

**Gilda's Club**  
**Southeastern Wisconsin**

*an affiliate of*



**CANCER SUPPORT  
COMMUNITY™**

*A Global Network of Education and Hope*

**A FREE CANCER SUPPORT  
COMMUNITY**

**FOR MEN, WOMEN  
AND CHILDREN.**

Learn More . 414-962-8201 . [www.gildasclubsewi.org](http://www.gildasclubsewi.org)

**Tell me about Gilda's Club**

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Gilda's Club reaches people where they live. The program delivers cancer support and education through hospitals, schools, places of worship, community centers, businesses and neighborhood organizations throughout Greater Milwaukee. And you are invited to participate at no charge.

The mission of Gilda's Club Southeastern Wisconsin is to ensure that all people impacted by cancer in Greater Milwaukee are empowered by knowledge, strengthened by action and sustained by community.

Gilda's Club Southeastern Wisconsin is an affiliate of the Cancer Support Community, an organization providing psychological and social support through a network of more than 50 affiliate centers and more than 100 satellite locations worldwide.

*Thank you to Stan Kass and family for their continuing support.*

**SUPPORT FOR THE  
WHOLE FAMILY,  
THE WHOLE TIME.**

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## We are here for you

With 1.5 million people diagnosed with cancer this year, chances are you or someone you know has been impacted by cancer. We understand how cancer affects millions of people, and just one: YOU.

*For every person who is diagnosed, countless family members and friends are touched.*

*And none of them has to face cancer alone.*

At Gilda's Club, there's a whole community dedicated to providing cancer support for anyone learning to live fully with and beyond a cancer diagnosis. You are invited to participate, **without charge**, and take from the program what you need. *It's your choice.*

*All are welcome. Any cancer, any age.*

An affiliate of the Cancer Support Community, Gilda's Club Southeastern Wisconsin works to empower people affected by cancer. By addressing their individual needs, linking them to a community of support, and helping them to live better lives, we are advancing the central idea of the 2007 Institute of Medicine report *Cancer Care for the Whole Patient*: **That social and emotional support are as important as medical care in the face of a cancer diagnosis.**

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## Gilda's Club Experience

**Educational Seminars and Workshops** provide you with opportunities to learn new skills and techniques to help you live fully with cancer.

**Social Connections** let you link with others in the community who share the same experience, and help relieve stresses associated with a cancer diagnosis.

**Healthy Lifestyles** provide you opportunities to focus on nutrition, mind-body stress reduction, exercise, and expressive arts.

**Support Groups** are meetings for you to share and explore the emotional and social issues related to living with cancer. Support groups are facilitated by licensed mental health professionals.

**Networking Groups** bring together members with interests that may focus around specific cancer diagnoses and related topics.

**Resources and Referrals** are provided to you in the form of personalized assistance and referral to resources within the community, and a resource library.

## Where do I begin?

*You will be welcomed with an introductory meeting to review the Gilda's support program and to determine how to address your individual needs.*

## What is said

*"I was terrified when I was diagnosed with a tumor on my brain stem. A brilliant medical team performed a miraculous surgery and removed the whole tumor. They saved my life, but Gilda's healed my soul." – Ruth*

*"Having cancer made me think I could sink or swim. Gilda's Club gave me a life preserver that helped me get through a tough time." – Sydney, 15*

*"As a nurse, I knew what a stage three ovarian cancer diagnosis meant. I was anxious and fearful all the time. My doctors recognized that my anxiety was affecting my treatment, so they referred me to Gilda's Club. What a gift that was. At Gilda's Club I found a whole community of friends that cared about me and gave me the emotional strength I needed. Things changed. On January 1, 2011, I started the New Year cancer free." - Kristin*