



## **Gilda's Club Westchester Member Packet**

At Gilda's Club Westchester, we understand how overwhelming a cancer diagnosis or loss can be and we are here to support you throughout your cancer journey.

Community is stronger than cancer is more than a motto to us – it means that we believe in the power of community and that when we all come together, we can face cancer, stronger, and together.

Our staff, program facilitators, and clinical oncology support team members, made up of licensed mental health professionals, are here to provide support to you and your loved ones. We are always just a call or email away.

### **Membership**

Membership at GCW is free – there will never be a charge for any of the services that you receive here. Membership just means that you are a member of our community and have access to the programs that we provide.

Your involvement at Gilda's Club Westchester depends on you and where you are in your cancer journey. Some members come to us right after a diagnosis or a loss while others come to us later in their journey. The primary purpose of Gilda's Club Westchester's services is to provide support to members throughout their cancer journey. This journey looks different for everyone and can be through active treatment, maintenance treatment, remission for a period of up to 18 months, or after the loss of a loved one to cancer. If you are looking for support during your cancer journey, Gilda's Club Westchester has a variety of active treatment, post-treatment, and bereavement programs that can support you.

### **Getting to Know GCW**

New Member Meetings are an opportunity to learn about the free programs and services that we offer at GCW. While these meetings are intended for new members, we invite long-time or returning members to attend to get a refresher or learn what is new at GCW. The New Member Meetings are led by GCW Oncology Clinicians via Zoom and are approximately 30 minutes in length. You will learn how to use our calendar to sign up for lectures, workshops, and wellness programs and have an opportunity to virtually meet other new members.

For those interested in counseling or support groups, we ask that you register for an individual follow-up meeting called a Support Planning Meeting with a GCW Oncology Clinician. These meetings are an opportunity for you to share about your personal cancer journey and receive an individualized Care Plan that recommends the support services that best fit your needs.

## Overview of Programs and Services

### Adults

- **Support:** Counseling and support groups
- **Education:** Workshops/lectures around a specific topic (i.e. Managing Anxiety, Communicating with Your Medical Team, Nutrition through Cancer Treatments)
- **Healthy Lifestyles:** Exercise and wellness classes (i.e. yoga, creative arts, journaling, meditation)
- **Social:** Opportunities for camaraderie and connection, such as dinner or book club
- **Resource/Referrals:** Cancer, caregiver and bereavement resources

### Children, Teens, and Families

- **Support:** Individual/family counseling, support groups
- **Education:** Workshops such as “Cancer 101” or “Talking to Kids About Cancer”
- **Healthy Lifestyle:** Art, meditation, yoga
- **Social:** Themed social events
- **Resources/Referrals:** Brochures such as “How to Talk to Kids” about cancer

## Attending GCW Programs

### Registration

- Once you have attended a New Member Meeting, you are now eligible to sign up and attend any of our lectures, workshops and wellness programs.
- Refer to our online calendar or our eblasts for the program offerings.
- On the website calendar, click on a program you are interested in attending and click on the box that says “register now” – you may need to sign into your account if you are not already.
- Once you are registered, you will receive a confirmation email. You will also receive a reminder email the day of the event with instructions for attendance.
- Please note, support groups and short-term counseling cannot be registered for. You must attend a Support Planning Meeting and be placed in these support services to receive them.

### Attendance

- When it is time for a virtual event, click on the Zoom link in your email. We ask that you sign on a few minutes early to get situated. When it is time for an in-person event, please come to the Clubhouse 10 minutes prior to the start of the event. We will ask you to sign in at kiosk at the front desk.
- If you register for a program and can no longer attend, kindly advise us. If you frequently register for programs and do not attend them without advising us, you may receive a call from one of our staff members to help assist you.
- If GCW has to cancel a program for any reason, you will be contacted by a staff member ASAP. We apologize for any inconvenience.
- Unless otherwise stated, registration is required to attend all of our programs. You may not attend a program without registration.
- As an organization that values community, we expect that you will be shown and show respect at all of GCW’s programs. Any issues of disrespect will be addressed.

If you would like to speak to a staff member at any time, please call our Clubhouse at 914-644-8844