

Gilda's Club of the Quad Cities

We invite you to join Gilda's Club Quad Cities. We believe that everyone who is touched by a cancer diagnosis can benefit from being part of the Gilda's Club community. Our program is designed with something for everyone - adults, teens and kids, family and friends.

Membership is free and easy! Men, women and children diagnosed with cancer, their family members and friends are eligible for membership at Gilda's Club.

To become a member:

1. Call to schedule an appointment for a New Members Meeting
2. Attend the New Members Meeting and complete a Customized Membership Plan (CMP)
3. Participate in any of the program activities listed each month on our Member Activity Calendar

For questions or to schedule time for a New Members Meeting please call 563-326-7504

The Gilda's Club program consists of:

- * **Support Groups** (separate groups for those with a cancer diagnosis and family members)
- * **Networking Groups** (cancer or life specific)
- * **Family Alumni Group** (a bi-monthly bereavement group)
- * **Workshops and Lectures** on topics, such as, cooking, art, Ask the Doctor and Managing Treatment Side Effects
- * **Social Events** that include potluck dinners, holiday parties and a weekly card club.

Noogieland

NOOGIELAND is the Gilda's Club program for children and teens who have been affected by a diagnosis of cancer. It is a play space where kids can meet other kids who share a similar experience and where they can find the support they need. Noogieland is open to children who:

- have been diagnosed with cancer
- have a parent or loved one who is living with cancer
- are grieving the death of a loved one from cancer

THE PROGRAM

Noogie Nights, held every week, offers fun activities including arts and crafts, drama, games and more. Supervised by a licensed social worker with the help of many dedicated volunteers, Noogieland provides a safe environment for kids to share their feelings and build support. Noogie Nights are scheduled at the same time as many of Gilda's Club's activities for adults, including support groups, lectures and workshops, so that support is available for the whole family.

In addition to Noogie Nights, GCQC offers many special events for kids and their families throughout the year, including our annual Halloween party, Noogiefest, and our week long summer camp, Camp Sparkle.

FOR TEENS

Gilda's Club Quad Cities provides a warm and supportive environment for teens to socialize and discuss the impact of cancer on their lives. Teen Time and other workshop activities are geared to address teen-specific issues. For additional information contact Noogieland Program Manager Anita Shaft.