

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**

## LECTURES, WORKSHOPS, AND SPECIAL PROGRAMS

### **\*Starting the Journey: Strategies for Coping**

An education and gentle exercise program for people who have been diagnosed with cancer in the past 6 months.

Topics include: empowerment through information, navigating the medical maze, communicating with the medical team and with family and friends, and nutrition, all followed by an hour of gentle movement.

Facilitators: Mary Fisher-Bornstein, LISW-S and Beth Roth, PT, RD/LD, MS, MA

*Advance registration with Mary Fisher-Bornstein required.*

**TGP East:** Mondays, January 9<sup>th</sup>, 16<sup>th</sup>, & 30<sup>th</sup> & Wednesday, January 25<sup>th</sup>, 6:00-8:00pm

### **\*Post-Mastectomy Wellness Series**

A 2-week educational exercise series for women within 1 year post surgery addressing the psychosocial and physical aspects of post-mastectomy healing. In addition to a weekly exercise session, discussion topics include body image, posture, safe and effective core exercises, nutrition, and weight gain.

Facilitators: Susan Marinac, LISW-S, OSW-C, MT-BC and Beth Roth, PT, RD/LD, MS, MA

*Advance registration and written authorization from your physician is required.*

**TGP East:** Wednesdays, January 18<sup>th</sup> & 25<sup>th</sup>, 1:00-3:00pm

**TGP West:** Wednesdays, February 8<sup>th</sup> & 15<sup>th</sup>, 1:00-3:00pm

### **\*Breema Bodywork**

Breema is a nonjudgemental and deeply nurturing practice for being present. You will learn both Self-Breema exercises and experience an introduction to Breema bodywork. Please wear socks. Visit [www.breemajoy.com](http://www.breemajoy.com) for more information.

Presenters: David Pratt, LMT, and Alana Generson, RYT, of True Nature Holistic Retreats in Millersburg, Ohio.

*Advance registration required.*

**TGP East:** Saturday, January 21<sup>st</sup>, 10:00am - 12:30pm

### **\*Moving Forward through Survivorship**

A quarterly program for those who have finished cancer treatment and are exploring their "new normal." This quarter the theme is *Finding Peace*. Join us for yoga, art and a support group discussion. You can choose any two sessions.

Presenters: Betsy Kohn, MA, LPC, Maureen Moses, ATR-BC and Dymrna Ferrante.

*Advance registration with Betsy Kohn required.*

**TGP East:** Saturday, January 28<sup>th</sup>, 10:00am-1:00pm

### **\*Be the Miracle**

New York Times best seller author Regina Brett talks about her new book *BE THE MIRACLE: 50 Lessons for Making the Impossible Possible*. Dessert reception and book signing following program.

*Advance registration required.*

**TGP East:** Thursday, February 2<sup>nd</sup>, 6:30-8:00pm

**TGP West:** Thursday, March 15<sup>th</sup>, 6:30-8:00pm

### **\*Naturopathic Medicine**

Have you heard the terms Naturopathic Medicine and are curious to learn about the philosophy of this health system? This class will cover the guiding principles of naturopathy and how it is used to assist individuals facing cancer.

Presenter: Liz Cavin, ND.

*Advance registration required.*

**TGP East:** Saturday, February 4<sup>th</sup>, 10:30am-12:00pm

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## LECTURES, WORKSHOPS, AND SPECIAL PROGRAMS

### **\*Building your Coping Toolkit**

Learn about your own stress response and how to reestablish balance and a sense of wellness using clinically proven techniques. Each month, we will cover a different technique, so feel free to come to one or all sessions.

Presenter: Erin Rafter, PhD

*Advance registration required.*

**TGP East:** Monday, February 6<sup>th</sup>, 6:30-7:30pm

**Deep breathing and physical relaxation**

Monday, March 5<sup>th</sup>, 6:30-7:30pm

**Managing stressful thoughts**

**TGP West:** Friday, February 3<sup>rd</sup>, 1:00-2:00pm

**Deep breathing and physical relaxation**

Friday, March 2<sup>nd</sup>, 1:00-2:00pm

**Managing stressful thoughts**

### **\*Valentine's Day Party**

A fun family event for all ages including Valentine cookie decorating and card making.

Facilitators: Susan Marinac, LISW-S, OSW-C, MT-BC and  
Erin Rafter, PhD

*Advance registration required.*

**TGP West:** Friday, February 10<sup>th</sup>, 4:00-6:00pm

### **\*Labyrinth Workshop**

Walking the labyrinth is an easy way to bring quiet and stillness in the midst of the cancer journey. Explore your cancer journey using the labyrinth, journaling and other meditative activities.

Facilitators: Susan Marinac, LISW-S, OSW-C, MT-BC and  
Eileen Coan, MA, MLS

*Advance registration required.*

**TGP West:** Thursday, March 1<sup>st</sup>, 1:00-3:00pm

### **\*Creating Calm in the Midst of Chaos**

Learn strategies managing stress and creating calm. Lunch provided. This program is offered with the generous support of the Carmella Rose Foundation.

Presenter: Jane Ehrman, MEd., CHES

*Advance registration required.*

**TGP East:** Saturday, March 3<sup>rd</sup>, 10:30-11:30am followed by lunch

### **\*Cancer Transitions: Moving Beyond Treatment**

A program to help cancer survivors make the transition from active treatment to post-treatment care. Speakers will include experts in nutrition, exercise, stress management, emotional health, and post-treatment medical care. Offered in collaboration with University Hospitals Seidman Cancer Center and supported by a grant from LIVESTRONG and the Cancer Support Community. Facilitator: Betsy Kohn, MA, PC

*Attendance at all four sessions encouraged.*

*Register with Betsy Kohn*

**Lake Health/University Hospitals Seidman Cancer Center**  
Mentor Campus, 9485 Mentor Avenue, Suite 3, Mentor, OH 44060  
Thursdays, March 22<sup>nd</sup> & 29<sup>th</sup> & April 5<sup>th</sup> & 12<sup>th</sup>, 6:00-8:00pm

### **\*Yoga: A Mini-Retreat**

A workshop featuring a sampling of light yoga, journaling, and meditation to help you find balance in your everyday life. Healthy snacks will be provided.

Presenters: Betsy Kohn, MA, LPC and

Susan Marinac, LISW-S, OSW-C, MT-BC

*Advance registration required.*

**TGP West:** Saturday, March 24<sup>th</sup>, 10:00am-12:00pm