



An Affiliate of the

CANCER SUPPORT COMMUNITY



Virtual Self-Care Resources Guide

Created specifically for **Gilda's Club Middle Tennessee** members and our greater community for use during the COVID-19 pandemic.

To learn more about our free cancer support program, visit
www.gildasclubmiddletn.org

At Gilda's Club Middle Tennessee, we are committed to providing our members access to a wide range of educational resources. In addition to having a Cancer Resource Specialist on staff and maintaining a comprehensive lending library at our Nashville Clubhouse, we are happy to offer this guide to free and accessible remote resources.

NOTE: If you are viewing this pdf on an electronic device, click on any link to be taken to the web page.

EMOTIONAL SUPPORT & VIRTUAL CONNECTION RESOURCES

CancerCare Online & Telephone Individual Counseling: <https://www.cancercare.org/counseling>

Offers free, short-term counseling with an oncology social worker via phone or online. For anyone affected by cancer. To get started, call 800-813-4673 or email info@cancercare.org.

CancerCare Online & Telephone Support Groups: https://www.cancercare.org/support_groups

Offers a variety of free support groups online and by phone. For people living with cancer and caregivers.

Cancer Support Community Helpline: 888-793-9355

Toll-free helpline staffed by counselors and resource specialists who can provide emotional support, as well as information. For anyone affected by cancer. Available M-F from 9am-9pm ET.

Cancer Support Community Online Live Chat: <https://www.cancersupportcommunity.org/cancer-support-helpline>

MyLifeLine by the Cancer Support Community: <https://www.mylifeline.org/>

Website and app that allows for virtual connection during this period of social distancing. Participants can join discussion boards moderated by licensed clinicians and share updates to their social network.

Organizations that offer free peer support via phone. They match those with cancer and caregivers with a

peer who has been through a similar experience, as a means for giving and receiving support:

Imerman Angels: <https://imermanangels.org/get-support/>

4th Angel: <https://4thangel.ccf.org/>

Cancer Hope Network: <https://www.cancerhopenetwork.org/>

CanCare: <https://cancare.org/>

Friend 4 Life: <https://www.friend4life.org/>

BetterHelp Online & Phone Counseling: <https://www.betterhelp.com/>

Network of licensed counselors, who can provide affordable, remote counseling that can help with a range of issues, including depression, anxiety, relationships, trauma, grief, and more.

Talkspace Online Therapy: <https://www.talkspace.com/>

Network of licensed clinicians, who can provide therapy through text messaging and video calls.

AfterShock - Facing a Serious Diagnosis App: <https://apps.apple.com/us/app/aftershock-facing-a-serious-diagnosis/id881103514>

Free app that helps guide individuals who have been recently diagnosed. Learn more about diagnoses, treatment options, and ways to cope. Download in the App Store.

The Estuary Online Wellness Community Classes: <https://theestuary.org/groups-classes>

Offers free self-care classes and community gatherings online.

Everyday Health's Top 20 Self-Care Tips for Being Stuck at Home During the Pandemic: <https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/>

The Healing Trust's Self-Care Planning Guide: <https://www.healingtrust.org/wp-content/uploads/2019/10/Self-Care-Planning-Guide-for-Individuals-FINAL-2019.pdf>

Don't know where to start with "self-care?" Try this template with tools and instructions to assist in creating a personalized self-care plan.

Mental Health America Webinars: <https://www.mhanational.org/covid19##WebinarsLiveEventsWorkshops>

Free live webinars and recordings covering a variety of topics on mental health during this time.

Stupid Cancer Webinar "Coping with Social Isolation & Fear": <https://vimeo.com/400375806>

This webinar provides tools and insights for coping / managing mental health in this challenging time. For the immunocompromised community.

GRYT Health: <https://grythealth.com/>

Online and app-based community for anyone impacted by cancer to share their experiences and connect with others. Offers free online webinars focused on living with cancer.

Care Through Conversations: <https://www.tn.gov/aging/our-programs/care-through-conversation.html>

Program through the TN Commission on Aging & Disability that offers older adults and caregivers weekly (or more upon request) phone calls with a volunteer, who will check-in, assess needs, and offer resources and support. Fill out a request form online or call 615-253-4307.

Sage Hill Counseling Community Conversations: <https://sagehill.co/events/category/evenings/>

Counseling center that offers free virtual community conversations on a variety of mental health topics. Register and submit your questions online. You can also listen to their Live Fully podcast series, including this "Coronavirus & Keeping Heart" recording: <https://podcasts.apple.com/us/podcast/ep-133-coronavirus-and-keeping-heart/id950355368?i=1000470022739>

"Stress & Anxiety After Months of the COVID-19 Pandemic" video: https://www.youtube.com/watch?time_continue=552&v=tZhCN6zQkMY&feature=emb_logo

Video created by Living Beyond Breast Cancer that is applicable not only to those with breast cancer, but also anyone impacted by cancer and the unique concerns

created by living with cancer during the pandemic. Provides practical tools to deal with elevated stress and anxiety during this time.

If you or someone you know is experiencing a mental health crisis, please call 911, go to the nearest ER, or contact one of these services:

Centerstone Crisis & Urgent Care:
1-800-681-7444 (toll-free) or 615-244-7444

Mental Health Cooperative Mobile Crisis & Walk-In Center: 615-726-0125

24/7 walk-in center: 250 Cumberland Bend Drive, Nashville TN 37228

Crisis Text Line: Text the word "TN" to 741741 to be immediately connected with a trained crisis counselor

The Suicide Prevention Lifeline: 1-800-273-8255

Online chat also available 24/7: <https://suicidepreventionlifeline.org/chat/>

YWCA Domestic Violence Support Helpline:
1-800-334-4628

Tennessee REDLINE: Free information and referrals to mental health services: 1-800-889-9789

Disaster Distress Helpline: Free, 24/7 crisis support to people experiencing emotional distress related to a disaster, including public health emergency: Call 1-800-985-5990 or text "TalkWithUs" to 66746

MINDFULNESS & RELAXATION RESOURCES

Guided Imagery by Claudia Prange: Email liz@gildasclubmiddletn.org for the recorded mp3 file.

Enjoy the Guided Imagery class at Gilda's Club? Join our weekly live session via Zoom, or you can relax at home with a recording!

Moment of Meditation with Savanna: <https://www.youtube.com/watch?v=k7L8kCEsjOc&feature=youtu.be>

In addition to joining our weekly live meditation sessions for the Gilda's Club community via Zoom, you can access meditation sessions anytime.

Interested in virtual live/ private meditation or yoga sessions? Email starko.savanna@gmail.com

CancerCare Meditation App: Download for free in the app store.

Features free guided meditation sessions, inspirational talks, and soothing music/sounds designed to help people affected by cancer manage symptoms and anxiety.

Sound Healing Journey virtual workshop:

Live sound healing workshops offered online for people with cancer and their loved ones. Offered every Friday, 4:30-6pm. Contact Sharon Doughty to register at 707-525-6131 or Sharon.Doughty@stjoe.org

Meditations from The Estuary: <https://theestuary.org/meditations>

A selection of free, guided meditations. Download on Apple Music, Spotify, or Youtube.

A Steady Heart in the time of Coronavirus-Meditations by Jack Kornfield: <https://jackkornfield.com/steady-heart-videos/>

Smithsonian Institute Meditation & Mindfulness: <https://www.si.edu/events/online>

Free meditation workshops appropriate to all levels of practitioners. See the schedule and register online.

Mindfulness articles and videos from *Greater Good Magazine*:

- **Introduction to Mindfulness:** https://greatergood.berkeley.edu/topic/mindfulness/definition#what_is
- **Kindness Practice for Caregivers:** https://greatergood.berkeley.edu/video/item/how_to_be_kinder_to_yourself
- **How to Check in with Yourself:** https://greatergood.berkeley.edu/video/item/how_to_check_in_with_yourself

UC San Diego Center for Mindfulness guided audio & video practices: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>

Videos also available in Spanish: <https://medschool>.

ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/Mindfulness-in-Other-Languages.aspx

Guided Meditation for Cancer Patients & Caregivers: <https://www.youtube.com/watch?v=Y-jMed9F2Ng4>

“Mindful at Home” Recorded & Live Sessions: <https://www.mindful.org/mindfulhome-schedule-of-live-meditations-from-mindful-org/>

Free live and recorded mindfulness sessions hosted by Mindful.org. Find recorded sessions on their website above, or join their live sessions via Facebook at: <https://www.facebook.com/mindfulorg/>

Headspace App: <https://www.headspace.com/headspace-meditation-app>

App that offers meditations and teachings to balance stress, focus, and rest. Many free options available at this time. Download in the App Store.

Sanvello App: <https://www.sanvello.com/>

App that offers clinically-validated guidance and habits for a healthy mind and to help you deal with stress, anxiety, and depression. Free and paid options available.

Oak Meditation App: <https://www.oakmeditation.com/>

App that offers free guided meditations, mindfulness, and breathing exercises.

Insight Timer App: <https://insighttimer.com/>

App that offers free guided meditations and relaxation exercises.

A.M. Mindfulness App: <https://www.midigitaltherapeutics.com/am-mindfulness.html>

App that offers clinically-validated mindfulness practices and a cancer-specific mindfulness class. Download in the App Store.

MOVEMENT & FITNESS RESOURCES

Tai Chi by David Bilger: <https://www.youtube.com/watch?v=rYanENdTpLk>

Enjoy the Tai Chi class at Gilda's Club? Now you can practice at home with this video by our instructor!

Expressive Movement & Restorative Yoga virtual classes:

Live virtual yoga classes specifically for people with cancer and their loved ones. Offered every Wednesday 3:30-5:30. Contact Sharon Doughty to register: (707) 525-6131 or Sharon.Doughty@stjoe.org

Yoga for Cancer-Related Anxiety: <https://patientpower.info/living-well/mental-and-emotional-well-being/yoga-for-cancer-related-anxiety-a-calm-ing-15-minute-practice>

Easy-to-follow 15-minute practice designed for cancer patients and care partners dealing with anxiety.

Osher Center for Integrative Health Telehealth Classes: <https://www.vanderbilthealth.com/osher/>

Vanderbilt's integrative health center is offering movement and wellness classes offered via telehealth.

Nashville Pilates Company: Offering a variety of pilates classes via Zoom, including a FREE class every Sunday at 10am.

Register here:
<https://clients.mindbodyonline.com/classic/mainclass?studioid=990391&tg=&vt=&lvl=&s-type=-7&view=week&trn=0&page=&catid=&prodid=&date=5%2f28%2f2020&classid=0&prod-GroupId=&sSU=&optForwardingLink=&qParam=&-justloggedin=&nLgIn=&pMode=0&loc=1>

Their simple recorded 20-minute pilates video can be found here: <https://www.facebook.com/NashvillePilatesCompany/videos/2278773595765097/>

FitOn App: <https://fitonapp.com/>

App that offers free workouts to do at home for a variety of skill levels and personal goals. Users can work out solo or with others. Download in the App Store.

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

Free yoga videos for all skill levels.

Small World Yoga online yoga classes: <https://www.facebook.com/SmallWorldYoga.org/>

Offers remote yoga classes via Zoom (video). Check their Facebook page to get the schedule and daily Zoom link information, or watch their recorded videos on their Youtube site: <https://www.youtube.com/channel/UCv1HJPjN1mgz2cflN1mlOJA>

Carol Michaels Fitness Zoom Classes: <https://www.carolmichaelsfitness.com/post/zoom-exercise-classes>

Offering free, weekly Zoom fitness classes specifically designed for cancer recovery and osteoporosis. Email caroljmichaels@gmail.com to receive the Zoom link.

Gentle Yoga Flow from YogiApproved: <https://www.youtube.com/watch?v=g13nVd7OLYs>

Gentle yoga video for all skill levels to decompress and calm your mind and body.

Other YogiApproved yoga videos can be found here: <https://www.youtube.com/channel/UCyEEqjhf3NeujoC73yUZbKw>

Planet Fitness Home Work-Ins: <https://www.youtube.com/channel/UCZ0PnRz4jxOLZZ9XvGCiqfA>

Free exercise videos for anyone and everyone to access at home.

YMCA 360 On Demand Health & Fitness Videos: <https://ymca360.org/on-demand#/>

No YMCA membership needed to access their library of free exercise and health videos.

Simple Tai Chi for Beginners video: <https://www.youtube.com/watch?v=cEOS2zoyQw4>

Qigong for Beginners video: <https://www.youtube.com/watch?v=IyINAjEoTIs>

Pilates for Beginners video: <https://www.youtube.com/watch?v=UEMWK9hUHOQ>

Exercise Video for Cancer Patients (light intensity): <https://www.youtube.com/watch?v=xtKvHBGx0VM>

Gentle Bed Yoga for People with Cancer: <https://www.youtube.com/watch?v=e94WQyH8-VY>

MEALS & NUTRITION RESOURCES

COVID Help Nashville

Organization that offers free services for high-risk individuals and families (65+ or immune-compromised), including grocery shopping, pharmacy runs, errands, etc. Call (615)-447-8260 or email covidhelpnashville@gmail.com

Emergency Food Assistance Fund through PAF: <https://teamrubiconusa.org/applynow/>

Grants of \$500 for food provided to people with cancer who have been impacted by COVID-19.

Gilda's Club Lunch & Learn: Eating Well During Cancer Treatment & Survivorship. Recording of a Gilda's Club workshop featuring holistic health/nutrition coach Danielle Gilbert and Karen Gillingham of The New Beginnings Center.

Learn why nutrition is an important part of cancer treatment & survivorship, and how to make manageable dietary changes. Video includes a cooking demonstration.

Watch here: <https://www.youtube.com/watch?v=e-LeyAD0hns&feature=youtu.be>

Kroger Health Telenutrition Services: <https://www.thelittleclinic.com/dietitian/>

During COVID-19, Kroger Health is offering free dietician-led telenutrition sessions. Video chat topics may include: cooking basics, getting creative with shelf stable ingredients, changes in the availability of food, picking the best foods for your medical condition, and setting/maintaining personal nutrition goals. To get started, contact Emily Harland at 615-917-2939 or emily.harland@thelittleclinic.com

PearlPoint Nutrition Services: <https://pearlpoint.org/>

Free nutrition education and consultations with dietitians to patients and caregivers of all cancer types.

To schedule a consultation, visit: <https://pearlpoint.org/schedule-a-dietitian-consultation/>

Heimerdinger Foundation Meals 4 Health: <https://www.heimerdingerfoundation.com/become-a-client/>

Delivers free, nutritious meals to individuals and

families currently in treatment for cancer in Davidson and Williamson counties.

Fifty Forward/ Meals on Wheels: <https://fiftyforward.org/supportive-care/fiftyforward-fresh-meals-on-wheels/>

Provides home-delivered low-cost/free meals and additional groceries to people 50+.

The Store: <https://www.thestore.org/>

Nonprofit grocery store that offers free groceries to individuals and families during a time of crisis. Curbside and delivery options available during COVID-19.

One Generation Away Mobile Food Pantries: https://www.onegenaway.com/mobile-pantry/?fbclid=IwAR2LVvz2_94yNvt2cV1sCJEWkuZT_2NVinOLWm5A1r3E4NjqKfwu1uPTVLE

Drive-up food pantry offered at a variety of locations and dates in the Middle TN area.

Dabble Studio Virtual Cooking Classes: <https://dabbleevents.com/cooking-classes/>

Cooking and art studio in Nashville that offers affordable virtual cooking classes and pick-up meal kits.

National Cancer Institute's Nutrition in Cancer Care website: <https://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>

EXPRESSIVE ARTS & CULTURAL ACTIVITIES RESOURCES

UCLA Berkley Online Art Classes: <https://artstudio.berkeley.edu/news/art-with-zoom/>

Offering free art classes online via Zoom. Register on their website.

Cassie Stephens Art Classes & Videos: <https://www.youtube.com/channel/UCdEo82iK2lzwMqCxBuQm-mrQ>

Elementary school art teacher in Middle TN who offers free online art classes at this time. Recorded lessons can be found on her Youtube Channel and live lessons via

her Facebook page: <https://www.facebook.com/cassie-stephensart>

Joann & CreativeBug Arts and Crafts Classes: <https://www.creativebug.com/trial/create-account?theme=joann60>

Offering a two-month, free trial of online arts and crafts classes. Or visit Joann's Youtube Channel for more free craft videos: <https://www.youtube.com/channel/UC9duydx1VXTV0tP7q39S0Lw>

Smithsonian Institute Online Classes: <https://www.si.edu/events/online>

Free online art classes and workshops. See the schedule and register on their website.

Nashville Public Library Online Universe: <https://library.nashville.org/event/npl-universe>

Free online workshops and classes for all ages and an extensive e-collection of materials.

Tennessee Performing Arts Center TV: <https://www.youtube.com/user/TennesseePAC>

Missing your favorite performances at TPAC? Check out their library of videos you can watch from home!

Cheekwood Estate & Gardens Virtual Tours: <https://cheekwood.org/calendar/virtual-gardens/>

Bringing the beauty and tranquility of the gardens to your home.

Frist Art Museum Online Programs: <https://fristart-museum.org/calendar>

Join free events with the Frist online, including virtual gallery tours, community conversations, and art classes.

Google Arts & Culture Virtual Museums: <https://artsandculture.google.com/partner?hl=en>

View galleries and exhibits from around the world in the comfort of your home.

NFocus Art Exhibits & Performances to Enjoy from Home: <https://www.nfocusnashville.com/arts-culture/article/21134365/art-exhibits-and-performances-to-enjoy-from-home>

CANCER-FOCUSED EDUCATIONAL RESOURCES

Frankly Speaking about Cancer, by Cancer Support Community: <https://www.cancersupportcommunity.org/franklyspeakingaboutcancer>

Informational articles, webinars, e-books and podcasts on a variety of cancer topics.

Radio Show, by Cancer Support Community: <https://www.cancersupportcommunity.org/Radio-Show2>

Covers a variety of topics that empower listeners to live well with cancer.

CancerCare: <https://www.cancercare.org/diagnosis>

Database of trusted information, webinars, and resources. Users can search by diagnosis or topic.

View their upcoming free webinar schedule and register at: https://www.cancercare.org/connect_workshops?utm_source=April+2020+E-News&utm_campaign=April+%2720+eNews&utm_medium=email

Princess Margaret Online Cancer Classes: <https://pmcancerclasses.ca/>

Free online classes for anyone who wants to learn about specific types of cancer, treatments, side effects, and the emotional impact. Participants can log in from anywhere and learn at their own pace.

National Cancer Institute: <https://www.cancer.gov/>

Website with information and articles on different types of cancer, treatments, managing health care, and coping with the impact cancer can have.

LiveHelp: https://livehelp.cancer.gov/app/chat/chat_launch

A free live chat service with an NCI Information Specialist, who can answer questions about cancer, clinical trials, and quitting smoking.

Cancer & Careers Virtual Programs: <https://www.cancerandcareers.org/en/covid19/virtual-programs>

In addition to their regular information related to working with cancer, they have special, free COVID-19 virtual programs and webinars that address all things work and cancer-related during this challenging time.

American Society of Clinical Oncology (ASCO) Guidance for Cancer Patients during Coronavirus: <https://www.cancer.net/blog/2020-04/coronavirus-and-covid-19-what-people-with-cancer-need-know>

American Cancer Society TheoryLab podcast: <https://podcasts.apple.com/us/podcast/theorylab/id1454395139>

Free podcast by the ACS that includes episodes on living with cancer through coronavirus.

COVID-19 Tips for Caregivers: <https://getpalliative-care.org/covid-19-tips-for-caregivers/>

Useful and clear tips for those caring for someone with a serious illness during COVID-19.

FINANCIAL & LEGAL RESOURCES

Cancer Support Community Cancer Emergency Fund: <https://www.cancersupportcommunity.org/blog/2020/04/what-cancer-patients-survivors-and-caregivers-need>

Financial assistance in the form of a \$250 prepaid credit card for qualified people with cancer who are in active treatment. This assistance is for non-medical expenses during the coronavirus pandemic, such as food, transportation, housing, utilities, childcare or other expenses. To apply, call 1-888-409-4166.

CancerCare COVID-19 Financial Assistance Fund: <https://www.cancercare.org/financial>

Offering assistance for people with cancer in active treatment to help with costs including food, medications, household expenses, transportation, home care and childcare. Call 1-800-813-4673 to apply.

United Way Covid-19 Respond Fund: <https://www.nashvilleresponsefund.com/individuals>

Financial aid resources available to individuals, families, and organizations in Middle Tennessee experiencing financial hardship due to the virus. Family Reach Covid-19 Emergency Fund: <https://familyreach.org/>

Financial assistance available to individuals and families with cancer during this crisis.

PAN Foundation COVID-19 Fund: <https://panfoundation.org/index.php/en/13-patients/942-covid-19>

Fund to help affected patients cope with unprecedented financial stress relating to the COVID-19 outbreak. Offering direct assistance of \$300 on a pre-paid debit card for individuals who have been diagnosed with COVID-19 or directed to self-quarantine due to COVID-19. To apply, call 1-866-316-7263.

PAF COVID Care Recovery Fund: <https://www.patientadvocate.org/covidcare/help/>

Patient Advocate Foundation is offering grants for living expenses for individuals impacted by and recovering from COVID-19.

HealthWell Foundation COVID19 Ancillary Costs Fund: <https://www.healthwellfoundation.org/fund/covid-19-fund/>

Assistance up to \$250 for costs associated with delivered food, medication, diagnostics, transportation, and telehealth as a result of COVID-19. Accepting applications only by phone at this time 800-675-8416.

MusicCares Covid Relief Fund: <https://www.grammy.com/musicares/get-help/covid-19-relief-fund-faq>

Financial assistance is available for individuals in the music community impacted by loss of work.

Financial Empowerment Center: <https://www.unitedwaynashville.org/programs/financial-empowerment-center>

Free one-on-one financial counseling to residents of Davidson County. Offering phone sessions during this time. Counseling on COVID-19 & tornado financial impacts on individuals/families is available. To schedule an appointment, call (615)-748-3620 or fill out an online request form here: <https://www.nashville.gov/Mayors-Office/Economic-Opportunity/Financial-Empowerment-Center-Appointment-Request.aspx>

Legal Aid Society of Middle TN & The Cumberlands: <https://las.org/covid-19-tennessee-resources/>

Nonprofit law firm that provides free, high quality civil legal services and education. In addition to general legal assistance, they are offering support related to

COVID-19 impacts and have information/resources available on their website. To speak with a free lawyer, call 1-800-238-1443.

Susan G. Komen COVID-19 Action Fund:
<https://coronavirus.komen.org/>

Financial assistance to women with breast cancer in urgent need during this time.

Leukemia & Lymphoma Society Coronavirus Patient Aid Fund: <https://www.lls.org/support/financial-support/patient-aid-program>

Financial aid fund to help patients offset the costs during this time of coronavirus. Apply by calling 1-877-557-2672 or online through the portal here: <https://unpportal.lls.org/>

LUNgevity Breathe Easier Emergency COVID-19 Fund

Financial assistance in the form of \$500 for patients in active treatment or actively pursuing treatment for lung cancer. Funds are available to be used on non-medical expenses such as food, transportation, and general household bills. Apply by phone 1-844-360-5864.

Organizations that provide assistance with co-pays, premiums, and out-of-pocket expenses related to medical care (**always check with them directly for the most current information on the funds that are open/available):

HealthWell Foundation: <https://www.healthwellfoundation.org/>

Patient Services, Inc.: <https://www.patientservicesinc.org/patients/supported-illnesses>

CancerCare Co-Payment Assistance Program:
<https://www.cancercare.org/copayfoundation>, or call 1-866-552-6729.

CancerCare Financial Assistance program: <https://www.cancercare.org/financial>, or call 1-800-813-4673 to speak with an oncology social worker.

Patient Advocate Foundation: <https://www.patientadvocate.org/connect-with-services/copay-relief/>

Good Days: <https://www.mygooddays.org/patients/assistance-types>

PAN Foundation: <https://panfoundation.org/index.php/en/>

The Assistance Fund: <https://tafcares.org/>
NOTE: Many diagnosis-specific organizations offer their own financial assistance programs. For more diagnosis-specific resources, contact liz@gildasclub-middletn.org.

Questions? Our Cancer Resource Specialist is here to help. Just email liz@gildasclubmiddletn.org.

ABOUT GILDA'S CLUB MIDDLE TENNESSEE

Gilda's Club Middle Tennessee, an affiliate of the Cancer Support Community, is **dedicated to providing support, education, and hope to all people impacted by cancer, including those diagnosed and family and friends.**

Free of charge to everyone – thanks to our generous donors – Gilda's Club Middle Tennessee's evidence-based program for men, women, teens, children, and families includes support groups, emotional support counseling, health and nutrition coaching, healthy lifestyle workshops, mind-body classes, social activities, educational lectures, and community resource information. Offering approximately 70 professionally-led support and networking groups, and more than 80 educational workshops and lectures each month, Gilda's Club Middle Tennessee is able to make a tangible difference in the lives of those impacted by cancer. **We build community, so no one has to face cancer alone.**

Gilda's Club Middle Tennessee's mission is to ensure all people impacted by cancer are **empowered by knowledge, strengthened by action, and sustained by community.**

To become a member, volunteer or donate, call 615.329.1124 or visit www.gildasclubmiddletn.org.