



Education Program Flyers

October - December 2019

For updated information on a specific program including changes, cancellations, or to sign up, visit
www.GildasClubTwinCities.org/Signup or call 612-227-2147

Click on a class title or scroll down to see all the class flyers!

Education Sessions

- Caring for the Caregiver: Coping with Emotions** (*Monday, Nov 4 – 12:00-1:00pm*)
- Challenges of Cancer and Work** (*Tuesdays, Oct 8, Nov 12, Dec 10 – 3:00-4:00pm*)
- Do One Thing Differently: A Financial Workshop** (*Monday, Oct 14 – 12:00-1:00pm*)
- Finding Life Balance in Tumultuous Times** (*Tuesday, Oct 15 – 5:30-7:00pm*)
- Healthy Holiday Tips and Traditions** (*Tuesday, Nov 5 – 12:00-1:00pm*)
- How a Cancer Diagnosis Impacts the Entire Family** (*Tuesday, Nov 12 – 6:00-7:00pm*)
- The Emotional Experiences of Cancer** (*Tuesday, Oct 22 – 12:00-1:00pm*)

Education Series

- Meaningful Engagement with your Environment** (*Thursdays, Nov 7-21 – 9:30-11:00am*)
- The 3 I's: Identity, Insecurity and Isolation with Cancer** (*Thursdays, Oct 7-24, 9:30-11:00am*)

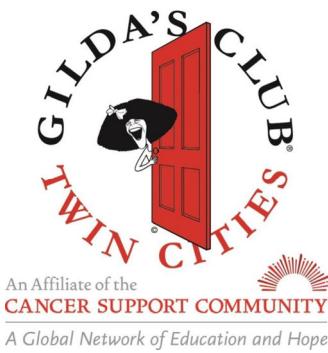
Spanish Language Education

- Frankly Speaking About Cancer: Cáncer de Seno Metastásico/Invasivo**
Sábado , Octubre 26 – 10:00am-12:00pm @ Wilder Foundation, St Paul

All Classes are always free, and unless stated otherwise take place at our clubhouse

Gilda's Club Twin Cities—where no one faces cancer alone

10560 Wayzata Boulevard, Minneapolis, MN 55305 | 612.227.2147 | GildasClubTwinCities.org



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

Education **November 2019**

Caring for the Caregiver: Coping with Emotions

DATE:

Monday, November 4th

TIME:

12:00pm– 1:00pm

WITH:

Diane W. Carr

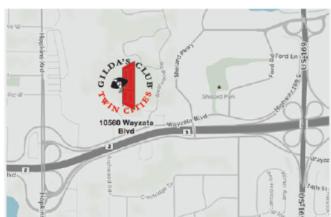
COST: FREE!**RSVP:**

GildasClubTwinCities.org,

the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC



Caring for people living with cancer can be exhausting. In the midst of doctor appointments, medications, and hospital stays the caregiver may feel that there is no time left for their concerns. Feelings of fear, sadness, grief and worry can blot out any peace of mind of the caregiver.

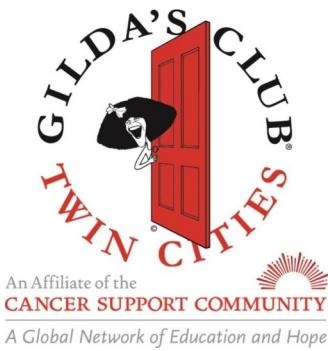
This class will describe 3 practical strategies to help with these emotions:

- *Emotion-focused coping
- *Problem-solving coping
- *Thought-focused coping

Additional resources will be made available. Time will be available for questions.



Diane W. Carr has extensive work history in caring for patients and caregivers. Educated at the University of MN School of Public Health, she holds a Masters in Public Health. Her career highlights/relevant experiences are Be The Match/ National Marrow Donor Program, which retired from after 13 years. She is a Bone Marrow Transplant Navigator and a Caregiver Companion Coach. Diane also was a grant administrator for Twin Cities United Way (18 years) and Chemical Dependency Counselor (4 years).



An Affiliate of the
CANCER SUPPORT COMMUNITY

A Global Network of Education and Hope

Education

October–December 2019

Challenges of Cancer and Work

DATE:

Tuesdays, October 8
November 12
December 10

TIME:

2:00pm-4:00pm

WITH:

Esther Hollander Felsen,
MA, GCDF

COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC



A cancer experience is full of ups and downs and many unanticipated challenges. Employment is a big concern for many. If this is you, you may ask yourself, "Do I continue to work? If I am in between jobs, what can I do? Do I share my diagnosis with my employer? I'm in post-treatment but I can't do the work I used to do, how can I identify my strengths to carve out a new career path? What resources are available to me?"

In this monthly series, there will be an opportunity for an open discussion about the employment challenges one may face while living with cancer.

Esther Hollander Felsen is a cancer survivor who specializes in helping individuals gain employment skills and identify their strengths. She is a Certified Gallup StrengthsFinder Coach, Career Counselor and Workshop Facilitator at the Minneapolis WorkForce Center. She has a MA in Psychology from Adler Graduate School and is currently on the Board of the Minnesota Career Development Association and the Adlerian Network.

Thank you to our Program Partner:





An Affiliate of the
CANCER SUPPORT COMMUNITY

A Global Network of Education and Hope

DATE:

Monday, October 14th

TIME:

12:00pm-1:00pm

WITH:

Rob Wagner & Brent
Henkelman

COST: FREE!

SIGN UP:

GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go north on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities

@GildasClubTC

@GildasClubTC

Thank you to program partner:



Education

October 2019

Do One Thing Differently: A Financial Workshop



This workshop will provide essential information to help participants develop healthy financial habits.

Doing just one thing differently can help improve your financial life. Find out how. With eight topics to choose from, you can start simply or take a big first step to see how the benefits can add up.



Rob Wagner, financial consultant, has 13 years of experience in the financial industry at Thrivent Financial and holds the CFP® and RICP® designations and Series 7 and 66 licenses to help clients obtain their retirement and estate planning needs.



Brent Henkelman, financial associate, is a graduate of the University of Minnesota. He has been with Thrivent Financial since 2015 and holds Series 7 and 66 licenses to help clients live and leave a legacy for the people and causes that matter the most to them.

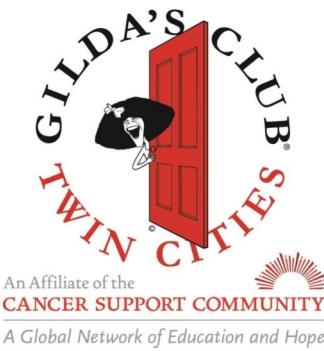
No products will be sold.

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S. Licensed agent/producer for insurance products offered by Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. Registered representative for securities offered through Thrivent Investment Management Inc., Minneapolis, MN. Member FINRA and SIPC. Thrivent.com/disclosures.

Thrivent Financial and its representatives and employees have general knowledge of the Social Security tenets; however, they do not have the professional expertise for a complete discussion of the details of your specific situation. For additional information, contact your local Social Security Administration office.

Thrivent Financial and its representatives and employees cannot provide legal, accounting, or tax advice or services. Work with your Thrivent Financial representative and, as appropriate, your attorney and tax professional for additional information.

Insurance products issued or offered by Thrivent Financial for Lutherans, Appleton, WI. Not all products are available in all states. Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. Thrivent Financial representatives are registered representatives of Thrivent Investment Management, Inc.



Education October 2019

Finding Life Balance in Tumultuous Times: A Workshop to Assess and Address Life's Needs

DATE:

Tuesday, October 15th

TIME:

5:30pm to 7:00pm

WITH:

Elizabeth Mansfield

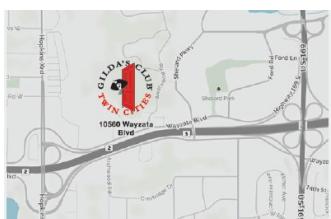
COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

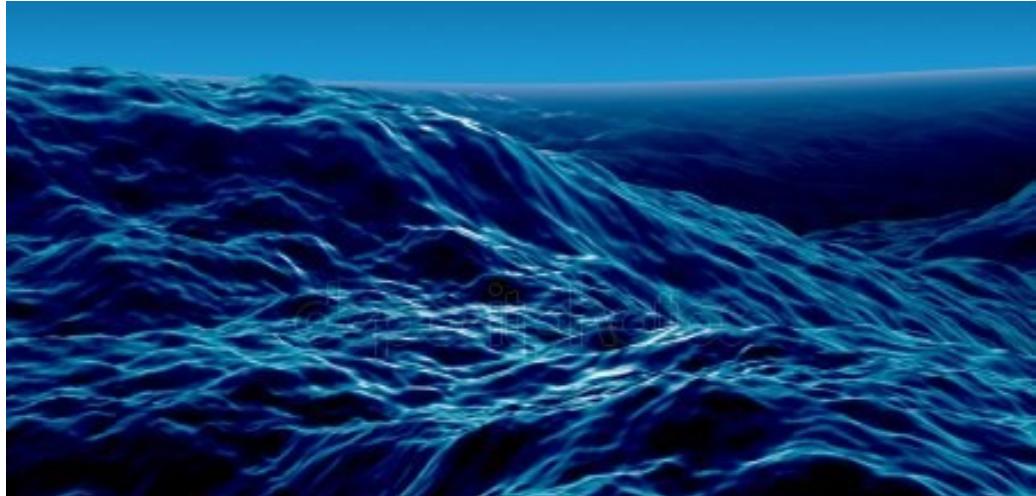
LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC

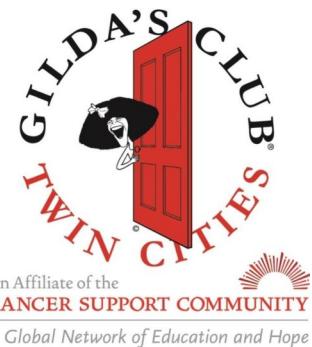


Cancer affects all aspects of life. Most people don't have true "balance" in their lives to begin with. How will you manage the imbalance with cancer survival on top of the heap?

Join fellow cancer survivor and Life Coach, Elizabeth Mansfield, as she brings us through this interactive workshop. Participants will have the opportunity to do a self-assessment on how their own needs are being met and create a plan to address imbalances. This class is focused on survivors but applies to everyone. Caregivers and family are welcome to attend.



Elizabeth Mansfield is Principal Coach, Consultant & Trainer of the ESM Group since 2008. Recognizing her own need for self-care while being both a caregiver for her mother (2007) and a cancer patient (2013), she offers this workshop as a way to help others navigate some of the emotional self-care challenges that come along with the physical aspects of fighting cancer.



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE:

Tuesday, November 5th

TIME:

12:00pm– 1:00pm

WITH:

Carolyn Suerth Hudson,
RDN, LD

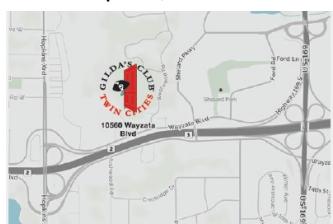
COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

- [/GildasClubTwinCities](https://www.facebook.com/GildasClubTwinCities)
- [@GildasClubTC](https://twitter.com/GildasClubTC)
- [@GildasClubTC](https://www.instagram.com/GildasClubTC)

Education November 2019

Healthy Holidays Tips and Traditions



Uh-oh. It's holiday season, the time when healthy habits give way to Halloween candy stashes, Thanksgiving feasts, and holiday celebrations lasting all the way through New Year's Day.

How can you get through the holidays without indigestion, fatigue, irritability, insomnia and gaining weight?

Learn tips to avoid the seasonal setbacks and start healthy new traditions with dishes and recipes that are sure to please. Those in active treatment, post treatment, and caregivers are welcome to attend.

Thank you to our Program Partner:



Carolyn Suerth Hudson, RDN, LD is a registered and licensed dietitian through the Minnesota Board of Nutrition and Dietetics. She received her BASc in Nutrition from Ryerson University in Toronto, Ontario, Canada and completed her internship at Toronto General Hospital. Carolyn is a past president of the Minnesota Academy of Nutrition and Dietetics and past director on the board of the Dietitians of Canada.



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE:

Tuesday, November 12th

TIME:

6:00pm-7:00pm

WITH:

Susan Pfau, MA

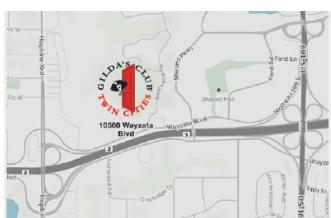
COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC

Children, Teen & Families

November 2019

How a Cancer Diagnosis Impacts the Entire Family



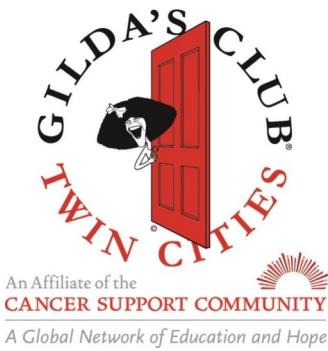
In this workshop, Susan will present the research she has found useful while navigating familial roles and relationships when a family is faced with a childhood cancer diagnosis. This workshop is specifically geared toward parenting a teen or young adult living with cancer.

Parents will be offered skills, insight and encouragement on navigating change in the family system, medical process, and life cycle transitions. Followed with a round table discussion of practical advice of how to anticipate and manage these changes. Parents are encouraged to bring topics of relevance to discuss as a large group.



Susan Pfau is currently pursuing licensure as a marriage and family therapist. She has been trained in play therapy, early childhood interventions, emotional focused therapy, trauma informed practices, and is a certified Prepare Enrich provider. Her focus is supporting families navigating cancer, whether that is individually or involving the entire family.

She has spoken publicly at local church Grief and Loss Groups, MN MFT conference, Colorectal Cancer Summit, New York City (the past two years) speaking to medical professionals on The Mental Health Impacts on a family with a Cancer Diagnosis.



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE:

Tuesday, October 22nd

TIME:

12:00pm– 1:00pm

WITH:

Kara Johnson, LMFT

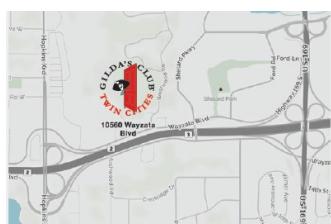
COST: FREE!

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on Hopkins Crossroads; then right on North Frontage Road/Wayzata Blvd

/GildasClubTwinCities
 @GildasClubTC
 @GildasClubTC

Education October 2019

The Emotional Experiences of Cancer Diagnosis, Treatment and Survivorship

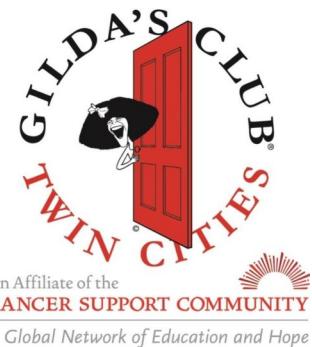


For an individual diagnosed with cancer, a variety of ever-changing emotions may be present. Some wonder if what they are feeling is normal. Others experience doubts and fears about managing the physical, emotional, and mental changes. Some may experience depressed symptoms and/or anxiety.

Join us to discuss the different phases of the cancer experience, the common emotions, the unique high distress points, factors that impact emotional adjustment, and coping skills for moving forward in living a full life. We will discuss the importance of support systems, expressing emotions, communication, mindfulness, and self-care. Understanding the emotional impact of a cancer experience on family members and caregivers will also be covered.

Open to individuals diagnosed with cancer, caregivers, family members, and friends.

Kara M. Johnson is oncology psychotherapist at the Park Nicollet Frauenshuh Cancer Center. As a licensed family therapist, she counsels patients, partners, caregivers, and families as they learn to cope with a new cancer diagnosis, cancer treatment, and/or difficult prognosis treatment, and/or difficult prognoses. She develops and teaches educational classes focusing on critical periods in the cancer experience: newly diagnosed, after treatment, recurrence, and end of life issues. Specializing in healthy family functioning, she offers parenting support for patients who have children under the age of 18, and family communication sessions as opportunities for family members to express feelings, hopes, and fears with one another in a safe and helpful space. Prior to her work at Park Nicollet, she provided grief counseling at North Memorial Hospice and provided therapy in private practice.



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE AND TIME:

Thursdays from 9:30am-
11:00am

COST: FREE!

WITH:

Dr. Mark Carlson and
Kendall Schreier

RSVP:

GildasClubTwinCities.org,
the My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



From 394, go North on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd

/GildasClubTwinCities

@GildasClubTC

@GildasClubTC

This program was made
possible by:



Education

August – November 2019

Cancer and Mental Health Series



**Illness Perception: How We View Our Illness
Affects How We Respond to It**

Thursdays, August 8 – August 29

A cancer diagnosis changes your life in an instant. This series will focus on different ways people approach new reality & how it can impact functioning and quality of life.



**Working Effectively With Your Support System
(Social Roles and Communication Styles)**

Thursdays, September 5 – September 26

This series will focus on how we get our needs met across social, familial, and care team roles through different styles of communication.



The 3 I's: Identity, Insecurity, and Isolation with Cancer

Thursdays, October 3 – October 24

The cancer experience can have us looking at life in very different ways and can feel isolating at times. We will spend the month acknowledging these changes, explore their impacts, and discuss ways to improve our situation.



Meaningful Engagement With Your Environment

Thursdays, November 7 – November 21

This series will build on what we've learned thus far in order to engage more meaningfully in our environment—this includes who we surround ourselves with, how we interact and how we work within our system to get our needs met in order to build a more meaningful life.

Instructors

Dr. Mark Carlson is the founder, President/CEO, and co-owner of Mental Health Systems, PC (MHS); one of the largest specialized clinics in the US. He has provided direct care and training to over 5,000 clients. He is an international author through Wiley Publishing on integrated healthcare with CBT for Psychological Well-Being in Cancer.

Kendall Schreier is a Licensed Professional Counselor at MHS with a Masters Degree in Counseling and Psychological Services. Kendall has experience working in both group and individual therapy settings. She is a member of the Thrive for Cancer team at MHS.