

The Gathering Place programs and services are for those actively dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.

The Gathering Place East (TGP East) Blue: The Arnold & Sydell Miller Family Campus • 23300 Commerce Park • Beachwood, OH 44122

The Gathering Place Wellness Center (WC) Orange: 23295 Commerce Park • Beachwood, OH 44122

The Gathering Place West (TGP West) Green: 800 Sharon Drive, Westlake, OH 44145 **Off-Site Programs (O) Red**

EXPRESSIVE ARTS

Expressive art classes are for those currently dealing with cancer in their daily lives.

This includes those in treatment, those who are coping with the physical and/or emotional side effects of treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.

Advance registration with **Betsy Kohn (East)** or **Susan Marinac (West)** required.

ART

***Art: Learning to Let Go**

Let go of stress -- grab on to creative expression, insight, and relaxation using a variety of art materials.

Facilitator: Laurie Linden, LISW-S, ATR-BC

Advance registration with **Betsy Kohn** required.

TGP East: Thursdays, January 12th, 19th & 26th & February 2nd, 1:30-3:00pm

***Vision Board**

We will set our intentions for the year using this creative collage technique. Please bring a picture of yourself that you can use in your art.

Facilitator: Susan Marinac, LISW-S, OSW-C, MT-BC.

Advance registration required.

TGP West: Friday, January 27th, 1:00- 3:00pm

***Felt for Fun**

Learn how to use needles and wool to put unique designs on your clothing or art! Bring a plain wool sweater or one with a hole or stain.

Instructor: Eileen Coan., MA, MLS

Advance registration required.

Priority given to those who have not taken a felt class before.

TGP East: Saturday, February 25th, 11:00am-12:30pm

***Polymer Clay as a Vehicle for Relaxation and Reflection**

In this session, we will create rich, colorful artwork from polymer clay that encourages relaxation and an opportunity to envision a new perspective on your cancer journey.

Facilitator: Maureen Moses, ATR-BC

Advance registration with **Betsy Kohn (East)** or **Susan Marinac (West)** required.

TGP East: Thursdays, March 1st, 8th, 15th & 22nd, 1:30- 3:00pm

TGP West: Thursdays, February 2nd, 9th, 16th & 23rd, 6:30-8:00pm

***Terrariums : Thriving in a Protected Environment**

Like people, sometimes plants benefit from a sheltered environment in order to thrive. Perhaps this describes your cancer journey too. As we plant our terrariums to take home, we'll discuss transitions and determining when to "loosen the lid" and venture out.

Facilitator: Karen Kennedy, HTR

Advance registration with **Betsy Kohn** required.

TGP East: Saturday, March 10th, 10:30am-12:00pm

KNITTING

Knitting Circle

A group for those who have some experience knitting or crocheting. Participants will have the opportunity to reflect on their cancer journey as they create comfort shawls, chemo caps, or work on a personal project.

Facilitator: Kathy Maxwell, LISW-S

TGP East: Mondays, January 9th & 23rd, February 13th & 27th & March 12th & 26th, 1:00-2:30pm