



## HOW TO GET INVOLVED

### CONTACT CANCER SUPPORT COMMUNITY AT GILDA'S CLUB ROCHESTER

We're ready to assist you. Reach out by phone or email anytime. Beginning with an orientation, you will meet with the staff, tour our space, and learn all about the programs available for you and your family to enjoy.

### PARTICIPATE IN OUR PROGRAMS

Our monthly programs include support groups, educational sessions, wellness classes, social activities, and much more! All at no cost.



### MAKE CONNECTIONS & FRIENDS

Our programs provide great opportunities to meet and connect with others in our CSC at Gilda's Club community who have similar experiences and concerns as you.



### EXPERIENCE THE BENEFITS

Whether it's gaining emotional support, feeling less isolated, reducing stress, or feeling the ability to face the future, the goal of CSC at Gilda's Club is to make a positive impact on you and your loved ones.



## HELP MAKE A DIFFERENCE

### VOLUNTEER OPPORTUNITIES

Share your gift of time with us. Our volunteer opportunities include general and/or skilled support, program specific needs, and event support.

### HOST A FUNDRAISER

Host a third-party fundraiser to benefit CSC at Gilda's Club (e.g., golf tournaments, bowl-a-thons, company fundraisers, etc.)



## CANCER SUPPORT COMMUNITY

AT GILDA'S CLUB ROCHESTER

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info@cscrochester.org

[www.cscrochester.org](http://www.cscrochester.org)

*If you, or someone you know, has been impacted by cancer, Cancer Support Community at Gilda's Club is here to help you navigate your cancer journey.*



### Our Mission...

*Cancer Support Community at Gilda's Club uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*



Follow us on social media!

@cscrochester



# Community is STRONGER than cancer.



CANCER SUPPORT COMMUNITY  
AT GILDA'S CLUB ROCHESTER

# Everyone's Cancer is Unique. Your Help & Support Should be Too.

Cancer Support Community (CSC) at Gilda's Club believes that caring for the whole person and their family is an important part of one's cancer journey. Being there at every step of your cancer journey with personalized support has been our commitment for over six decades.

Through our Mapping My Journey™ program philosophy, we help you better manage and cope with the many issues and decisions you will face by providing:

- One-on-one professional support.
- Connections to support, wellness, and educational programs.
- Programs to support your loved ones as they walk this path with you.

As part of CSC at Gilda's Club, you become empowered to improve your well-being through knowledge, hope, and a connection to others.



Our programs are an essential resource to complement to a person's medical care, providing networking and support groups, educational workshops, and social activities.



## PROGRAMS

Programs are offered through in-person, virtual and hybrid formats.

### SUPPORT GROUPS & PROGRAMS

Caregivers	Survivorship
Multiple Myeloma	Veterans with Cancer
People Living with Cancer	Women of Color
Prostate Cancer	Networking Group

### HEALTHY LIFESTYLE PROGRAMS

Expressive Art Classes (Jewelry, Studio Art)  
Music Therapy & Lessons  
Nutrition, Cooking & Baking Classes  
Yoga, Strength Training, Qi Gong

### EDUCATIONAL PROGRAMS

Educational Workshops  
Presentations from Medical Professionals

### SOCIAL PROGRAMS

Bingo	Men's Diner
Coffee Hours	Social Outings
Community Dinners	Survivor's Picnic and more!
Holiday Parties	

### KIDS/YOUTH PROGRAMS

Age-based programs open to any youth impacted by cancer, whether themselves or a family member.

Family Nights  
Trunk or Treat  
Youth Support Groups

### COMMUNITIES OF COLOR

Advocacy Group  
Latinos Unidos Contra Cáncer (LUCC)  
Men of Color



## CANCER SCREENING INITIATIVE

Colorectal cancer rapid screening kits are available at no cost, while supplies last, for anyone age 45 and older. This non-invasive test is easy to use and renders results within four minutes. The Rapid Screening Kits aid in detecting colorectal cancer, diverticulitis, colitis, and colon polyps.



## GET TO KNOW CANCER SUPPORT COMMUNITY AT GILDA'S CLUB



### WHO WE ARE & WHAT WE DO

CSC at Gilda's Club is a not-for-profit providing social and emotional support at no cost for anyone impacted by cancer. Here they can connect with others, share experiences, identify resources and learn how to live with cancer.

### WHO DO WE SERVE & WHO CAN JOIN CSC?

We welcome and encourage anyone impacted by any type of cancer to become part of the CSC at Gilda's Club community. We have programs designed for adults, teens, and kids as well as caregivers and family members. We serve over 5,000 people annually.

### NO COST TO PARTICIPATE

All support groups and programs are offered free of charge to anyone impacted by cancer.

### COMMITTED TO BEING INCLUSIVE

CSC at Gilda's Club is welcoming to all people touched by cancer with diverse backgrounds and perspectives. We aim to provide programming in an environment that supports learning and encourages meaningful and respectful exchanges with others.

*We'd love to meet you!  
Come tour our facility and see first-hand  
what we have to offer!*