Program Guide

NEW!

Online Programming
Join us for an online program. We are now offering a wide range of classes, events and groups that you can experience from home.

We're here to help you get started! If you're new to Wellness House and want to learn more, please contact our reception desk at 630.323.5150 or receptionist@wellnesshouse.org.

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Cancer Support

Summer August 2020
Welcome to Wellness House

New to Wellness House?
It’s easy to get started. Connect in the way that works for you.
Call us at 630.323.5150
Or
Attend a Welcome to Wellness House Orientation
Or
Register for a program at wellnesshouse.org/virtual-programs

Welcome to Wellness House Orientation
Mondays
12:00 – 1:00 p.m. Register here >
6:00 – 7:00 p.m. Register here >

Tuesdays
3:30 – 4:30 p.m. Register here >

Wednesdays
9:30 – 10:30 a.m. Register here >

Thursdays
5:30 – 6:30 p.m. Register here >

Fridays
12:00 – 1:00 p.m. Register here >

Saturdays,
August 1, 8, 15, 22
9:30 – 10:30 a.m. Register here >

Join us for an opportunity to learn more about how you can benefit from programs and get started. This program includes an overview of programs, a virtual tour and a chance to meet staff.

Individual & Family Orientation
Call 630.323.5150 to schedule an appointment.
If Welcome to Wellness House is not convenient, schedule an individual or family appointment to learn more about programs and services.

Information & Education

Healthcare Choices in Retirement
Tuesday, August 4
4:30 – 6:00 p.m.
Registration Required
Lori Martin, CLTC
Envision Benefit Specialists
Gain a real understanding of how Medicare works and various healthcare choices in retirement.
Register here >

Happier Hour
Thursday, August 6
5:30 – 6:30 p.m.
Registration Required
Tasha Chasson, MSW, LSW, Oncology Support Counselor, Wellness House
Join us for a virtual happier hour to discuss what makes us happy and try new homemade mocktails.
Register here >

Unique Boutique - Online

Brows, Scarves and More!
Monday, August 3
2:00 – 4:00 p.m.
Registration Required
Gayle Perzek, Catherine McMahon & Alicia Carroll
Join us for a fun and practical session that teaches you how to create realistic brows and stylish scarf techniques. We also cover makeup tips, skin and body care. This program is offered for participants in active treatment.
Register here >

Virtual Wig Consultation
By appointment
Receive personalized recommendations for wig style, color, fit and care with one of our experts. Call 630.654.5110 to schedule an appointment.
For questions, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.
Information & Education

Wellness House Book Club:
Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN by Tara Brach
Tuesdays, August 11 - September 29
4:00 – 5:00 p.m.
Valerie Piazza, LCPC
In Radical Compassion, Tara Brach, PhD, an international teacher of mindfulness, meditation, and spiritual awakening, offers a road map for systematically awakening compassion for ourselves and others.
Register here >

Wellness House
Night of Music
Thursday, August 13
6:30 – 8:30 p.m.
Registration Required
Share your musical talents and connect with others during an evening of live music. Contact Brittany Brady at bbrady@wellnesshouse.org to play in the show!
Register here >

Children's Environmental Health
Thursday, August 20
6:30 – 8:00 p.m.
Registration Required
Susan Buchanan, MD, MPH
University of Illinois at Chicago School of Public Health
Learn why exposures to toxic substances at a young age is so impactful to health, what to be aware of, and steps for reducing exposure in your home.
Register here >

Creating a Meaningful Memoir
Saturday, August 22
11:00 a.m. – 12:30 p.m.
Registration Required
Charles Thomas, Genealogist
Learn techniques for building an engaging story from memories and how to add context through genealogical research.
Register here >

Exercise - One Key to Breast Cancer Recovery
Monday, August 24
2:00 – 3:00 p.m.
Registration Required
Jeri Lou, ACSM/ACS CET, CETI CES Oncology Exercise Specialist, Wellness House
Learn how exercise can help your recover from the treatments and surgeries for breast cancer.
Register here >

Film Viewing: Hidden Scars
Tuesday, August 25
6:45 – 8:30 p.m.
Registration Required
Hidden scars Is a documentary featuring stories of a diverse group of women discussing the emotional impact a women goes through after having a mastectomy.
Register here >

Reiki Share
Tuesday, August 11
6:30 – 7:30 p.m.
Registration Required
Gregory Zera
Reiki Master Teacher
This program is for practitioners of any level who have taken Reiki class at Wellness House or with other teachers. This program is sponsored by The Reiki Share Project.
Register here >

Creating a Meaningful Memoir
Saturday, August 22
11:00 a.m. – 12:30 p.m.
Registration Required
Charles Thomas, Genealogist
Learn techniques for building an engaging story from memories and how to add context through genealogical research.
Register here >

Top Doc Lecture Series
Cancer – Now What? An Integrative Approach to Recovery
Wednesday, August 19
4:30 – 6:00 p.m.
Registration Required
Cristina O'Donoghue, MD, MPH, Surgical Oncologist
Farah Hashemi, MD, Infectious Disease Specialist
Learn about advancements in wound and scar care as well as everyday tips for caring for yourself - both inside and out.
Register here >
Nutrition

Managing Side Effects
Mondays, August 3, 10
6:00 – 7:00 p.m.
Tuesday, August 25
12:30 – 1:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This single-session class is meant for individuals undergoing or starting treatment and will focus on minimizing or preventing common side effects.
Register here >

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturday, August 8
10:30 a.m. – 12:00 p.m.
Monday, August 17
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This class and cooking demonstration will feature recipes to help you deliciously incorporate cancer-fighting foods into your diet to support optimal health.
Register here >

Snack and Learn
Cooking Demonstration/Discussion
Tuesday, August 11
1:00 – 1:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration on how to incorporate it into a delicious and nutritious snack.
Register here >

NEW! Wellness in Action:
Cook-Along Program
Hands-On Cooking Activity/Discussion
Thursday, August 20
1:00 – 2:30 p.m.
Staff Registration Required
Angela Dennison, Registered Dietitian
This is a hands-on cooking class designed to boost your confidence and experience in the kitchen from the comfort of your own home. Register by August 13 to receive the recipe(s) one week in advance.
To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Cancer Fighting Kitchen Series
Cooking Demonstration/Discussion
Wednesdays, August 26 - September 30
*No class on September 23
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
Join us for this series based on the Cancer-Fighting Kitchen Culinary Course by Rebecca Katz. Each week will focus on specific modules to increase your cooking skills and knowledge on plant-based cooking.
Register here >

NEW! Nutrition Q & A: Storing Produce
Active Group Discussion
Monday, August 31
6:00 – 7:00 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This class is an open discussion to ask questions on storing produce at home while providing your own helpful tips!
Register here >

Individual Nutrition Consultations
Registration Required
To schedule an appointment, contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org.
Angela Dennison, Registered Dietitian, will assist you in meeting your nutrition goals by providing personalized strategies based on your specific needs. No matter where you are in your cancer journey, you can work with Angela to learn how to nourish your body while focusing on healthy eating habits.
## Exercise & More

### Drop-In Exercise Classes

All classes are held live through Zoom video.

Please pre-register using the link next to class. Links to join are sent approximately 1 hour prior to scheduled start times.

Any questions, please contact Amanda Woods at awoods@wellnesshouse.org

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Yoga + Stretch (9:45 – 10:30 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Chair Yoga (12:30 – 1:00 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
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</table>

### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Build Your Core on the Floor-Yoga and Pilates Combo (9:15 – 10:00 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Tai Chi</td>
<td>Register here &gt;</td>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Chair Yoga (11:30 a.m. – 12:15 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
</tr>
</tbody>
</table>

### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Beginner Chair Yoga (9:30 – 10:15 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Beginner Chair Yoga (12:45 – 1:15 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Build Your Core on the Floor-Yoga and Pilates Combo (2:00 – 2:45 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Yoga + Stretch (6:30 – 7:15 p.m.)</td>
<td>Register here &gt;</td>
</tr>
</tbody>
</table>

### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Qi Gong and Tai Chi (9:00 – 10:30 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Meditation with Movement (11:30 a.m. – 12:00 p.m.)</td>
<td>Register here &gt;</td>
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</table>

### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>9:30 a.m.</td>
<td>Mind Science Yoga (August 1, 22, 9:30 – 11:00)</td>
<td>Register here &gt;</td>
</tr>
</tbody>
</table>
### Committed Exercise Classes

All classes are held live through Zoom. The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Men’s Prostate Exercise Class (8:00 – 8:45 a.m.)</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Exercise for Getting Well (11:30 a.m. – 12:15 p.m.)</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Exercise for Living Well II (4:45 – 5:30 p.m.)</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Pink Ribbon Fitness</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
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<tr>
<td>8:15 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Nia</td>
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<tr>
<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Exercise for Getting Well (11:00 – 11:45 a.m.)</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Pink Ribbon Fitness</td>
</tr>
<tr>
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<tr>
<td>8:00 a.m.</td>
<td>Men’s Prostate Exercise Class (8:00 – 8:45 a.m.)</td>
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<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pilates</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 – 10:30 a.m.)</td>
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<tr>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
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<td>8:15 a.m.</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>9:15 a.m.</td>
<td>Exercise for Living Well I (9:15 – 10:00 a.m.)</td>
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<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Exercise for Getting Well (11:00 – 11:45 a.m.)</td>
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<tr>
<td>11:45 a.m.</td>
<td>Exercise for Getting Well (11:45 a.m. – 12:30 p.m.)</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise for Living Well II (5:30 – 6:15 p.m.)</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Men’s Prostate Exercise Class (8:00 – 8:45 a.m.)</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Pilates</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Exercise for Living Well I (9:15 – 10:00 a.m.)</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Pink Ribbon Fitness</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Exercise for Getting Well (12:00 – 12:45 p.m.)</td>
</tr>
</tbody>
</table>
Stress Management

Wellness Tune-Ups
Call 630.654.5110 or email UniqueBoutique@wellnesshouse.org to schedule a 30-minute session with a trained practitioner. Appointments are limited, and priority is given to participants in active treatment or with a metastatic diagnosis.

Healing Touch Energy-based techniques to help reduce stress, pain, and fatigue.

Reiki Energy-based holistic practice to help increase relaxation and inner balance.

Reiki or Healing Touch practitioner will call you to check in. The practitioner will then hang up and begin sending distant Reiki (healing energy) to you remotely. You may experience relaxation, sleepiness, gentle waves of energy.

Mind/Body
To register, please visit wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

Mindfulness for Everyday Living Tuesdays, 12:00 – 1:00 p.m.
Drop-ins Welcome
Discover ways to live life more effectively in the present moment even through difficult times.
Register here >

Guided Meditation Thursdays, 10:30 – 11:30 a.m.
Drop-ins Welcome
Learn to relax your body, still your mind and engage your spirit through guided meditation.
Register here >

Monthly Meditation Wednesday, August 19
6:30 – 8:00 p.m.
Registration Required
Explore and experience one’s inner peace and serenity in the stillness of meditation.
Register here >

Meditation for Improved Sleep Fridays, 4:00 – 5:00 p.m.
Drop-ins Welcome
Practice and experience relaxing your body and mind through various guided meditations, as a way to improve sleep.
Register here >

Mindfulness Meditation Circle Monday, August 17
10:30 – 11:30 a.m.
Drop-ins Welcome
This class will start with a short discussion and check-in and then will be guided with breath work and meditation to help connect with your inner wisdom and calm.
Register here >

Self-Compassion Practice Wednesday, August 19
11:30 a.m. – 12:30 p.m.
Drop-ins Welcome
Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.
Register here >

Journeying Inward: Deep Relaxation for Well-Being and Stress Relief Saturday, August 1
11:00 a.m. – 12:00 p.m.
This experience will combine gentle movement, relaxing breathwork and guided imagery.
Register here >

Stress-Free Saturday Saturdays, August 8, 22
9:30 – 10:30 a.m.
Registration Required
Experience a variety of stress reduction techniques, including several forms of meditation.
Register here >

Wellness through Deep Hypnosis + Distant Reiki Clinic Saturday, August 15
Hypnosis, 10:00 – 11:30 a.m.
Reiki, 11:35 a.m. – 12:15 p.m.
Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Then, Lindsay Bates, Level III Reiki Master Teacher, sends Reiki via the Internet as well as in the traditional Distant format. Participants will receive one link and are welcome to join either or both workshops.
Register here >

Virtual Garden Walk Tuesday, August 18
1:00 – 3:00 p.m.
Registration Required
Join Susan Beard on virtual tour of a lovely garden.
Register here >

Expressive Arts
To register, please visit wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

Flute Circle Tuesdays
10:00 – 11:00 a.m.
Drop-ins Welcome
Learn to play the Native American flute and how to express yourself through music.
Register here >

Mixed Media Thursday, August 20
1:00 – 3:00 p.m.
Registration Required
Join Caring Arts Foundation to explore and develop your own creative center for the purpose of healing. No prior artistic skills are required.
Register here >

Weekly Wednesday Art Wednesdays
4:30 – 6:00 p.m.
Registration Required
Each week will focus on a different stress-reducing art project that can be done from the comfort of your home. No prior artistic skills are required.
Register here >
Child & Family Programs

Child & Family Programs offer comprehensive educational and supportive programs for children, teens, parents and couples. Whether it is a parent, grandparent, child, sibling, partner or loved one diagnosed, these programs provide a safe, supportive space for all members of the family.

Family Programs

Kids Talent Showcase
Tuesday, August 18
2:00 – 3:00 p.m.
Registration Required
It’s time for kids to share their dance moves, art projects, voice, musical instruments, or other creative forms of self-expression! Children of all ages are invited to come together in this special online event for families. Please register by Monday, August 17 to secure a spot in the performance line-up!
Register here >

Groups for Kids and Teens

Kids Support Group
1st and 3rd Tuesdays
5:00 – 6:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
An ongoing group designed to support kids ages 6-12 in developing coping skills, clarifying misconceptions surrounding cancer, and promoting feelings of normalcy as they meet other children impacted by cancer.

Young Kids Support Group
2nd and 4th Tuesdays
4:00 – 5:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
An eight-week group designed to support kids ages 4-5 in developing social-emotional skills related to cancer.

Storytime
Fridays
11:00 – 11:30 a.m.
This weekly read-aloud storytime for children ages 3-10 will feature a different interactive book each week.
Register here >

Celebrity Storytime
Wednesdays
11:00 a.m.
Children ages 3-10 will enjoy watching recorded readings of children’s books by celebrity actors, followed by live virtual activities. This group will also feature special book readings by Wellness House staff and volunteers.
Register here >

Bedtime Relaxation for Kids
2nd and 4th Thursdays
August 13 and August 27
6:30 – 7:15 p.m.
Falling asleep can be hard to do! Children ages 5-12 are invited to join in this guided meditation time designed especially for kids, who will learn ways to calm their minds and relax their bodies to help ensure a good night’s sleep.
Register here >

Turtles Kids Bereavement Group
Mondays
4:30 – 5:45 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
An ongoing bereavement support group for children ages 6-12 who have lost a parent or loved one to cancer.

Kids Picnic Series
Thursdays
12:00 – 12:30 p.m.
Children ages 4-12 are invited to join us for a weekly themed picnic. Children are encouraged to dress up and bring their favorite themed toys to share.
Register here >
Teen Turtles Bereavement Group
2nd Tuesdays
3:00 – 4:00 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
A monthly bereavement support group for teens ages 13-18 who have lost a parent or loved one to cancer.

Teen Survivors Group
3rd Tuesdays
3:00 – 4:00 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
A monthly support group for teens ages 13-18 who have a cancer diagnosis, providing the opportunity for teens to connect with others who are in similar life situations.

Teen Connections Support Group
4th Tuesdays
3:00 – 4:00 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
A monthly support group with discussion and activities for teens ages 13-18 who have a loved one with a current cancer diagnosis.

Individual Support for Children and Teens (via Zoom)
Children of all ages can benefit from individual therapeutic experiences. Our developmentally tailored support, education, and expressive play sessions provide a space for children 2-18 to express their emotions, process their experiences with cancer, and clarify any misconceptions.
For more information or to schedule an appointment, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Parent and Family Consultations
Consultations and short-term counseling are available to assist parents, families, family caregivers and couples in talking to children about cancer, addressing parenting or caregiving concerns, and processing the impact of cancer on their personal lives.
For more information or to schedule an appointment, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Bereavement Group for Parents Who Have Lost a Child of any Age to Cancer
1st and 3rd Tuesdays
3:00 – 4:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Join this weekly bereavement support group to share with others who understand the pain of losing a child to cancer.

Networking Group for Bereaved Dads of Children and Teens
2nd Tuesdays
August 11
7:00 – 8:30 p.m.
Drop-ins Welcome
For more information, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
This group welcomes bereaved dads with kids 0-21, who would benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation.
Register here >
Support Groups & Counseling

Special Series! Support in Overcoming Stress (SOS)
Mondays, August 10 - 31, September 14
5:00 – 6:15 p.m.
Connect with others in this five-week, committed support group, open to participants who have or have had a cancer diagnosis and caregivers, discussing elevated stress during this time and working towards improving coping skills.
Register here >

Weekly Support Groups

Living with Metastatic Breast Cancer Support Group
Tuesdays
10:00 – 11:30 a.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register prior to attending.
Connect with others facing metastasis of their breast cancer for weekly support.

Cancer Support Group
Wednesdays
3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
Ongoing eight-week support group for people with cancer to connect with others in similar circumstances and share medical information and coping skills.

Caregiver Support Group
Wednesdays
3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
Share and learn with other caregivers about positive coping and self-care strategies in this ongoing support group that meets at the same time as the Cancer Support Group.

Young Adult Caregiver Support Group
1st and 3rd Thursdays
August 6, 20
7:00 – 8:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
Connect with other young adult caregivers in this bimonthly group, while receiving support, discussing managing a balanced lifestyle, and helpful resources while caring for a loved one with a cancer diagnosis.

Living with Recurrent or Metastatic Cancer Support Group
Fridays
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
This weekly group focuses on issues regarding recurrent and metastatic cancer and welcomes individuals diagnosed as well as family members supporting a loved one with cancer.
Register here >

Scanxiety Drop-in Support Group
Mondays, 3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Connect with others in this weekly group, discussing stress and anxiety related to awaiting oncology tests and scans—often referred to as “scanxiety,” including helpful relaxation strategies.
Register here >

Women’s Drop-in Support Group
Tuesdays
3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Women of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.
Register here >

Men’s Drop-in Support Group
Tuesdays
12:00 – 1:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Men of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.
Register here >

SOS Alumni Support Group
2nd and 4th Thursdays
August 13, 27
5:00 – 6:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
Connect with others who have completed the SOS series for ongoing stress management support.
Register here >

Special Series! Support in Overcoming Stress (SOS)
Mondays, August 10 - 31, September 14
5:00 – 6:15 p.m.
Connect with others in this five-week, committed support group, open to participants who have or have had a cancer diagnosis and caregivers, discussing elevated stress during this time and working towards improving coping skills.
Register here >
Support Groups & Counseling

Bereavement Groups

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays, August 6
5:30 – 7:00 p.m.
Drop-ins Welcome
For more information, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.
Register here >

Bereavement Drop-in
Tuesdays, 5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
For recently bereaved adults who have had a cancer-related loss, this group offers opportunities for sharing in a supportive environment.
Register here >

Transitions for Spouses
Meets twice every month
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
This is a committed bereavement support group to help spouses and partners develop coping techniques.

Transitions Alumni Networking
Tuesday, August 25
5:00 – 6:30 p.m.
Alumni Drop-ins Encouraged
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Join other adults who have completed the Transitions for Spouses or Turtles bereavement programs at this monthly group to continue supporting one another.
Register here >

Monthly Peer Networking Groups

LGBTQ Families with Cancer Networking Group
Meets twice monthly: 1st Tuesdays, 7:00 - 8:30 p.m.
and 3rd Wednesdays, 10:00 – 11:30 a.m.
Contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org
All members of the LGBTQ community who are currently diagnosed with cancer or caring for someone diagnosed with cancer are invited to join this drop-in, online support group to share experiences, coping strategies and support during the cancer journey.
Register here >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays, August 11
3:00 – 4:30 p.m.
Staff Registration Required
Contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
Participants who have completed an eight-week Meaning-Centered Psychotherapy (MCP) course are invited to participate in this monthly peer networking group, which will provide the opportunity to exchange ongoing support toward maintaining and building on the meaning-based self-care plans they achieved in the MCP course.
Register here >

Spiritual Side of Cancer
2nd Thursdays, August 13
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
This group offers a safe environment to discuss the challenges and joys found in the spiritual side of the cancer journey. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.
Register here >

Young Adults with Cancer Networking Group
1st Thursdays, August 6
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
This group is part of an international initiative to recognize and address the unique circumstances related to lifestyle, work, school, family life, and emotional development that young adults face when living with cancer.
Register here >
Support Groups & Counseling

Diagnosis-Specific Monthly Peer Networking Groups

*Drop-ins Welcome*

Individual networking groups give people an opportunity to meet with others experiencing the same type of cancer as well as their caregivers.* The purpose is to exchange information and strategies for making decisions and navigating the cancer experience.

*Please note the Breast, Gynecologic, and Prostate Groups are for individuals diagnosed with cancer only.*

### Brain Tumor
**Thursday, August 27**
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

### Breast Cancer
**Monday, August 24**
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

### Neuroendocrine Tumors (NET) (Formerly Carcinoid Networking)
**Saturday, August 8**
10:30 a.m. – 12:30 p.m.
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
Register here >

### Colon/Rectal Cancers
**Monday, August 10**
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

### Gynecologic Cancers
**Thursday, August 13**
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

### Head & Neck Cancers
**Tuesday, August 18**
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

### Leukemia & Lymphoma
**Thursday, August 13**
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

### Melanoma
**Tuesday, August 25**
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

### Metastatic Breast Cancer
**Monday, August 3**
6:30 – 8:00 p.m.
For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org
Register here >

### Multiple Myeloma
**Thursday, August 20**
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

### Pancreatic Cancer
**Thursday, August 20**
5:00 – 6:30 p.m.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.
For questions, contact Tasha Chasson, MSW at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

### Prostate Cancer
2nd and 4th Wednesdays
**August 12, August 26**
9:30 – 11:00 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

### Sarcoma Cancers
**Saturday, August 15**
11:00 a.m. – 1:00 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

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To learn more about our programs, visit wellnesshouse.org
ARLINGTON HEIGHTS

**yoga4cancer**
**Mondays**
**10:00 – 11:00 a.m.**
**Wheeling Township**
**1616 N. Arlington Heights Road**
Introduction to gentle, beginner and restorative standing and mat-based yoga postures. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.
**Register here >**

BERWYN

**Yoga for Cancer Survivors—Spanish language class**
**Saturdays**
**11:00 a.m. – 12:15 p.m.**
**Pav YMCA**
**2947 Oak Park Avenue**
This class is an introduction to gentle, beginner and restorative standing and mat-based yoga postures. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.
**Register here >**

CHICAGO

All programs below take place at 
**Mercy Hospital Medical Center or St. Sylvester Church.**

**Women’s Cancer Support Group**
**Friday, August 28**
**9:00 – 10:00 a.m.**
**Mercy Hospital & Medical Center Registration Required**
This support group provides an open environment for women in the community to discuss their cancer diagnoses, share ideas and support one another during and after their cancer treatment. 
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.
**Register here >**

**Breast Cancer Support Group**
**Friday, August 28**
**11:00 a.m. – 12:30 p.m.**
**Mercy Hospital & Medical Center Registration Required**
An opportunity for women with breast cancer to share their cancer stories, connect with others in similar circumstances and improve their coping skills. 
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.
**Register here >**

**Beginner Chair Yoga**
**Fridays**
**10:00 – 11:00 a.m.**
**Mercy Hospital & Medical Center Registration Required; Informed Consent Waiver Required**
Gentle, beginner and restorative chair-based and standing yoga postures. No previous yoga experience required.
**Register here >**

**Yoga for Cancer Survivors—Spanish language class**
**Saturdays**
**11:00 a.m. – 12:15 p.m.**
**St. Sylvester Church, 2157 N. Humboldt Boulevard**
In partnership with ALAS-Wings, this class is an introduction to gentle, beginner and restorative standing and mat-based yoga postures. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.
**Register here >**

Mile Square Health Center
1220 S Wood Street

**Cancer Support Group**
**Wednesday, August 5**
**3:30 – 5:00 p.m.**
**Register here >**

**Young Adult Networking Group**
**Wednesday, August 5**
**5:30 – 7:00 p.m.**
**Register here >**

**Pelvic Floor Yoga**
**Fridays August 7, 14, 21, 28**
**3:30 – 4:30 p.m.**
**Register here >**

**Cooking for Cancer**
**Wednesday, August 12**
**5:00 - 6:30 p.m.**
**Register here >**

**Tai Chi Fundamentals**
**Thursdays**
**4:00 – 5:00 p.m.**
**Register here >**

**Yoga for Cancer**
**Thursdays**
**5:30 – 6:15 p.m.**
**Register here >**

ELMHURST

All programs take place at Elmhurst Memorial Hospital, 155 East Brush Hill Road

**Mindfulness for Managing Stress Series**
**Tuesdays, August 4, 11, 18**
**10:00 – 11:00 a.m.**
Practice and experience relaxing your body and mind through various guided meditations as a way to reduce stress and promote well-being.
**Register here >**
HINSDALE

When able to meet in person, Wellness House team members provide on-site support at the Hinsdale locations of AMITA Health Cancer Institute and the office of Sudarshan Sharma, M.D. In lieu of in-person support at this time, staff remains available to provide support through individual and family consultations, as well as information about and connection to Wellness House, over the phone.

For AMITA patients, please contact Tasha Chasson, MSW, at tchasson@wellnesshouse.org or 630.654.7215; for patients of Dr. Sharma, please contact Ellen Nieman, LCSW, at enieman@wellnesshouse.org or 630.654.5198.

MT. PROSPECT

All programs take place at Lemons of Love, 406 W. Central Road

yoga4cancer

Tuesdays
6:00 – 7:00 p.m.
Introduction to gentle, beginner and restorative standing and mat-based yoga postures. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

Register here >

Nutrition and Stress

Thursday, August 20
6:00 – 7:30 p.m.
Learn about the neurological stress response and which specific foods and nutrients can help your body adapt and thrive in times of stress.

Register here >

OAK PARK

Programs take place at Rush Oak Park Hospital, Medical Office Building
610 S. Maple Avenue, Suite 2000

Cancer Connections Group
Mondays
5:00 – 6:30 p.m.
This group provides an opportunity for people experiencing cancer and their caregivers to share information, connect with others in similar circumstances and improve coping skills.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Register here >

Breast Cancer Support Group
Mondays
7:00 – 8:30 p.m.
This group provides an opportunity for breast cancer survivors to come together to exchange information and strategies for making decisions and navigating the breast cancer experience. Please note, this group is for individuals diagnosed with breast cancer only.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Register here >

PALATINE

Programs take place at Countryside Church, 1025 N. Smith Street

Wellness through Deep Hypnosis + Distant Reiki Clinic
1st Saturdays, August 1
Hypnosis, 10:00 – 11:30 a.m.
Reiki, 11:35 a.m. – 12:15 p.m.
First, Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Then, Lindsay Bates, Level III Reiki Master Teacher, sends Reiki via the Internet as well as in the traditional Distant format. Participants will receive one link, and are welcome to join either or both workshops.

Register here >

For more information about suburban partner sites, contact Kelli Mitchell at kmitchell@wellnesshouse.org.
For more information about Chicago partner sites, contact Sherri Wick at swick@wellnesshouse.org.
Thank you to our generous grantors

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Our Mission

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

Monthly donations change lives all year long.

A monthly gift of $10 or more can help people to fully live life with cancer and beyond.