



# **GILDA'S CLUB**

## **GREATER TORONTO**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

## **Adult Support Groups**

**Winter 2026: Week of January 19**

**Spring 2026: Week of April 13**

**Fall 2026: Week of October 12**

### **Tuesdays**

**20's and 30's (7:00-8:30pm):** For individuals 18 to 39 who are living with or after a cancer diagnosis; may be newly diagnosed or up to 5 years post-treatment.

**Pediatric Parents (12:00-1:30pm EST):** For parent caregivers of children in active treatment for cancer to connect, share, and receive support - developed in partnership with Childhood Cancer Canada.

\*\*\* Only Spring & Fall 2026. Available to participants across Canada.

### **Wednesdays**

**Caregiver (7:00-8:30pm):** For caregivers (family or friends) who have a significant person with an active cancer diagnosis. The group will focus on the self-care of the caregiver.

**Fear of Reoccurrence Therapy (FORT) (7:00-8:30pm):** For individuals who have completed cancer treatment.

### **Thursdays**

**Post Treatment (7:00-8:30pm):** For individuals who have completed cancer treatment.

**Adult Bereavement (7:00-8:30pm):** For individuals who have had a significant person die of cancer.

**Parent & Guardian Support (6:00-7:30pm):** For parents/guardians concerned about the impact that their cancer diagnosis may have on their child(ren) who are under 17 years old.

\*\*\* Only Spring & Fall 2026.

### **Fridays**

**Living with Cancer (3:00-4:30pm) and Living with Advanced Cancer (1:00pm- 2:30pm):** For individuals who are living with a cancer diagnosis; newly diagnosed or up to 18 months post-treatment.

**Writing Through Cancer (1:00pm- 2:30pm):** For individuals who are living with a cancer diagnosis; newly diagnosed or up to 18 months post-treatment.

**Groups are FREE and VIRTUAL.**

**Interested individuals can fill out our online form at [gildasclubtoronto.org/become-a-member](https://gildasclubtoronto.org/become-a-member) or call 416-214-9898.**