Program Guide

Welcome to Wellness House

Information & Education

Exercise & Nutrition

Stress Management

Child & Family Programs

Support Groups & Counseling

Partners

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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.
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,
September 12, 19
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.

Welcome
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Information & Education

The Power of Storytelling
Tuesday, September 1
6:30 – 8:00 p.m.
Registration Required
Maureen Muldoon, Professional Storyteller, and Thought Leader
Storytelling is a beautiful and easy way to find your voice and share your truth. During this workshop, you will learn about the art of telling a good story through thought-provoking prompts and games to support you in harnessing the joy of sharing your stories.
Register here >

Medical Cannabis 101
Thursday, September 10
7:00 – 8:30 p.m.
Registration Required
Samara Mokhluft & Alia Reichert, Nature’s Grace and Wellness
Learn about different forms and intake methods of medical cannabis and CBD, how it may affect symptoms of cancer, and the IL Medical Cannabis Patient Program.
Register here >

Brows, Scarves and More!
Wednesday, September 9
3:00 – 5:00 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

**Top Doc Lecture Series**

**Updates in the Treatment of Advanced Lung Cancers**
Tuesday, September 15
6:30 – 8:00 p.m.
Registration Required
Surekha Boddipalli, MD, DuPage Medical Group
Learn about the latest treatment options for advanced or metastatic lung cancers. Symptom management and therapy options during COVID-19 pandemic will also be discussed.
[Register here >](#)

**Updates in the Treatment of Melanoma**
Thursday, September 17
7:00 – 8:30 p.m.
Registration Required
Stephanie Gan, MD, FAAD, DuPage Medical Group
Dr. Gan will discuss current treatment options for melanoma by stage as well as post-treatment management of scars and prevention of melanoma recurrence.
[Register here >](#)

**Introduction to Meaning-Centered Psychotherapy**
Thursday, September 17
10:30 a.m. – 12:00 p.m.

Registration Required
Michael Williams, Psy.D., Senior Oncology support Counselor, Wellness House
Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. Learn about the development of MCP, an overview of the components of MCP, and why they can help those living with cancer influence their experience in powerful ways.
[Register here >](#)

**Wellness House Death Café**
Tuesday, September 29
7:00 – 8:30 p.m.

Registration Required
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House
The practice of gathering in a “Death Café” was begun to provide a place for people to openly and respectfully exchange wonderings, worries, beliefs and support around the topic of dying and death, often providing a sense of connectedness, control and relief to its participants.
[Register here >](#)

**Reiki Share**
Tuesday, September 15
6:30 – 7:30 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Gregory Zera
Reiki Master Teachers
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 >](#)

**Weigh to Go! Managing Weight after Cancer**
Mondays, September 14 - November 9
1:00 – 2:30 p.m.
Staff Registration Required
Both educational and experiential, this series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management. Please Contact Angela Dennison at adennison@wellnesshouse.org by September 9 to register.

**Wellness House Webinar and Video Series**

**Hot Topics in Prostate Cancer**
If you have been diagnosed with prostate cancer or care about someone who has, Wellness House welcomes you to the annual Hot Topics in Prostate Cancer.
[Register here >](#)

Saturday, September 26, 2020
9:00 a.m. – 12:00 p.m.
9:00 – 11:00 a.m.
Updates in Prostate Cancer Treatment and Research Panel
9:00 – 9:30 a.m.
Updates in Medical Oncology
Brian C. Myre, MD, Hematologist and Oncologist, Edward Elmhurst Hospital
9:30 – 10:00 a.m.
Updates in Surgical Oncology
Arie L. Shalhav, MD, Chief of Urology and Director of Minimally Invasive Urology and Robotic Surgery, UChicago Medicine
10:00 – 10:30 a.m.
Updates in Radiation Oncology
10:30 – 11:00 a.m.
Q&A with Physician Panel
Sean Sachdev, MD, Assistant Professor Director Residency program Department of Radiation Oncology Robert H. Lurie Comprehensive Cancer Center, Northwestern University, Feinberg School of Medicine
11:00 a.m. – 12:00 p.m.
Prostate Cancer Survivorship: Management of Side Effects
Amit Patel, MD, Urologic Oncologist; and Ranko Miocinovic, MD, Urologic Oncologist DuPage Medical Group

**Wellness House** offers webinars and videos that you can watch from the comfort of your own home. You will be emailed a link to view the webinar after registering.

- Meaning-Centered Psychotherapy
- Anticancer Living
- Health & Coping During COVID-19 Series
[Register here >](#)
Nutrition

Managing Side Effects
Tuesday, September 8
Monday, September 28
12:30 – 1:30 p.m.
Thursday, September 17
6:00 – 7:00 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.
During this session, we will discuss:
– Low Appetite or Excessive Weight Loss
– Taste Changes or Lack of Taste
– Nausea and Vomiting
– Diarrhea and Constipation
– Neuropathy
Register here >

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturday, September 12
10:30 a.m. – 12:00 p.m.
Monday, September 21
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 >

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, September 19
9:30 – 10:30 a.m.
Registration Required
Katie Weir, Registered Dietitian
This class will focus on specific antioxidants and the foods they are found in. Learn how these foods can reduce the risk of cancer and tips to include them into your everyday diet.
Register here >

NEW! Wellness in Action:
Cook-Along Program
Hands-On Cooking Activity/Discussion
Thursday, September 24
6:00 – 7:30 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 September 16 to receive the recipe(s) one week in advance.
To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Snack and Learn
Cooking Demonstration/Discussion
Tuesday, September 29
3:00 – 3:30 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 >

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.
## Drop-In Exercise Classes

All classes are held live through Zoom video. Please pre-register using the link next to class. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register link</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>
</tr>
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</table>

### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register link</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>
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<tbody>
<tr>
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<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>
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</table>

### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register link</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>
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### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register link</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>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 link</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 a.m.</td>
<td>Mind Science Yoga (Sept. 12, 26, 9:30 – 11:00 a.m.)</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>MONDAY</th>
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<tbody>
<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>
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<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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<tbody>
<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>
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<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>
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<tr>
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<td>Pink Ribbon Fitness</td>
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<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>9:30 a.m.</td>
<td>Pilates</td>
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<tr>
<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 – 10:30 a.m.)</td>
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<td>Exercise for Staying Well I</td>
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<td>Exercise for Staying Well II</td>
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<td>Exercise for Living Well I (9:15 – 10:00 a.m.)</td>
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<td>Exercise for Staying Well I</td>
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<td>Exercise for Getting Well (11:00 – 11:45 a.m.)</td>
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<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>
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<td>Exercise for Staying Well II</td>
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<td>Exercise for Staying Well I</td>
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<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>
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Stress Management

Wellness Tune-Ups

Call 630.654.5110 or email UniqueBoutique@wellnesshouse.org to schedule a 30-minute session with a trained practitioner.

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

Reiki
Energy-based holistic practice to help increase relaxation and inner balance.
The practitioner will send 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>

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>

Virtual Forest Therapy Walk
Tuesday, September 1
1:00 – 2:00 p.m.
Brenda Spitzer, Forest Therapy Guide at Morton Arboretum
Forest therapy is a guided mindfulness practice that allows us to get in touch with our senses and connect with nature to enhance one’s health and well-being.
Register here>

Journeying Inward: Deep Relaxation for Well-Being and Stress Relief
Saturday, September 12
11:00 a.m. – 12:00 p.m.
Join us for gentle movement, relaxing breathwork and guided imagery.
Register here>

Stress-Free Saturday
Saturdays, September 12, 26
9:30 – 10:30 a.m.
Registration Required
Experience a variety of stress reduction techniques, including several forms of meditation.
Register here>

Self-Compassion Practice
Wednesday, September 16
11:30 a.m. – 12:30 p.m.
Drop-ins Welcome
Learn to increase your capacity to appreciate the moment and cultivate self-compassion.
Register here>

Monthly Meditation
Wednesday, September 16
6:30 – 8:00 p.m.
Registration Required
Explore and experience one’s inner peace and serenity in the stillness of meditation.
Register here>

Wellness through Deep Hypnosis + Distant Reiki Clinic
Saturday, September 19
10:00 – 12:00 p.m.
Registration Required
Rev. C. Scot Giles, D.Min.
Diplomat, National Guild of Hypnotists
Heartmath® Certified Coach
Dr. Giles, guides the group through self-hypnosis designed to relieve pain and facilitate healing. Lindsay Bates, Level III Reiki Master Teacher, sends Reiki via the Internet as well as in the traditional Distant format.
Register here>

Mindfulness Meditation Circle
Monday, September 21
10:30 – 11:30 a.m.
Drop-ins Welcome
Engage with breath work and meditation to help connect with your inner wisdom and calm.
Register here>

Virtual Garden Walk
Tuesday, September 22
1:00 – 3:00 p.m.
Registration Required
Join Susan Beard on a 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, September 17
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.
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.
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

Wellness Indoor Recess
Tuesdays
2:00 – 2:30 p.m.
Registration Required
Kids are invited to take a break from online classwork and join in this fun and interactive indoor recess time.
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
Thursdays
2:00 – 2:30 p.m.
This weekly read-aloud storytime for children ages 3-10 will feature a different interactive book each week.
Register here >

Kids Picnic Series
Fridays
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 >

Bedtime Relaxation for Kids
2nd Thursdays, September 10
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. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation.

Teen Turtles Bereavement Group
2nd Mondays, September 14
6:30 – 7:30 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. The group provides teens with the opportunity to connect with others who are grieving the loss of a loved one, discuss coping strategies and share changes they are experiencing.
Teen Survivors Group  
3rd Mondays, September 21  
6:30 – 7:30 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. The group will provide the opportunity for teens to connect with others who are in similar life situations, focusing on creative self-expression and coping strategies to manage cancer-related stress, challenges and survivorship.

Teen Connections Support Group  
4th Mondays, September 28  
6:30 – 7:30 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.

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. Coping strategies will be discussed alongside sharing in the bereavement journey.

Networking Group for Bereaved Dads of Children and Teens  
2nd Tuesdays  
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.  
Please attend this group if you are a bereaved dad 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 >

Turtles Bereavement Group for Parents  
Wednesdays  
5:00 – 6:00 p.m.  
Staff Registration Required  
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register.  
The loss of a spouse is a difficult time of life, especially when you are also faced with the challenges of parenting. This ongoing bereavement support group will connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal.

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.
**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.

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**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.

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**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.

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**Young Adult Caregiver Support Group**

**1st and 3rd Thursdays**
September 3, 17
7:00 – 8:30 p.m.

**Staff Registration Required**
Please contact Nevada Bennett, LPC, at 630.654.7215 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.

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**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 >**

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**Scanxiety Drop-in Support Group**

**Mondays**
3:00 – 4:30 p.m.

For questions, contact Nevada Bennett, LPC, at 630.654.7215 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 >**

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**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 >**

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**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 >**

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**Stem Cell Transplant Support Group**

**Tuesdays**
1:00 – 2:30 p.m.

**Drop-ins Welcome**
For questions, contact Tasha Chasson, MSW at tchasson@wellnesshouse.org or 630.654.7215.

This weekly online group is designed to help combat social isolation and address the unique concerns of participants who have recently undergone a stem cell transplant and are in the hospital or recovering at home.

**Register here >**

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**Day of Remembrance 2020 - Grief in the Midst of COVID**

**Thursday, September 10 | 5:30 – 6:45 p.m.**

**Registration Required**
Patrice Martin, LCSW, Director of Bereavement Services, Joliet Area Community Hospice
Wellness House invites you and your family to our annual special memorial event to honor your loved ones who have died of cancer, but remain alive in your hearts and minds. This year’s event will take place over Zoom.

Patrice Martin, LCSW, will be our presenter this year and will speak about complexity and coping with grief during the COVID pandemic. Patrice oversees JACH’s growing Grief Support Program, which provides grief education and support to JACH’s hospice families as well as community members who have experienced the death of a loved one.

Please share a personal photo with the name of your loved one to be included in our special tribute presentation. Please email a jpeg photo to Beth Possley at bpossley@wellnesshouse.org by Tuesday, September 8.

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**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 >**
Support Groups & Counseling

SOS Alumni Support Group
Thursdays, September 10, 24
5:00 – 6:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.

Bereavement Groups

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays, September 3
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. Losing someone you love can feel overwhelming, but you are not alone. Find others who can relate in this 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
September 29, 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
1st Tuesdays
7:00 - 8:30 p.m.
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
1st Tuesdays,
September 1
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.

Spiritual Side of Cancer
Thursday, September 10
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
The focus of this monthly group is to create an environment in which people feel free 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,
September 3
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 >

Spiritual Side of Cancer
Thursday, September 10
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
The focus of this monthly group is to create an environment in which people feel free 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 >

Meaning-Centered Psychotherapy Alumni Networking Group
1st Tuesdays,
September 1
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.

Young Adults with Cancer Networking Group
1st Thursdays,
September 3
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, September 24
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, September 28
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)
Saturday, September 12
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, September 14
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, September 10
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, September 15
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, September 10
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, September 22
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
Thursday, September 10
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, September 17
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, September 17
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
September 9, 23
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, September 19
11:00 a.m. – 1:00 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

Register here >

To learn more about our programs, visit wellnesshouse.org
Partners

When we are able to meet in person, the programs listed in this section take place at the partner sites indicated. While our programming remains online, participants are welcome to join any/all programs that feel relevant.

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, September 25
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, September 25
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, September 2
3:30 – 5:00 p.m.
Register here >

**Young Adults Networking Group**
Wednesday, September 2
5:30 – 7:00 p.m.
Register here >

**Cooking for Cancer**
Wednesday, September 9
5:00 – 6:30 p.m.
Register here >

**Yoga for Cancer**
Wednesdays
9:30 - 10:30 a.m.
Register here >

**Tai Chi Fundamentals**
Thursdays
5:00 – 6:00 p.m.
Register here >
ELMHURST

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

The Top 5 Factors for Maintaining Good Health
Tuesday, September 9
10:00 – 11:30 a.m.
Is your lifestyle supporting and promoting good health for your body? Learn about the “5 Factors of Health,” making intentional choices to support your wellbeing, and why overlooking any of them can be damaging to your health.
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 >

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 >

PALATINE

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

Wellness through Deep Hypnosis + Distant Reiki Clinic
1st Saturdays, September 5
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 >

RIVER FOREST

All programs take place at West Suburban Breast Care Center, River Forest Campus, 420 William Street, Building A, 1st floor conference room

Healthy Eating + Myth Busting after Breast Cancer
Thursday, September 10
2:30 – 4:00 p.m.
Join the conversation as we focus on healthy eating after breast cancer as well as dispelling myths around what’s okay and not okay to eat.
Register here >

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 >
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

Guy A. and N. Kay Arboit Charitable Trust
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The Coleman Foundation
Community Memorial Foundation
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Edmond and Alice Opler Foundation
The Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
The Perlman Family Foundation
Pfizer

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.