Program Guide

Gathering Around the Table
Hot Topics in Lung Cancer
Drive-Thru Holiday Party
Spooky Spectacular
Don't Miss Our Special Events!

SPECIAL EVENT:
Gathering Around the Table:
Food Talks for Cancer

Join us for a virtual week of nutrition education designed to promote a whole food, plant-based, cancer-fighting diet. **Bryant Terry** - James Beard Award-Winning chef, educator, and author of the newly published *Vegetable Kingdom* – kicks off the week with a personal presentation and interview. In his session, Bryant breaks down the fundamentals of delicious plant-based cooking and the importance of eating whole foods to live a healthful life.

**Register here >**

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**Finding Light in the Dark: Using Humor to Cope With Cancer**

**Thursday, December 3**
7:00 – 8:30 p.m.

*Registration Required*

**Olivia Clarke, Founder and President, Humor Beats Cancer**

It won’t replace medical care, but laughter is a strong medicine. Cancer humor is everywhere – on blogs, on stage, in memes to bring levity and joy to those facing cancer. Hear how the founder of Humor Beats Cancer and other cancer survivors have used the power of humor as a coping and community-building tool – both personally and professionally – and learn ways to build comedy into your own life!

**Register here >**

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**Holiday Party Drive -Thru**

**Friday, December 11**
4:30 – 6:00 p.m.

*Registration Required*

Join us for a very special evening! You and your family are invited to share the holiday spirit with a drive through celebration at Wellness House. More details to come.

**Register here >**

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**Polar Express Drive-Thru**

**Tuesday, December 15**
6:00 – 7:30 p.m.

*Staff Registration Required*

Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.

This drive-thru event will feature winter themed stations as your family takes an extraordinary trip through our Wellness Winter Wonderland before arriving at the North Pole where you just might find Santa and his packed sleigh of gifts!
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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,
October 3, 10, 17, 24
November 7, 14, 21
December 5, 12, 19
9:30 – 10:30 a.m. Register here >

Join us for an opportunity to learn more about how you can benefit and get started. We’ll share 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.

Hours of Operation

Reception desk: 9:00 a.m. – 7:30 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Friday
Reception desk: 9:00 a.m. – 5:00 p.m.
Programs: 7:30 a.m. – 5:00 p.m.

Saturday
Reception desk: 9:00 a.m. – 12:00 p.m.
Programs: 7:30 a.m. – 1:00 p.m.

Sunday: Closed

Closed:
Thursday, November 26
Friday, November 27
Saturday, November 28
Thursday, December 24
Friday, December 25
Saturday, December 26

Open with no programs:
8:30 a.m. – 5:00 p.m.
Monday, December 28
Tuesday, December 29
Wednesday, December 30

8:30 a.m. - 1:00 p.m.
Thursday, December 31

Special Hours:
Close at 3:00 p.m. Wednesday, November 25
Cancer as a Metabolic Disease: The Role of Food and Beyond
Thursday, October 15
7:00 – 8:30 p.m.
Registration Required
Christy Kesslering, MD, Radiation Oncologist,
Medical Director of Radiation Oncology,
Northwestern Medicine
Obesity has been associated with many cancers but it is more likely to be the underlying metabolic features of obesity that are driving our cancer epidemic. We will review the available literature to investigate how diet and lifestyle may impact metabolic drivers.
Register here >

Transforming Cancer Treatment with Cellular Therapy
Wednesday, October 28
5:00 – 6:30 p.m.
Registration Required
Michael R. Bishop, MD, Director, Cellular Therapy Program,
University of Chicago
Learn about how cellular therapies, a new form of immunotherapy, are changing the future of cancer treatments. Cellular therapy, including CAR T-Cell therapy, for solid tumors and blood cancers will be discussed. Participants will leave with a better understanding of the side effects and toxicities, who should consider cellular therapy, and future applications of CAR T-cells.
Register here >

Everything you need to know about Hormone Therapy for Breast Cancer
Thursday, October 22
6:30 – 8:00 p.m.
Registration Required
Urszula A. Sobol, MD, Medical Oncologist,
Northwest Community Healthcare
This presentation will discuss the different types of hormone therapy treatment options and how to manage side effects associated with the treatment.
Register here >

Side Effect Management for Gastrointestinal Cancers to Enhance Quality of Life
Thursday, December 10
7:00 – 8:30 p.m.
Registration Required
Hollis Walker, MD, Hematologist/Oncologist,
Knowles Cancer Center,
Elmhurst Memorial Healthcare
Management of side effects that occur during treatment as well as those that last long term will be discussed. Learn about how to cope with resulting digestive changes, and signs to look out for a complication or recurrence.
Register here >

In My Own Words

My cancer journey started at a time in my life when I was about to celebrate my one-year anniversary of being my mom’s kidney donor. After undergoing lots of tests, I was approved to be a kidney match for my mom. It was the happiest day of my life.

But I’ll never forget that one night in early February of 2016. I was lying in bed and had an itch in my armpit area, and as I naturally went to scratch it, I felt a lump. I went to the doctor to follow up and was immediately sent for a mammogram. They also did a biopsy, which took days to get the results. It seemed like months.

I was at work when I received the call from my doctor diagnosing me with stage 2 breast cancer. I dropped the phone and started to cry immediately. I felt lost. When I went to see the team of nurses and doctors to talk about my options, I just could not believe it was me, sitting there facing my worst fears. I was in such a dark place.

In the waiting room I had grabbed a few pamphlets to bring home, but I refused to take them out of my purse. I couldn’t bear to read them. But days later, I ran across the Wellness House guide. I couldn’t put it down. I felt connected to something that I had never even heard of.

Amanda, Jeri and Jadyn helped me get through the weeks before and after my surgery. When I didn’t see beauty or have any self-esteem, they were always there for me with a smile. They gave me the strength I needed to make it through those tough times rebuilding myself. Wellness House is the safest place to be with very caring and supportive staff members.

I am now 4 years cancer free! Thank you, Wellness House, for giving me my life back.

Valerie Czerwien
“Wellness House offers comprehensive services for people dealing with cancer, self or loved ones. All of the people there are kind, caring, compassionate, and friendly. It is an environment of total care and acceptance.”

Wellness House Participant

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**Information & Education**

**Balancing Work & Cancer**
Thursday, October 8
7:00 – 8:30 p.m.
Registration Required
Nicole Jarvis, LMSW, Cancer and Careers
Working after a cancer diagnosis can come with many unexpected challenges. These challenges include disclosure in the workplace, taking time off from work, or returning to work after treatment, to name a few. This presentation will focus on some of the ways to manage working during, or after, treatment.

Register here >

**Wellness House Life Café**
Wednesday, October 7
10:00 – 11:30 a.m.
Registration Required
Michael Williams. Psy.D., Senior Oncology Support Counselor, Wellness House
You are bigger, stronger and deeper than cancer, and indeed any challenging life circumstances that come your way. While you are entitled to every one of your feelings about what life sends you, it is useful and pleasurable to invest in ideas and practices that help you reconnect to your whole self and feel good again.

Register here >

**Understanding Clinical Trials**
Tuesday, October 20
6:30 – 8:00 p.m.
Registration Required
Bellinda Conte, MS, Senior Vice President, Strategy and Clinical Programs, Cancer Treatment Centers of America
Learn more about cancer treatments being studied through clinical trials, how or why one might get involved, and what to expect if you take part in a clinical trial.

Register here >

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**Unique Boutique - Online**

**Brows, Scarves and More!**
October 5, November 2, December 1
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.

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This event is for participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

Register here >

**Reiki Share**
Thursday, October 8
Tuesday, November 17
Thursday, December 10
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 >

**Importance of Movement for Prostate Cancer**
Tuesday, October 13
5:30 – 7:00 p.m.
Registration Required
Mitchell Crettol, PT, DPT, OCS, Physical Therapist, PT Solutions
Learn about the benefits of exercise to prevent progression or recurrence of prostate cancer and understand how exercise can help manage side effects of prostate cancer treatment. Beneficial exercises – including pelvic floor utilization – as well as recommended length of exercise will be covered.

Register here >

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“...welcoming environment for people dealing with cancer...”

Wellness House Participant
Balancing Life as a Caregiver
Saturday, October 24
11:00 a.m. – 12:30 p.m.
Registration Required
Katie Durbin, MSW, LCSW, Owner & Clinician, Health Transitions Counseling
Taking care of a loved one can be rewarding but also weigh on one’s emotional health. In this session, participants will learn tips for managing anxiety about the future, building stronger support systems, and finding time for self-care.
Register here >

Moving Forward
Mondays, October 26 - December 7
5:00 – 6:00 p.m.
Thursdays, October 22 - December 10
4:00 – 6:00 p.m.
*Orientation will take place on October 22 at 4:00 p.m.
Staff Registration Required
Contact Jadyn Chipman at jchipman@wellnesshouse.org or 630.654.5116 by October 19.
A 7-week experiential series for those who have completed treatment in the past year. Includes commitment to weekly exercise classes, a weekly support group, and healthy cooking classes designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment to support participants, as they move forward.

Film Viewing: VINCIBLE
Thursday, October 29
6:30 – 8:30 p.m.
Registration Required
VINCIBLE is a documentary that follows 27-year-old cancer survivor, Kayla Redig, as she creates a voice for the 69,999 other young people who lose their youth to this disease each year. Kayla and others involved in the film project will join us for a Q&A after.
Register here >

Happier Hour
Thursday, November 5
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 >

Increasing Strength & Optimism When Illness Strikes
Tuesday, November 17
6:30 – 8:00 p.m.
Registration Required
Jane S. Anderson, President of Strength Based Living; Author; Guest Faculty, Wholebeing Institute
In this interactive presentation, we will explore character strengths, a framework of 24 positive traits based in positive psychology, the scientific study of human flourishing. You will discover how your strengths can become pathways to resilience and optimism as you or a loved one faces cancer. We invite you to take the free character strengths survey at www.VIACharacter.org and bring your unique strengths profile to the workshop.
Register here >

Managing Stress through the Holidays
Thursday, November 19
7:00 – 8:30 p.m.
Registration Required
Ellen Nieman, MSW
Wellness House
The holidays can be stressful. Add cancer on top of that and there’s potential for an overwhelming season. Join us as we share tips and strategies to prepare for and cope with the stress of the holidays so that you can more fully experience the joy of the season.
Register here >

Healthy Eating for Prostate Cancer
Tuesday, November 24
3:00 – 4:30 p.m.
Registration Required
Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House
This presentation is designed specifically for those diagnosed with prostate cancer. We will discuss the most recent research about diet and prostate cancer. Foods to safely include in your diet, as well as foods to limit, will be discussed.
Register here >
Managing Behaviors when a Parent or Child has Cancer
Tuesday, December 1
6:00 – 7:30 p.m.
Registration Required
Gina Danehl, LCSW, Oncology Child and Family Specialist, Wellness House
Having a cancer diagnosis in the family can generate many new feelings for children. Often times they express these through actions – some less appropriate than others. Whether you are parenting or grand-parenting, learn tips for managing behaviors when a family member has cancer and other ways to support a child through a crisis.
Register here >

Grief Wellness
Tuesday, December 15
7:00 – 8:30 p.m.
Registration Required
Marelda Rodrigues, CNMT, FMCHC
Grief Massage Therapist
Functional Medicine Certified Health Coach
Learn about how grief can affect you both physically and mentally, and steps for coping healthily by taking care of your overall health and wellness.
Register here >

Overcoming Fatigue During Cancer
Thursday, December 17
6:30 – 8:00 p.m.
Registration Required
Sarah R. Thilges, Ph.D., Assistant Professor
Department of Psychiatry and Behavioral Neurosciences
Section of Psychosocial Oncology Loyola University Medical Center
Overcoming Fatigue and Sleep Issues during Cancer
Cancer itself as well as related treatments can cause stress, sleep disturbances, and an overall feeling of fatigue. Learn about why fatigue and sleep problems can occur during cancer as well as strategies and activities to help manage these effects.
Register here >

Self-Hypnosis for Healing Power in a Contagious World
Tuesday, December 8
6:30 – 8:00 p.m.
Registration Required
The Rev. C. Scot Giles, D.Min.
Diplomate, National Guild of Hypnotists
Certified HypnoCoach®
Stress is a problem for anyone living with a life-changing diagnosis as well as for their loved ones. Unfortunately, we live in a time of unprecedented social stress, with a worldwide pandemic as well. In this program, Dr. Giles, a medical hypnotist, will teach us how to use the power of our subconscious minds to cope with the stress of our world, fortify our body’s health and vitality, and find ways to be hopeful and positive about the future.
Register here >

On-Demand Program Recordings
Registration Required
Wellness House offers webinars and videos from past programs that you can watch when it’s convenient for you. You will be emailed a link to view the video after registering.
Register here >
- Hot Topics in Prostate Cancer
- Hot Topics in Breast Cancer
- Meaning-Centered Psychotherapy
- Anticancer Living
- Health and Coping during COVID-19 Series

A Donation/Consignment Shop of Quality Home Furnishings to benefit Wellness House.
ShopTheCourtyard.com
for weekly “featured items” as a preview of the treasures you’ll find there.
Hours: Wednesday through Saturday, 1:00 - 4:00 p.m.
Online ordering and curbside pick-up now available
The Courtyard | 63 Village Place | Hinsdale, IL 60521
“This is a special place where you can be yourself while undergoing your treatment. You can face fear, uncertainty, laughter and hope with others who are on the same road as you.”

Wellness House Participant

**Exercise & Nutrition**

Nutrition

**New! Cooking Methods & Nutrient Impact**
Active Group Discussion
**Monday, October 5**
6:00 – 7:00 p.m.
**Registration Required**
Angela Dennison, Registered Dietitian
This class is an open discussion to ask questions on different cooking methods, while providing your own helpful tips!
**Register here >**

**Food for Life with The Cancer Project**
Cooking Demonstration/Discussion
**Thursdays, October 8, 15, 29, November 5**
12:30 – 2:00 p.m.
**Registration Required**
Adrienne Felder, MA, LCPC, Professional Chef

**Week One 10/8:** Introduction to How Foods Fight Cancer
**Week Two 10/15:** Maintaining a Healthy Weight
**Week Three 10/29:** Discovering Dairy Alternatives
**Week Four 11/5:** Food & Breast Cancer Survival
**Register here >**

**Sideling Side Effects**
**Thursdays, October 8, 29**
6:00 – 7:00 p.m.
**Tuesdays, October 20, December 1, 22**
12:30 – 1:30 p.m.
**Mondays, November 9, 23, December 7**
12:30 – 1:30 p.m.
**Thursdays November 19, December 17**
12:30 – 1:30 p.m.
**Registration Required**
Angela Dennison, Registered Dietitian
This single-session class is meant for individuals undergoing or about to start 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
**Saturdays, October 10, November 14, December 12**
10:30 a.m. – 12:00 p.m.
**Mondays, October 19, November 16, December 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 >**

**Healthy & Easy Ingredient Swaps**
Cooking Demonstration/Discussion
**Saturday, October 17**
9:30 – 10:30 a.m.
**Registration Required**
Katie Weir, Registered Dietitian
This cooking class will focus on modifying one classic recipe to make it plant-based. Use these tips and tricks to improve your intake while meeting your dietary needs.
Recipes may contain common food allergens.
**Register here >**

**New! Wellness in Action:**
**Cook-Along Program**
Hands-On Cooking Activity/Discussion
**Thursday, October 22**
1:00 – 2:30 p.m.
**Thursdays, November 19, December 17**
5:30 – 7:00 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 at least one week early to get the recipe(s) in advance! To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

**Snack and Learn**
Discussion/ Cooking Demonstration
**Tuesday, October 27**
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 >**
Cancer Nutrition 101: Step-by-Step Program to a Cancer-Fighting Diet
Tuesdays, December 1 - 22
3:00 – 4:00 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This four-week series will begin a step-by-step journey to changing the way you eat. Each week will be a building block of information to establish habit changes while focusing on a plant-based diet. This series is for cancer survivors who want to improve their eating habits and have not known where to begin.
Register here >

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, December 5
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 >

SPECIAL EVENT:
Gathering Around the Table: Food Talks for Cancer
Join us for a virtual week of nutrition education designed to promote a whole food, plant-based, cancer-fighting diet. Bryant Terry - James Beard Award-Winning chef, educator, and author of the newly published Vegetable Kingdom - kicks off the week with a personal presentation and interview. In his session, Bryant breaks down the fundamentals of delicious plant-based cooking and the importance of eating whole foods to live a healthful life.
Register here >

Saturday, November 7
10:30 – 11:30 a.m.
Gathering Around the Table with Bryant Terry
Bryant Terry, Award-Winning Chef, Activist and Author, Vegetable Kingdom

12:00 – 1:30 p.m.
Live Cooking Demonstration with Recipes from Vegetable Kingdom
Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House

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.

Addressing Cancer Nutrition Myths
Tuesday, November 10
7:00 – 8:30 p.m.
Gut Health and Cancer
Wednesday, November 11
5:00 – 6:30 p.m.
Winter Produce and Knife Skills
Thursday, November 12
5:30 – 7:00 p.m.
Food and Community
Friday, November 13
12:00 – 1:00 p.m.
### 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

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<thead>
<tr>
<th>MONDAY</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</td>
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<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
<td>Register here</td>
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<tr>
<td>9:45 a.m.</td>
<td>Yoga + Stretch (9:45 – 10:30 a.m.)</td>
<td>Register here</td>
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<tr>
<td>12:30 p.m.</td>
<td>Chair Yoga (12:30 – 1:00 p.m.)</td>
<td>Register here</td>
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<tr>
<td>6:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here</td>
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<tr>
<th>TUESDAY</th>
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<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</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
<td>Register here</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Tai Chi</td>
<td>Register here</td>
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<th>WEDNESDAY</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</td>
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<tr>
<td>11:30 a.m.</td>
<td>Chair Yoga (11:30 a.m. – 12:15 p.m.)</td>
<td>Register here</td>
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<tr>
<td>5:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here</td>
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<th>THURSDAY</th>
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<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here</td>
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<tr>
<td>9:30 a.m.</td>
<td>Beginner Chair Yoga (9:30 – 10:15 a.m.)</td>
<td>Register here</td>
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<tr>
<td>12:45 p.m.</td>
<td>Beginner Chair Yoga (12:45 – 1:15 p.m.)</td>
<td>Register here</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</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Yoga + Stretch (6:30 – 7:15 p.m.)</td>
<td>Register here</td>
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<th>FRIDAY</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</td>
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<tr>
<td>9:00 a.m.</td>
<td>Qi Gong and Tai Chi (9:00 – 10:30 a.m.)</td>
<td>Register here</td>
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<tr>
<td>10:30 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>Register here</td>
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<tr>
<td>11:30 a.m.</td>
<td>Meditation with Movement (11:30 a.m. – 12:00 p.m.)</td>
<td>Register here</td>
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<th>SATURDAY</th>
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<tbody>
<tr>
<td>9:30 a.m.</td>
<td>Mind Science Yoga (Oct. 3 and 24, 9:30 – 11:00 a.m.)</td>
<td>Register here</td>
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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>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>7:30 a.m.</td>
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<tr>
<td>Men’s Prostate Exercise Class</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
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<td>8:45 a.m.</td>
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<tr>
<td>Exercise for Staying Well II</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>10:30 a.m.</td>
<td>9:15 a.m.</td>
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<tr>
<td>Exercise for Staying Well I</td>
<td>Exercise for Living Well I (9:15 – 10:00 a.m.)</td>
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<tr>
<td>11:30 a.m.</td>
<td>10:00 a.m.</td>
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<tr>
<td>Exercise for Getting Well</td>
<td>Exercise for Staying Well I</td>
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<td>(11:30 a.m. – 12:15 p.m.)</td>
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<td>4:45 p.m.</td>
<td>11:00 a.m.</td>
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<tr>
<td>Exercise for Living Well II (4:45 – 5:30 p.m.)</td>
<td>Exercise for Getting Well</td>
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<tr>
<td>5:30 p.m.</td>
<td>11:45 a.m.</td>
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<tr>
<td>Exercise for Staying Well II</td>
<td>Exercise for Getting Well (11:45 a.m. – 12:30 p.m.)</td>
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<tr>
<td>6:30 p.m.</td>
<td>5:30 p.m.</td>
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<tr>
<td>Pink Ribbon Fitness</td>
<td>Exercise for Living Well II (5:30 – 6:15 p.m.)</td>
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<thead>
<tr>
<th>TUESDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
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<tr>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
<td>Men’s Prostate Exercise Class</td>
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<td>8:15 a.m.</td>
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<td>Exercise for Staying Well II</td>
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<td>Exercise for Getting Well (11:00 – 11:45 a.m.)</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>11:45 a.m.</td>
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<tr>
<td>Pink Ribbon Fitness</td>
<td>Pilates</td>
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<tr>
<th>WEDNESDAY</th>
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<td>8:45 a.m.</td>
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<tr>
<td>Exercise for Staying Well II</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
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<td>Pilates</td>
<td>Exercise for Staying Well II</td>
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<tr>
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<td>Pilates</td>
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<tr>
<td>Pink Ribbon Fitness</td>
<td>Exercise for Staying Well I</td>
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<tr>
<td>12:00 p.m.</td>
<td>11:00 a.m.</td>
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<tr>
<td>Exercise for Getting Well (12:00 – 12:45 p.m.)</td>
<td>Pink Ribbon Fitness</td>
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<td>12:00 p.m.</td>
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<tr>
<td></td>
<td>Exercise for Getting Well (12:00 – 12:45 p.m.)</td>
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</table>
Stress Management

“The programs at Wellness House have helped me to understand the impact that stress has had on my daily life and to reduce that stress.”

Kathy, Wellness House Participant

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
Learn through practice and discussion the benefits of mindfulness meditation in this group setting. Discover ways to live life more effectively in the present moment even through difficult times. No previous meditation experience required.
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. No previous meditation experience required.
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
Mondays, October 19, November 16, December 21
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
Wednesdays, October 21, November 18, December 16
6:30 – 7:30 p.m.
Drop-ins Welcome
Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.
Register here >

Stress-Free Saturday
Saturdays, October 10, 24, November 14, December 12
9:30 - 10:30 Registration Required
Enjoy the benefits of starting your weekend stress-free. Come to this class and experience a variety of stress reduction techniques, including several forms of meditation.
Register here >

Wellness through Deep Hypnosis + Distant Reiki Clinic
Saturdays, October 17, November 21, December 19
10:00 – 12:00 p.m.
Registration Required
Rev. C. Scot Giles, D.Min. Diplomat, National Guild of Hypnotists Heartmath® Certified Coach
Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to 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.
Monthly topics:
October: Knowing What You Want
November: Intentionality
December: Be Mindful of Splendor
Register here >

“The programs at Wellness House have helped me to understand the impact that stress has had on my daily life and to reduce that stress.”

Kathy, Wellness House Participant
**Stress Management**

**Garden Walk**  
**Tuesday, October 20**  
1:00 – 3:00 p.m.  
*Registration Required*  
Garden walks are a wonderful way to relax and appreciate the beauty of nature while walking.  
[Register here >](#)

**Stress-Less Breathing Techniques**  
**Thursday, November 12**  
11:30 a.m. – 12:30 p.m.  
*Registration Required*  
Waiver necessary for participation and can be completed at the class.  
Join Mary Lisa Wahlfeldt, Owner and Instructor Begin With Ten, in this experiential program. Practice the art of diaphragmatic breathing to reduce stress and aid sleep, among several additional health benefits. Participants will rotate between standing, sitting, and/or floor movements.  
[Register here >](#)

**Journeying Inward:**  
**Deep Relaxation for Stress Relief and Well-Being**  
**Saturday, October 3, November 7, December 5**  
12:00 – 1:15 p.m.  
*Registration Required*  
Cecily Hunt, Certified Yoga Therapist  
Our physical bodies are composed of atoms vibrating at various rates; illness and the stress it can create lower that rate. A sound meditation can raise your consciousness to a space of peace, well-being, harmony, and balance. You are welcome to bring your own yoga mat, blanket, or pillow.  
[Register here >](#)

**Expressive Arts**  
To register, please visit [www.wellnesshouse.org](https://www.wellnesshouse.org) or call 630.323.5150.  
For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

**Mixed Media**  
**October 15, November 19, December 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. A different theme and use of varied artistic materials will guide each session. No prior artistic skills are required.  
[Register here >](#)

**Weekly Wednesday Art**  
**Wednesdays**  
4:30 – 5:30 p.m.  
*Registration Required*  
Each week will feature a different artistic element. Examples include, drawing Mandalas, Color Blending, drawing Zentangles, drawing using perspective and more!  
[Register here >](#)

**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. No experience necessary, with the option to borrow a flute to learn how to play. Also welcome to those who would like to come and just listen to the music.  
[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.

“At first I felt strange, but I can act like a regular kid here. I fit in here.”
Wellness House Participant

Special Events

Spooky Spectacular
Tuesday, October 27
6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Gather the whole family for an evening of virtual Spooky fun. Join in for a pumpkin decorating challenge, interactive games, and a special guest performance. Children, parents, and even pets are encouraged to participate in our costume showcase! Curbside supply pick-up date to be provided following registration.

Polar Express Drive-Thru
Tuesday, December 15
6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
This drive-thru event will feature winter themed stations as your family takes an extraordinary trip through our Wellness Winter Wonderland before arriving at the North Pole where you just might find Santa and his packed sleigh of gifts!

Family Programs

Family Bake-Along Class
Thursday, December 3
5:30 – 6:45 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Parents and children ages 7 and up are invited to join in for this fun, interactive baking class. We will prepare two recipes with ingredients to be shared beforehand! Registration deadline is Monday, November 30.

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 eight-week 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.

Turtles
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 eight-week bereavement group for children ages 6-12. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. A simultaneous group for parents is offered, though attendance at both groups is not required.

Storytime
Thursdays
2:00 – 2:30 p.m.
Registration Required
This weekly read-aloud storytime for children ages 3-10 will feature a different interactive book each week.
Register here >

Indoor Recess
Tuesdays
2:00 – 2:30 p.m.
Registration Required
All school-age children are invited to join in this group for interactive and engaging movement activities.
Register here >
Kids Picnic Series
Fridays
12:00 – 1:30 p.m.
Registration Required
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
October 8, November 12, December 10
6:30 – 7:15 p.m.
Registration Required
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 >

Teen Turtles Bereavement Group
2nd Mondays
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 to cancer. The group provides teens with the opportunity to connect with others who are going through similar situations and discuss the impact cancer has had on their family. Teens will take part in creative self-expression activities while learning about healthy coping strategies.

Individual Support for Children and Teens
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.

Groups for Parents and Family Caregivers
Turtles Bereavement Group for Parents
Wednesdays
5:00 – 6:15 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 is an eight-week bereavement support group that will help connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal. A simultaneous group for children is offered, though attendance at both groups is not required.

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.
A weekly bereavement support group for parents who have lost a child to cancer.

Networking Group for Bereaved Dads of Young Children and Teens
2nd Tuesdays
October 13, November 10, December 8
7:00 – 8:30 p.m.
Drop-ins Welcome
Please attend this group if you are a bereaved dad of kids from newborn through college-age and would like to benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation.
Register here >

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.
**Support Groups & Counseling**

“Wellness House offers a huge range of support to all of us. The people working there are amazingly knowledgeable and kind. You will feel a part of something wonderful.”

Wellness House Participant

**Meaning-Centered Group for those Diagnosed with Cancer and Caregivers**

*Thursdays, October 1 - December 3 (no group on November 26) 12:00 – 1:30 p.m.  
Staff Registration Required  
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.*

Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to anyone who has had a cancer diagnosis, and also to anyone who is tending emotionally and/or physically to a loved one with a cancer diagnosis. Take care of yourself by exploring and restoring your sense of meaning and well-being through this group experience.

**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.  
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 >**

**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 to register prior to attending.*

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  
7:00 – 8:30 p.m.  
Staff Registration Required  
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.*

Ongoing eight-week support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills.

**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.*

Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future.

**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 share medical information, connect with others in similar circumstances and improve their coping skills.
Support Groups & Counseling

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 >

Support in Overcoming Stress (SOS) for the Holidays
Mondays, 3:00 – 4:30 p.m.
November 2 - 16
Staff Registration Required
Contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
Please see program description under Chicago Programs on Page 20.

SOS Alumni Support Group
2nd and 4th Thursdays
5:00 – 6:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
An ongoing support group for those who have completed the Support in Overcoming Stress (SOS) Series.

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

Transitions Alumni Networking
4th Tuesdays,
5:00 – 6:30 p.m.
October 27, November 24, Dec. 22
5:00 – 6:30 p.m.
Alumni Drop-ins Encouraged
Join other adults who have completed the Transitions for Spouses or Turtles bereavement programs at this monthly group to continue supporting one another.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Bereavement Groups

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays, 5:30 – 7:00 p.m.
October 1, November 5, December 3
Drop-ins Welcome
Join other bereaved adults (age 18 and older) who have lost a parent to cancer. For more information, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org
Register here >

Bereavement Drop-in
Tuesdays, 5:00 – 6:30 p.m.
Drop-ins Welcome

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.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays
October 13, November 10, December 8, 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
2nd Thursdays
October 8, November 12, December 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
October 1, November 5, December 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 >

LGBTQ Families with Cancer Networking Group
3rd Wednesdays
10:00 – 11:30 a.m. October 21, November 18, December 16
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 >

Monthly Peer Networking Groups
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.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Date Details</th>
<th>Time</th>
<th>Contact person(s)</th>
<th>Register here</th>
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</thead>
<tbody>
<tr>
<td>Brain Tumor</td>
<td>October 22, December 3</td>
<td>5:00 – 6:30 p.m.</td>
<td>For questions, contact Tasha Chasson, MSW, at 630.654.7215 or <a href="mailto:tchasson@wellnesshouse.org">tchasson@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>October 26, November 23 (3rd Monday due to holiday), December 21</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Ellen Nieman, LCSW at 630.654.5198 or <a href="mailto:enieman@wellnesshouse.org">enieman@wellnesshouse.org</a>.</td>
<td>Register here</td>
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<tr>
<td>Neuroendocrine Tumors (NET)</td>
<td>October 17, November 13, December 12</td>
<td>10:30 a.m. – 12:30 p.m.</td>
<td>For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or <a href="mailto:mmengesha@wellnesshouse.org">mmengesha@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Colon/Rectal Cancers</td>
<td>October 12, November 9, December 14</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Ellen Nieman, LCSW at 630.654.5198 or <a href="mailto:enieman@wellnesshouse.org">enieman@wellnesshouse.org</a>.</td>
<td>Register here</td>
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<tr>
<td>Gynecologic Cancers</td>
<td>October 8, November 12, December 10</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Nevada Bennett, LPC at 630.654.5346 or <a href="mailto:nbennett@wellnesshouse.org">nbennett@wellnesshouse.org</a></td>
<td>Register here</td>
</tr>
<tr>
<td>Head, Neck &amp; Thyroid Cancers</td>
<td>October 20, November 17, December 15</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Michael Williams, Psy.D. at 630.654.5117 or <a href="mailto:mwilliams@wellnesshouse.org">mwilliams@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma</td>
<td>October 8, November 12, December 10</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Michael Williams, Psy.D. at 630.654.5117 or <a href="mailto:mwilliams@wellnesshouse.org">mwilliams@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Melanoma</td>
<td>October 27, November 24, December 22</td>
<td>7:00 – 8:30 p.m.</td>
<td>For questions, contact Michael Williams, Psy.D. at 630.654.5117 or <a href="mailto:mwilliams@wellnesshouse.org">mwilliams@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Multiple Myeloma</td>
<td>3rd Thursdays</td>
<td></td>
<td>For questions, contact Tasha Chasson, MSW, at 630.654.7215 or <a href="mailto:tchasson@wellnesshouse.org">tchasson@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Pancreatic Cancer</td>
<td>3rd Thursdays</td>
<td></td>
<td>For questions, contact Tasha Chasson, MSW at 630.654.7215 or <a href="mailto:tchasson@wellnesshouse.org">tchasson@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>2nd and 4th Wednesdays</td>
<td></td>
<td>For questions, contact Michael Williams, Psy.D. at 630.654.5117 or <a href="mailto:mwilliams@wellnesshouse.org">mwilliams@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
<tr>
<td>Sarcoma Cancers</td>
<td>3rd Saturdays</td>
<td></td>
<td>For questions, contact Ellen Nieman, LCSW at 630.654.5198 or <a href="mailto:enieman@wellnesshouse.org">enieman@wellnesshouse.org</a>.</td>
<td>Register here</td>
</tr>
</tbody>
</table>

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
Drop-ins Welcome; Informed Consent Waiver Required
Taught by y4c Trained Teachers
Introduction to gentle, beginner and restorative standing and mat-based yoga postures. No prior yoga experience is needed. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

Register here >

BERWYN

**yoga4cancer—Spanish language class**
Saturdays
11:15 a.m. – 12:15 p.m.
Pav YMCA
Registration and Informed Consent Waiver Required
Taught by y4c Trained Teacher
In partnership with ALAS-Wings, this class is an introduction to gentle, beginner and restorative standing and mat-based yoga postures. No prior yoga experience is needed. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

Register here >

CHICAGO

**St. Sylvester Church**

**Women's Cancer Support Group**
4th Fridays
October 23, November 20, December 18
9:00 – 10:00 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th Floor Activity Room
Drop-ins Welcome
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. Participants do not need to be receiving/have received their medical care at Mercy to attend.
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

Register here >

**Breast Cancer Support Group**
4th Fridays
October 23, November 20, December 18
11:00 a.m. – 12:30 p.m.
Mercy Hospital & Medical Center
6th floor Activity Room
Drop-ins Welcome
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 >

**Head & Neck Cancers Support Group**
2nd Tuesdays
October 13, December 8
12:00 – 1:30 p.m.
Mercy Hospital & Medical Center
12th floor, Conference Room 1234
Drop-ins Welcome
An opportunity for people with head and neck cancers and their caregivers to share their cancer stories, connect with others in similar circumstances and improve their coping skills.
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Register here >

**Beginner Chair Yoga**
Fridays
10:00 – 11:00 a.m.
Mercy Hospital & Medical Center
4th floor, Room 440
Drop-ins Welcome;
Informed Consent Waiver Required
Gentle, beginner and restorative chair-based and standing yoga postures. No previous yoga experience required; all equipment provided.

Register here >

**Yoga for Cancer Survivors—Spanish language class**
Saturdays
11:00 a.m. – 12:15 p.m.
St. Sylvester Church
Drop-ins Welcome;
Informed Consent Waiver Required
In partnership with ALAS-Wings, this class is an introduction to gentle, beginner and restorative standing and mat-based yoga postures. No prior yoga experience is needed. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

Register here >
Partners

DOWNERS GROVE

Good Samaritan Bhorade Cancer Center

Chair Yoga
Tuesday, October 6
2:00 – 3:00 p.m.
Registration Required
Gentle, beginner and restorative chair-based and standing yoga postures. No previous yoga experience required.
Register here >

ELMHURST

Elmhurst Memorial Hospital

Scanxiety
Tuesday, October 27
10:00 – 11:00 a.m.
Registration Required
Join us as we discuss the stress and anxiety related to awaiting oncology tests and scans—often referred to as “scanxiety”—including helpful relaxation strategies. Diagnosed individuals and caregivers are welcome.
Register here >

Distant Reiki Clinic
Tuesday, November 10
10:00 – 11:00 a.m.
Registration Required
Jane Van De Velde, Reiki Master Practitioner, will send distant Reiki healing energy to participants of this virtual gathering. Reiki offers relaxation, release of stress and anxiety, and a sense of peace and well-being. A short guided meditation will also be part of this session.
Register here >

Mile Square Health Center

Home Health Remedies during COVID-19
Friday, October 2
5:30 – 7:00 p.m.
Registration Required
Rachel Kalom, RYT
When our mental and physical well-being is strained by events in the world, it’s even more important to have accessible tools to reset your body and mind. We’ll learn breathing techniques, simple stretches, self-massage, and mindfulness exercises to shift the nervous system from ‘fight or flight’ back to ‘rest and digest.’ This workshop will give you concrete ways to press the reset button, anytime and anywhere.
Register here >

Support in Overcoming Stress (SOS) for the Holidays
Mondays
3:00 – 4:30 p.m
November 2, 9, 16
Staff Registration Required
Contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
The holiday blues can be especially difficult alongside the cancer journey. Connect with others in this three-part series, open to participants who have or have had a cancer diagnosis and caregivers, discussing the management of elevated stress during the holiday season.

Cancer Answers - Talking to Children and Teens About Cancer
Tuesday, October 13
6:00 – 7:30pm
If a family member has cancer, children can often sense that there is something wrong. As a parent, you may want to protect your child or teen from stressful news or struggle with where to begin. Learn tips for discussing diagnosis and treatment, recognize common reactions in children and teens, and strategies for reducing anxiety and stress in the family. Upon registration, we invite you to submit your questions to be answered as part of the presentation.
Register here >

Self-Care for Caregivers
Tuesday, December 8
5:30 – 7:00pm
Caregiving for a loved one with cancer can be very challenging, leading to a range of emotions that can be overwhelming. Join in this discussion of positive coping strategies and creative ways to care for yourself in the caregiving journey.
Register here >

All Programs are Now Online!
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**

**Lemons of Love**

**yoga4cancer**

**Tuesdays**

6:00 – 7:00 p.m.

Registration required.

Visit Lemons of Love Cancer Resource Center Facebook page for more details.

**Taught by y4c Trained Teacher**

Introduction to gentle, beginner and restorative standing and mat-based yoga postures. No prior yoga experience is needed. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

**Register here >**

**Mindfulness for Managing Stress Series**

**Wednesdays, November 4, 11, 18**

6:00 – 7:00 p.m.

Registration required

Practice and experience relaxing your body and mind through various guided meditations as a way to promote well-being and reduce every day stress as well as the additional stress many experience during the holidays.

**Register here >**

**OAK PARK**

**Rush Oak Park Hospital**

**Cancer Connections Group**

**Monday evenings**

5:00 – 6:30 p.m.

Drop-ins Welcome

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**

**Monday evenings**

7:00 – 8:30 p.m.

Drop-ins Welcome

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**

**Countryside Church**

**Wellness through Deep Hypnosis + Distant Reiki Clinic**

**1st Saturdays**

October 3, November 7, December 5

**Hypnosis, 10:00 – 11:30 a.m.**

Reiki, 11:35 a.m. – 12:15 p.m.

Registration Required

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**

**West Suburban Breast Care Center, River Forest Campus**

**Exercise - One Key to Breast Cancer Recovery**

**Thursday, October 8**

2:30 – 4:00 p.m.

Registration Required

Learn how exercise can help you recover from the treatments and surgeries for breast cancer.

**Register here >**

**Scanxiety**

**Thursday, November 12**

2:30 – 4:00 p.m.

Registration Required

Join us as we discuss the stress and anxiety related to awaiting oncology tests and scans—often referred to as “scanxiety”—including helpful relaxation strategies.

**Register here >**

For more information about partner locations, contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.
Please note that participants need not be patients of these hospitals in order to attend the groups and classes.

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.

Thank you to our generous grantors:
Guy A. and N. Kay Arboit Charitable Trust
Bears Care
Chicago Board of Trade Foundation
The Coleman Foundation
Community Memorial Foundation
The DuPage Foundation
DuPage Medical Group Charitable Fund of the DuPage Foundation
Edmond and Alice Opler Foundation
The Grainger Foundation
The Greer Foundation
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Elizabeth Morse Genius Charitable Trust
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