themselves, a family member, or loved one.

Our staff utilizes evidence-based practices to provide a holistic and personalized approach for each individual. Our sessions aim to help children and teens understand and process their emotions, build skills to learn how to cope with cancer related distress, and provide emotional support.

Please contact Jessica Ward BSW, MSW for more information. [Jessica@gildasclubsimcoemuskoka.org](mailto:Jessica@gildasclubsimcoemuskoka.org)

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer 2:00pm Nutrition Workshop 6:30 Grief &amp; Loss Support</p>	<p>10am Shinsei Wellness 11am Soup Social 1pm Trivia 12pm Sewing &amp; Quilting 2:00pm Feeling Bone Tired</p>	<p><i>Happy New Year</i></p> <p>10am Fireside Chats 10:30am Energy Balancing Sound Bath 1pm Cards 1pm Facing Forward B 2:30pm Group Orientation</p>	<p>10am Choir 10:30am GCSM Community Support Group 11:45am Pilates</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Breast Cancer Networking B</p>
<p>11am Journaling 11am Hatha Yoga 6pm Family &amp; Friends A</p>	<p>10am Shinsei Wellness 11am Line Dancing 12pm Sewing &amp; Quilting 2:00pm Feeling Bone Tired</p>	<p>10am Fireside Chats 10:30am Blood Cancer Networking 1pm Art Class with Kim 1pm Cards 1pm Facing Forward A 2:30pm Group Orientation</p>	<p>10am Choir 11am Cooking Class 11:45am Pilates 2:00pm Family &amp; Friends Support B 6pm Post Treatment Connect</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Living with Cancer Support A 12:30pm Book Club</p>
<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer 6:30 Grief &amp; Loss Support</p>	<p>10am Shinsei Wellness 11am Soup Social 1pm Bingo 12pm Sewing &amp; Quilting 1-4pm Massage Therapy</p>	<p>10am Fireside Chats 10:30am Energy Balancing Sound Bath 11am Legal Support Workshop 1pm Facing Forward B 1pm Cards 2:30pm Group Orientation</p>	<p>10am Choir 11:45am Pilates 6pm Men Connect 6pm Living with Cancer Support B</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Breast Cancer Networking B 3:00pm Art for Wellbeing</p>
<p>11am Journaling 11am Hatha Yoga 6pm Family &amp; Friends A 7pm Breast Cancer Networking Group A</p>	<p>10am Shinsei Wellness 11am Line Dancing 12pm Sewing &amp; Quilting</p>	<p>10:30am Open Member Meeting 1pm Cards 1pm Facing Forward A 2:30pm Group Orientation</p>	<p>10am Choir 11:45am Pilates 2:00pm Family &amp; Friends Support B 1:30pm New Member Welcome Social 6pm Queer Community Networking</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Living with Cancer Support A</p>

# FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>11am Hatha Yoga 1:30pm Living with Advanced Cancer 2:00pm Nutrition Workshop 6:30 Grief &amp; Loss Support</p>	<p>10am Shinsei Wellness 11am Soup Social 1pm Trivia 12pm Sewing &amp; Quilting</p>	<p>10am Fireside Chats 10:30am Energy Balancing Sound Bath 1pm Cards 1pm Facing Forward A 2:30pm Group Orientation</p>	<p>10am Choir 10:30am GCSM Community Support Group 11:45am Pilates 1pm Guest Speaker: "Unwanted Change. "Feeling the Joy Within It"</p>	<p>10am Qigong A 11:30am Qigong B 10:30am Breast Cancer Networking B</p>
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An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

*Did you know?*

*In the 2024 we have had 300+ new members join the clubhouse!*

*We have had over 6,500 visits to all of our programs in 2024!*

*Our volunteers supported us for a total of 1,900+ hrs in 2024!*

*Programs for ONE member per year costs \$1500.00!*

*Gilda's Club Simcoe Muskoka is one of 196 Cancer support community locations worldwide!*

*Your donation keeps these programs and options available to our members. Thank you to all of our sponsors, donors and volunteers for making Gilda's Club available because Community is **STRONGER** then Cancer*



We are an affiliate of Cancer Support Community and Gilda's Club Worldwide

**Anyone | Anywhere | Anytime**

**Our Network means that there  
is support across Canada**

Cancer Support Helpline ® 1-888-793-9355 [www.mylifeline.org](http://www.mylifeline.org)

**Gilda's Club Simcoe Muskoka**

**Phone: 705-726-5199**

**Email: [Program@Gildasclubsimcoemuskoka.org](mailto:Program@Gildasclubsimcoemuskoka.org)**