



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. Light refreshments provided at each meeting.

Support group meetings with hands on activities put less pressure on patients, caregivers, & families to speak directly to a group. When you participate in a fun activity, conversations flow and you connect more. We encourage you to exchange numbers, email, or social media information with fellow attendees.

If any meetings are rescheduled or cancelled, it will be on the Website, Facebook, & in the Hoo-Ha Huddle Private Facebook Group.

SPRINGFIELD EVENTS

ALL SPFD MEMBER EVENTS held at The GYNCA Office located at 3039 S Fort Avenue Suite A GYNCA MOVED NEXT-DOOR- -NEW OFFICE LOCATION! 6pm-8pm

JANUARY 16TH - FITNESS

Yoga can help manage Depression, Fear, and Anxiety that can be prevalent in patients suffering through the emotional strain of a cancer diagnosis.

FEBRUARY 20th - BINGO NIGHT

Join us for a night playing Bingo. We'll be playing several games with fabulous prizes for those who score "BINGO"!

MARCH 19th - SPRING CRAFT

Spring into the new year with a fresh spring décor craft to add to your home décor! All materials are provided.

APRIL 16TH - 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.

MAY 21ST - ART 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.

JUNE 25TH - BINGO NIGHT

Join us for a night playing Bingo. We'll be playing several games with fabulous prizes for those who score "BINGO"!

JULY 16TH - FAB FOOD

Explore many recipes while battling gynecologic 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!

AUGUST 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.

SEPT 17TH - MENTORING & RESOURCES

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.

OCTOBER 15TH - 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.

NOVEMBER 19TH - 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.

DECEMBER 10TH - HOLIDAY PARTY

Survivors & their families are invited to our Annual Holiday Party. Location To Be Announced.

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

Amber: Call: 417.869-2220 Text: 417.631.5141 Email amber@gynca.org

JOPLIN EVENTS

ALL JOPLIN MEMBER EVENTS held at The JOPLIN CARNEGIE LIBRARY located at 1901 E 20th St. 6pm-8pm

MARCH 24TH - BINGO NIGHT

Join us for a night playing Bingo. We'll be playing several games with fabulous prizes for those who score "BINGO"!

JUNE 23rd - 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.

SEPTEMBER 22ND - 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.

DECEMBER 8TH - HOLIDAY PARTY

Survivors & their families are invited to our Annual Holiday Party. Location To Be Announced.

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

Amber: Call: 417.869-2220 Text: 417.631.5141 Email amber@gynca.org

BRANSON EVENTS

ALL BRANSON MEMBER EVENTS held at the Main Cox Hospital - 525 Branson Landing Blvd (Dogwood Meeting Room East of the Cafeteria) 6pm-8pm

MARCH 10TH - BINGO NIGHT

Join us for a night playing Bingo. We'll be playing several games with fabulous prizes for those who score "BINGO"!

JUNE 9TH - 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.

SEPTEMBER 8TH - 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.

DECEMBER 3RD - HOLIDAY PARTY

Survivors & their families are invited to our Annual Holiday Party. Location To Be Announced.

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

Amber: Call: 417.869-2220 Text: 417.631.5141 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. 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 12 founding women alive through the following programs:

- Survivor-to-Survivor Mentoring partnering with Imerman Angels
- Education & Awareness
- Emergency Non-Medical Financial Assistance with active chemo or radiation
- Monthly/Quarterly Support Group Meetings

Gynecologic Cancer Symptoms

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

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
3039 S Fort Ave Suite A
Springfield, MO 65807

417.869.2220
www.gynca.org
501c3 Verified

2020 GYNCA Events



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

GYNCA's services are offered to 30+ surrounding counties of Southwest Missouri.

For More Information:

Amber Kline
Client Services Director

Office: 417.869.2220 * amber@gynca.org • Cell: 417.631.5141