



Survivors, patients, medical professionals, family, friends, caregivers, & hospital staff are ALL always welcome at our Support Group Meetings. There is never a fee for anyone to attend. Please note events requiring RSVP's as these events require supplies to be provided and we would love to make sure that we have enough for everyone attending at no cost to you. Light refreshments provided at each meeting.

SPRINGFIELD MEMBER EVENTS

ALL SPFD MEMBER EVENTS held at
The GYNCA Office located at 3023 S Fort Avenue.
All events are 6pm-8pm on Thursday evenings.

JANUARY 17TH - GARDENING

Join GYNCA to plant fresh herbs, fruit, & veggies! Garden therapy is a time-proven practice. The therapeutic benefits of garden environments documented since ancient times. Everyone attending will receive a gardening pack to take home to start your own garden.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

FEBRUARY 21ST - PAMPER SESSION

A relaxing well deserved evening to focus on yourself. Every attendee will receive an evening of pampering! We will also be giving everyone a beauty pack to take home! Bring your gal-pals for a relaxing evening.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

MARCH 21ST - BINGO NIGHT

Join us for a fun night playing Bingo. We will be playing several games.

We will have fabulous prizes for those that score a "BINGO"!

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

APRIL 18TH - PHYSICIAN & NURSE PANEL

This panel features the amazing women's oncology Physician & Nurses in an open forum from Cox and Mercy. Nutrition, exercise, current medical trials, new treatments, etc. This is a great event for your caregivers to gain a better understanding to care for your needs.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

MAY 16TH - ART & MUSIC THERAPY

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental, and emotional well-being. The beauty of music therapy is helping people in physical, mental, emotional, & social ways.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

JUNE 20TH - SUPPORT & AWARENESS

A safe environment to share experiences and connect with other women who are navigating through the same challenges you are. Support Groups can reduce the anxiety, stress, emotional distress, fatigue, pain. They can improve mood, self-image, and ability to cope.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

JULY 18TH - FAB FOOD & FITNESS

Explore many recipes while battling gynecological cancers. They are high in nutritional value while maintaining the flavor! Sampling of a 4-course dish that will be prepared and take the recipes home! Yoga can help manage Depression, Fear, and Anxiety that can be prevalent in patients suffering through the emotional strain of a cancer diagnosis.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

AUGUST 15TH - RESOURCES GALORE

Join us for an evening of getting all your to-do list checked off. We will be able to find applications for assistance, local resources, and apply for funding that pertains to your individual situation. We encourage you to access an abundant amount of helpful information all in one spot.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

SEPT 19TH - MENTORING & RESOURCE

Imerman Angels One-on-One mentoring program will include how to sign up to be mentored as well as how to become an Angel or Caregiver Angel. Needing someone to talk to who completely understands the journey that they are a new cancer patient? GYNCA's informational Regional Resource Guide & tools provided.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

OCTOBER 17TH - FALL CRAFT

A night to get away from the doctor's offices and the chores at home! Let's get ready for fall. We will be making simple fall crafts to add to your Fall home décor! All materials are provided.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

NOVEMBER 21ST - WINTER CRAFT

Holiday Craft Making. A favorite event each year will feature a fun holiday craft that you can display throughout the holiday season. Let's explore our creative holiday décor talents. All materials provided.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

DECEMBER 12TH - HOLIDAY PARTY

GYNCA's Annual Holiday Party. Time and location To Be Announced.

RSVP's are required to attend, as space is limited.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

JOPLIN MEMBER EVENTS

ALL JOPLIN MEMBER EVENTS held at

The JOPLIN CARNEGIE LIBRARY located at 1901 E 20th St.

All events 6pm-8pm on Tuesday evenings.

MARCH 19TH - BINGO NIGHT

Join us for a fun night playing Bingo. We will be playing several games.

We will have fabulous prizes for those that score a "BINGO"!

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

JUNE 18TH - ART & MUSIC THERAPY

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental, and emotional well-being. The beauty of music therapy is helping people in physical, mental, emotional, & social ways.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

SEPTEMBER 10TH - FALL/WINTER CRAFT

Fall & Holiday Craft Making. A favorite event each year will feature a fun fall or holiday craft that you can display throughout the holiday season. Let's explore our creative holiday décor talents. All materials provided.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

DECEMBER 3RD - HOLIDAY PARTY

GYNCA's Annual Holiday Party. Time and location To Be Announced.

RSVP's are required to attend, as space is limited.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

BRANSON MEMBER EVENTS

ALL BRANSON MEMBER EVENTS held at the Main Cox Hospital

525 Branson Landing Blvd (Room next to the cafeteria).

All events 6pm-8pm on Tuesday evenings.

MARCH 26TH - BINGO NIGHT

Join us for a fun night playing Bingo. We will be playing several games.

We will have fabulous prizes for those that score a "BINGO"!

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

JUNE 25TH - MENTORING & RESOURCE

Imerman Angels One-on-One mentoring program will include how to sign up to be mentored as well as how to become an Angel or Caregiver Angel. Needing someone to talk to who completely understands the journey that they are a new cancer patient?

GYNCA's informational Regional Resource Guide & tools provided.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

SEPTEMBER 3RD - SUPPORT & AWARENESS

A safe environment to share experiences and connect with other women who are navigating through the same challenges you are.

Support Groups can reduce the anxiety, stress, emotional distress, fatigue, pain. They can improve mood, self-image, and ability to cope.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

DECEMBER 10TH - HOLIDAY PARTY

GYNCA's Annual Holiday Party. Time and location To Be Announced.

RSVP's are required to attend, as space is limited.

RSVP is required: Amber at (417)869-2220 or email amber@gynca.org

THE HOO-HA HUDDLE

GYNCA's Private Online Support Group

This private group will connect you to other women going through the same journey as you are. Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only.

Each member is verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that had a recurrence, women in remission for years, etc. Feel free to ask questions and connect with other women in Southwest Missouri.

To join this private group, please visit this link.

www.facebook.com/groups/HooHaHuddle



Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members in this group.

This is a **safe environment** to connect with others without the fear that someone may see your posts that should not.

GYNCA Services

GYNCA is a one-of-a-kind organization in the United States in that we provide 4 key components inherent to the support and assistance of gynecologic cancer survivors, while other agencies may provide 1 or 2 of these programs. In many cases, these programs are offered by area hospitals. Our organization brings all gynecologic cancer patients together, including their caregivers and families, no matter if they see a local GYN Oncologist or traveling to larger cancer centers.

GYN Cancers Alliance strives to keep the vision of our twelve founding women alive through the following programs:

- Survivor-to-Survivor Mentoring partnering with Imerman Angels
- Education & Awareness
- Emergency Non-Medical Financial Assistance
- Monthly/Quarterly Member Group Meetings

Gynecologic Cancer Symptoms					
Symptoms	Cervical Cancer	Ovarian Cancer	Uterine Cancer	Vaginal Cancer	Vulvar Cancer
Abnormal vaginal bleeding or discharge	●	●	●	●	●
Pelvic pain or pressure		●	●		
Abdominal or back pain		●			
Bloating		●			
Changes in bathroom habits		●		●	
Itching or burning of the vulva					●
Changes in Vulva color or skin, such as a rash, sores, or warts					●

GYNCA provides over **\$5,000 per month** in transportation and auto repair needs so patients can get to/from life-saving chemo/radiation treatments in a 26+ county service area.



GYN Cancers Alliance 417.869.2220
3023 S Fort Ave Suite D Springfield, MO 65807
www.gynca.org 501c3 Verified

2019 GYNCA Member Events



GYN Cancers Alliance provides education, resources, and support to local women and caregivers affected by gynecologic cancers.

GYNCA's services are offered to the 26+ surrounding counties of Southwest Missouri.

Contact Amber Kline For More Information:
Office: 417.869.2220 * amber@gynca.org • Cell: 417.631.5141