

Education Sessions



Understanding Your World View and How You Approach Change with Mark Carlson

Wednesdays (Jan 8, 15, 22, & 29) from 10:30am-11:30am

Change is a universal experience; but how we approach it varies from person to person. This series will explore the different ways people approach and cope with change. Attendees will have the opportunity to discover their unique strengths and challenges when it comes to change and how to communicate their experience to others.

In partnership with MHS.



Living Beyond Cancer: Clarifying What Matters Most with Monica Anderson

Monday, Jan. 27 from 12:30pm-2:00pm

After the jolt of a cancer diagnosis and treatment, doing what matters most with the people you care about will help you move beyond cancer and live your life to the fullest. During this interactive workshop you will come away with clarity on your five core values and why they are important to you. You will also have the opportunity to connect in small groups and share where your values lie and come up with some ideas on how to live more aligned with those values in the new year.



Creating, Building and Maintaining Motivation with Mark Carlson

Wednesdays (Feb. 5, 12, 19, & 26) from 10:30am-12:00pm

Setting a goal can be exciting; but the motivation to keep going over time can be difficult. This series will explore how to set meaningful goals and learn about how to create lasting change. Attendees will learn about phases of change and how to use meaning and purpose to stay motivated along the way.

In partnership with MHS.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by calling (612) 227-2147.
All classes and programs are offered FREE of charge to our members.

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Challenges of Cancer and Work with Esther Hollander *Tuesday, Feb. 11 from 2:00pm-4:00pm*

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.



Brave Beauty with Melissa Herrig *Monday, Feb. 24 from 1:00pm-3:00pm*

Brave Beauty in the Face of Cancer was designed by Sephora employees who are survivors to support others in their cancer journey. Attendees will learn soothing skincare routines and make up tricks to help restore glow, and the appearance of brows and lashes that may have been affected by radiation and chemotherapy treatments. Friends and family are welcome to join too. Participants will receive a goodie bag filled with full size products that had been used during the class.

In partnership with Sephora, Mall of America



Hospice vs. Palliative Care with Jennie Pogreba *Thursday, Feb. 27 from 12:00pm-1:30pm*

What is the difference between Palliative and Hospice Care? How does one qualify for hospice or palliative care? What are common myths and misconceptions about these programs? Why does my healthcare team suggest one or the other? Find out the answers to these questions and more in this educational session set up to define the differences and help us make informed decisions.

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I'll Find a Way or Make It: Adapting Effective Survival Strategies with Mark Carlson

Wednesdays (March 4, 11, 18, & 25) from 10:30am-12:00pm

We've all had those times when we feel defeated; sometimes we give in, and sometimes we choose to fight. This series is all about how to get through the difficult moments without making it worse and to find ways to thrive. Attendees will explore different coping strategies and how to use them in moments of crisis.
In partnership with MHS.



So What's Your Story? The Healing Power of Storytelling with Steve Buechler

Tuesday, March 24 from 12:00pm-1:30pm

This talk/class illustrates the benefits of writing or storytelling and is appropriate people in all stages of treatment and recovery as well their caregivers and loved ones.



Asking for Help Workshop with Kate Jackson

Wednesday, March 25 from 5:30pm-7:00pm

Asking for help can feel daunting, whether you are a patient, caregiver, family member or friend. We often fear making ourselves vulnerable, appearing selfish, or burdening others if we ask for support. In this workshop, we will be addressing ways to set yourself and others up for success to ask for and receive support to help you heal and maintain wellbeing amidst stressful situations. Participants will learn to identify their known and potential needs, discern who belongs where for their best support village, learn ways to set healthy boundaries, gain insight into how to not take things personally, and boost their comfort with vulnerability.

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