



Contact info@gildasclubkc.org or call 816-531-5444 for more information.

EDUCATION CLASSES

GUIDED RELAXATION

Tuesday, June 2, 12-1 p.m.

Living with cancer, being a caregiver, or experiencing grief can be exhausting and stressful. Take time for yourself as we meet for relaxation, friendship and support. Learn to use mind-body techniques, such as deep breathing, mindfulness, and meditation, to help gain control over anxiety, reduce stress and relax.

Registration: <https://kuctt.zoom.us/meeting/register/tJAld-ygpz0tHdE1INkJSI72Lxf9p1SQGPsr>

STRESS: OUT WITH ANXIOUS BRAIN

Tuesday, June 9, 12-1 p.m.

Learn from Monty Miller, LCSW with Saint Luke's Cancer Institute about ways to better understand the fight or flight response and its impact on well being, as well as a better understanding of anxiety overall. Content includes switching from threat to challenge, and ways to manage anxiety.

Registration: <https://kuctt.zoom.us/meeting/register/tJEof-murTkoGdaSgajZaYZAX7ite8fmIM56>

GENTLE YOGA AND GUIDED MEDITATION

Thursday, June 11, 5:30-6:30 p.m.

Join Chris Lamb to practice moving meditation with a gentle, slow, grounding yoga class. We will use "krama" and modifications to ensure poses are accessible to people of all different abilities. After we have warmed and stretched our bodies, we will settle into a stress-freeing guided meditation to relax our over-busy minds and reconnect with our inner selves. Please have an armless chair, yoga mat/towel, 2 blocks or 2 large canned goods, strap/belt, pillow & blanket to assist you in class.

Registration: <https://kuctt.zoom.us/meeting/register/tJ0tdeCqqjluH9O3fIMwwLWMzFTUSAvj9-JQ>

SOCIAL SECURITY DISABILITY

Tuesday, June 16, 12-1 p.m.

Navigating the process of Social Security Disability can be overwhelming. David Seymour, Senior Public Affairs Specialist with the Social Security Administration, will debunk the myths about this process and provide tips and information on how to receive the financial support you need. Bring your questions and leave knowing you can tackle the Social Security Disability system with confidence.

Registration: <https://kuctt.zoom.us/meeting/register/tJcode6vrzouHNJCED6w5QBFzsFrrOFHeiHM>



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MANDALA WORKSHOP

Wednesday, June 17, 12-1 p.m.

Mandala making has been shown to bring feelings of relaxation and stress relief. Join us for a brief instructional time and then we will make a creation together. All you need is a sheet of paper and a pen! Class appropriate for all ages.

Registration: <https://kuctt.zoom.us/meeting/register/tJ0rdOGtpjMjGdXUse0bhxvqBuCHtzWVALN>

BASIC BUDGETING

Tuesday, June 23, 12-1 p.m.

James Merriman, Business and Community Development with Mazuma, will explain basic household budgeting. The class will cover different types of expenses such as variable expenses and fixed expenses. Also, group exercises will go over examples of budgets and ways to create individual budgets based on unique needs.

Registration: https://kuctt.zoom.us/meeting/register/tJErd-itqD8sHd1drG7tYyL7z1NNd_mMjuem

WELLNESS MOVES: GENTLE EXERCISE

Wednesday, June 24, 12-1 p.m.

Join Ryan Verstraete for a guided exercise session to focus on increasing blood flow, improving range of motion, balance, strength and flexibility. This class is to give participants an introduction to exercises that can be done at home to improve overall health and wellness.

Registration: <https://kuctt.zoom.us/meeting/register/tJEodOyqrzlrG9A1duEoNDraAQ0HZSOGhNDv>

FRANKLY SPEAKING ABOUT CANCER: EATING WELL DURING TREATMENT AND SURVIVORSHIP

Thursday, June 25, 12-1 p.m.

Gilda's Club KC invites people with cancer, survivors, and their loved ones to a free workshop featuring ways to maintain a nutritious diet during and after cancer treatment and into survivorship. Learn from Jacy Sinclair, dietitian with Truman Medical Centers, ways to eat well. The presentation will include nutritious recipes to try!

Registration: https://kuctt.zoom.us/meeting/register/tJYqduirqz0qHdHZhvtUze0x_1cUh2J9poM

GILDA'S BIRTHDAY BASH

Tuesday, June 30, 5:30-6:30 p.m.

Celebrate Gilda Radner's birthday with laughter and friends, old and new. It is "Gilda's Club Kansas City Live" and will be a family friendly show you will not want to end. Tantrum improv comedy group will be back again this year with lots of laughs and chances for you to participate in the fun. Join us to celebrate Gilda and the legacy that has become GCKC!

Registration: https://kuctt.zoom.us/meeting/register/tJModOGorD4uGtEF57r5G1ka_buW6qq0OOfM



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SUPPORT GROUPS



Support groups have transitioned to a virtual space using Zoom, a secure HIPAA-compliant video conferencing software.

If you are interested in joining a virtual support group, please contact Program Director, Clara Anderson Sainte at clara@gildasclubkc.org for more information.

LIVING WITH CANCER

(open to new members who are living with cancer)

First and Third Thursday, 5-6:30 p.m.

FAMILY & FRIENDS

(open to new members who are supporting someone living with cancer)

First and Third Wednesday, 5-6:30 p.m.

POST-TREATMENT

(open to new members who completed treatment)

Second and Fourth Wednesday, 5-6:30 p.m.

LIVING WITH LOSS

(open to new members who are grieving the death of a loved one from cancer)

Second and Fourth Monday, 3:30-5 p.m.

FAMILIES CONNECT-PARENTS GROUP

(open to parents impacted by cancer)

Fourth Thursday, 5-6:30 p.m.