

Grand Rapids
Clubhouse



Lowell
Clubhouse

In This Together... Learn. Share. Laugh.

Welcome to Gilda's Club

Gilda's Club is a free education and support community of children, adults, families and friends who have been impacted by cancer or have experienced the death of a loved one. People gather here to learn, share their experiences and, true to our namesake Gilda Radner, have a few laughs along the way.

Free cancer education and support

We offer a variety of monthly program activities. *Not sure where to start?* Call us, drop by one of our Clubhouses, or visit our website. Our professional staff will guide you and our members will support you.

Free grief support

Adults who have experienced the death of someone to cancer may join our adult grief support program. Children ages 3-18 who have experienced any kind of death (cancer, other illness, accident, suicide or any cause) are invited to join our Children's Grief Program, hosted at Gilda's Club Grand Rapids, along with their adults.



"Gilda's Club has been a tremendous source of support for us as we have adjusted to what this cancer diagnosis means for our family. We feel welcomed, supported and understood here."

Kathi, Age 40
Andrew & Megan,
Ages 12 & 9

Sampling of activities offered:



Learn

Workshops and lectures

"Ask the Doctor" Series
Nutrition & Exercise
Specific Cancer Series



Share

Networking and talking

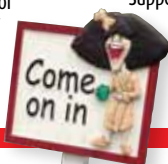
Cancer and Grief Support
Family and Friend Support
Kids, "Tween" or Teen Support
Sister-to-Sister for
Women of Color



Laugh

Socializing and having fun

Social Events (all ages)
Art & Crafts Workshops
Suppers Together





Connect With Us

Drop By Anytime!

GRAND RAPIDS CLUBHOUSE

Monday - Thursday 9 am-9 pm | Friday 9 am-1 pm | Saturday (1st & 3rd) 9 am-1 pm

LOWELL CLUBHOUSE

Tuesday 12:30-8:30 pm

Program Orientation

Please call us at (616) 453-8300 or (800) 326-1419 to attend a New Member Meeting, or to set up an individual appointment. Visit www.gildasclubgr.org for New Member Meeting details.

Volunteer Training

If you're interested in volunteering for our program or would like to be an ambassador for us, feel free to come to a Volunteer Orientation Meeting or a one-hour Talk and Tour (not a fundraising event).

GRAND RAPIDS CLUBHOUSE

Volunteer Orientation

Twice each month or by appointment

Call or email

jtubergen@gildasclubgr.org

Talk and Tour

Wed 12-1 pm

Please RSVP in advance

LOWELL CLUBHOUSE

Volunteer Orientation

Once each month or by appointment

Call or email

info@gildasclubgr.org

Talk and Tour

By appointment only



For more information: visit us online at www.gildasclubgr.org or contact us at one of our two Clubhouses.

GRAND RAPIDS CLUBHOUSE

1806 Bridge St. NW, Grand Rapids, MI 49504 | (616) 453-8300 | (800) 326-1419

LOWELL CLUBHOUSE

314 S. Hudson St., Lowell, MI 49331 | (616) 897-8600 | (800) 326-1419