

Program Guide

Free
Cancer
Support

Mind Body Fest
Hot Topics in Prostate Cancer
¡Programas en español!
Now online and in-person

Don't Miss Our Special Events!



SPECIAL EVENT

Mind Body Fest

In-Person and Online Experiences

Immerse Yourself in a Week of Relaxation

Saturday, August 28 - Friday, September 3, 2021

Join us for a week-long festival of activities designed to reduce stress, increase relaxation, and improve your overall sense of well-being. Choose from a variety of Wellness House stress management programs and learn techniques to add to your self-care toolbox.

The week will get started with a socially-distanced in-person event on Saturday, August 28, where participants will have the opportunity to immerse themselves in a variety of relaxing experiences! Throughout the following week, virtual sessions will also be offered.

Activities will include:

- Yoga, Tai Chi and Qi Gong
- Meditation and Breathwork
- Expressive Arts
- Nature Walk

And more!

*Attendance at
in-person events
is limited so
register today!*

*Featured Virtual Guest Speaker: **Joni Staaf Sturgill***

LPC, NCC, ERYT, AADP

Integrative Wellness Counselor

Finding Peace & Embracing Mindfulness

Tuesday, August 31, 7:00 – 8:30 p.m.

Register here >



Hot Topics in Prostate Cancer

Saturday, September 25

9:00 a.m. – 12:00 p.m.

Registration Required

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for prostate cancer.

For more information, see page 7.

Register here >

Kids Kamp

In-Person

Monday, July 12 - Friday, July 16

10:00 a.m. – 12:00 p.m.

Staff Registration Required

To register, contact Gina Danehl at

630.654.5115 or gdanehl@wellnesshouse.org.

Kids Kamp is an opportunity to participate in fun activities, meet other children who have experienced cancer in the family, build confidence, and simply HAVE FUN!

Registration deadline is July 5.

Day of Remembrance

Thursday, September 9

5:30 – 6:45 p.m.

Registration Required

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. See page 21 for additional information.

Register here >

Hours of Operation

Monday - Thursday

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:

Saturday, July 3
Monday, July 5
Friday, September 3,
close at 3:00 p.m.
Saturday, September 4
Monday, September 6

Open with no programs:

Tuesday, July 6 – Friday, July 9

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Coming Together Again— Wellness House Plans for Return to In-Person Programs

After more than a year of online programs, we are excited to continue our phased approach to returning to in-person programs at the main location in Hinsdale. This summer, we will continue to offer individual consultations and appointments in-person and will begin offering limited group programs in-person as well. Registration will be limited for in-person programs and screening and safety measures will be in place at the house.

Look for the 🌸 **In-Person** icon throughout the guide to indicate in-person programming.

We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety. The majority of programs will continue online this summer.

New to Wellness House?

It's easy to get started.
Connect in the way that works for you.

Call us at [630.323.5150](tel:630.323.5150)

Or

Attend a Welcome to
Wellness House Orientation

Or

Register for a program at
[wellnesshouse.org/
virtual-programs](https://wellnesshouse.org/virtual-programs)

Welcome to Wellness House Orientation

Mondays

12:00 – 1:00 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,

July 10, 17

August 7, 14, 21

September 11, 18

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.



Top Doc Lecture Series



Advances in Blood Cancer Treatments

**In collaboration with the Leukemia Research Foundation*

Saturday, July 24

9:00 – 10:30 a.m.

Registration Required

Robert Eisner, DO, Hematologist and Oncologist, Northwestern Medicine

Learn about the treatment of leukemia, lymphoma and multiple myeloma. Research updates and emerging treatments will be discussed as well.

[Register here >](#)



Fertility after Cancer and Coping with Uncertainty Thursday, July 29 | 7:00 – 8:30 p.m.

Registration Required

Adam DuVall, MD, MPH, Oncologist, Dana McQueen, MD, Reproductive Endocrinology and Infertility Specialist, Josephine Kim, MD, Gynecologic Oncologist, UChicago Medicine

Some cancer treatments can affect one's ability to have children. Learn about how your fertility might be affected after certain treatments, understand interventions and options for having children after cancer, and how to cope with the uncertainty along the way. Join us for follow-up discussions with an oncology support counselor from Wellness House on August 3 and 13. See page 6 for more information.

[Register here >](#)



Understanding Clinical Trials for Blood Cancer

**In collaboration with Leukemia Research Foundation.*

Tuesday, August 3

7:00 – 8:30 p.m.

Registration Required

John Quigley, MD, Hematologist/Oncologist, UI Health

Common myths about clinical trials will be shared as well as benefits and risks of participation. Learn how to find out about relevant clinical trials and questions to ask your healthcare team about participating in one.

[Register here >](#)



Rerouting: Life After Treatment and Your Medical Care Plan

Tuesday, August 10

7:00 – 8:30 p.m.

Registration Required

Kristin J. Richardson, MD, Hematologist, AMITA Cancer Institute

Learn about lasting or late onset side effects, how often to visit your oncologist, and what your medical care plan should look like after treatment.

[Register here >](#)



Oral Complications of Cancer Treatment

Thursday, August 26

7:00 – 8:30 p.m.

Registration Required

Michael Morgan, DDS, Dentistry by Design

Dental complications and bisphosphonate related osteonecrosis of the jaw (BRONJ) can be difficult and sometimes debilitating due to side effects of chemotherapy, radiation, and other cancer treatments. Learn about the risks, prevention, progression and treatment options for dental and periodontal complications.

[Register here >](#)



Healthy Sleep Habits during Cancer

Thursday, September 9

7:00 – 8:30 p.m.

Registration Required

**Margaret Ann Kay-Stacey, MD
Board-certified Neurologist and Sleep Medicine Specialist**

Getting enough quality sleep each night is important to our overall health, yet physical changes from surgery, side effects of treatment, or stress about having cancer can all cause sleep problems. Learn about good habits for getting a better night's sleep.

[Register here >](#)



Advances in Sarcoma

Tuesday, September 21

6:30 – 8:00 p.m.

Registration Required

Alan T. Blank, MD, Hematologist, Rush University Medical Group

Learn about current options for sarcoma treatment as well as research advances in the area. Management of common side effects will also be discussed.

[Register here >](#)



Information & Education

“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

Unique Boutique

Brows, Scarves and More!

Wednesdays

July 14, August 11, September 8

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 >](#)

Wig Consultation

Offered in-person or virtually 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.

Healthy Eating for Breast Cancer

Tuesday, July 13

6:30 – 8:00 p.m.

Registration Required

Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House

This presentation is designed specifically for those diagnosed with breast cancer. We will discuss the most updated research about diet and breast cancer, as well as foods to safely include and limit.

[Register here >](#)

Reiki Share

Thursday, July 15 - Virtual

6:30 – 7:30 p.m.

Tuesday, August 24 🌸 *In-Person (limited capacity)*

6:30 – 7:30 p.m.

Thursday, September 16 - Virtual

6:30 – 7:30 p.m.

Registration Required

Jane Van De Velde, DNP, RN, Reiki Master Teacher

This program is for practitioners of any

level who have taken Reiki class at Wellness House or with other teachers. *This program is sponsored by The Reiki Share Project.*

[Register here >](#)

REROUTING:

Choosing Your Course After Cancer, Five-Week Post-Treatment Series

Tuesdays, July 13, 20, 27,

August 3, 10

12:00 – 1:30 p.m.

July 13 – Introduction

July 20 – Social, Emotional, and Practical Aspects

July 27 – Nutrition

August 3 – Exercise

August 10 – Medical Concerns (7:00 p.m.)

Registration Required

(You will receive the most benefit from attending each week in this series, though it is not required)

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Grab your lunch and join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.

[Register here >](#)

Yoga and Stretching for Cancer

**In partnership with Mile Square Health Center*

Monday, July 19

2:00 – 3:00 p.m.

Registration Required

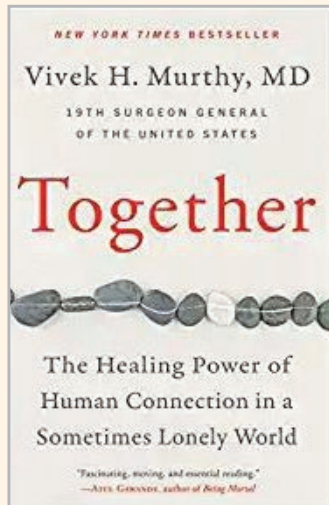
Jeri Lau, ACSM/ACSM CET, CETI CES Oncology Exercise Specialist, Wellness House

In this presentation, participants will learn how yoga and stretching can help deal with common side effects of cancer, help boost your immunity, and improve recovery.

[Register here >](#)



Information & Education



WELLNESS HOUSE BOOK CLUB

Together: The Healing Power of Human Connection in a Sometimes Lonely World

Thursdays, August 5, 12, 19, 26

3:00 – 4:00 p.m.

Registration Required

Ellen Nieman, MSW, LCSW, Wellness House

During his years as the 19th Surgeon General of the United States, Dr. Vivek Murthy repeatedly heard the theme of loneliness associated with common public health concerns. In *Together*, Murthy explores some of the causes of loneliness and disconnection in our world today. He delves into the human desire to connect and he offers inspiring solutions for building a more connected world.

[Register here >](#)

Navigating Insurance Questions and Concerns

Wednesday, July 21

5:00 – 6:30 p.m.

Erin Rosengrant, MedicClaim Consultants, LLC

Registration Required

Learn how to advocate for yourself, best practices for speaking to carriers, what to do if a claim is denied, and ways of dealing with specialized treatments. Bring a recent Explanation of Benefits and/or medical bill for specific questions.

[Register here >](#)

Post-Mastectomy Recovery

Tuesday, July 27

6:30 – 8:00 p.m.

Registration Required

Beth Gorman, MSPT, C/NDT

Co-Owner, Impulse Rehab and Wellness

Gain insight on what you can expect during the recovery process post-mastectomy. We will discuss how to manage possible post-operative impairments, review exercises to build strength, regain flexibility and improve overall mobility, as well as describe how therapy can be an adjunct in the recovery process.

[Register here >](#)

Fertility after Cancer Discussion Group

Tuesday, August 3

7:00 – 8:30 p.m.

Friday, August 13

12:00 – 1:30 p.m.

Registration Required

Tasha Chasson, LCSW, Oncology Support Counselor, Wellness House

Join us for a discussion-based series that will include conversations about the practical challenges, emotional obstacles, and coping with the journey of pregnancy after cancer treatment. This program is open to diagnosed individuals and caregivers. Those currently in treatment and post-treatment are welcome to attend.

[Register here >](#)

Film Viewing: Mondays at Racine

**In partnership with Mile Square Health Center*

Thursday, August 5

6:30 – 8:00 p.m.

Registration Required

Every third Monday of the month, two bold, brassy sisters open the doors of their Long Island hair salon to women diagnosed with cancer. As locks of hair fall to the floor, women gossip, giggle, weep, face their fears, and discover unexpected beauty.



Join us for a live film viewing and follow-up discussion with members of the film and other audience members.

[Register here >](#)

Weigh to Go! Managing Weight after Cancer

Thursdays, August 5 - September 30

1:00 – 2:30 p.m.

Staff Registration Required

Please contact Brittany Brady at 630.654.7205 or bbrady@wellnesshouse.org to register.

Both educational and experiential, this series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive group environment where individuals will be guided to understand their readiness to change and use their interests, goals, and needs to create a personal "Lifestyle Change Plan."



Information & Education

Managing Lymphedema

Tuesday, August 10

4:00 – 5:30 p.m.

Registration Required

Cathy Cupczyk, PT, and Alex Gaston, PT, Lymphedema therapy, PT Solutions

Learn about exercise and movements to help reduce pain or discomfort related to lymphedema. Daily lifestyle tips for managing lymphedema will also be shared.

[Register here >](#)

Building Support and Resiliency During Blood Cancer

**In collaboration with Leukemia Research Foundation*

Monday, August 16

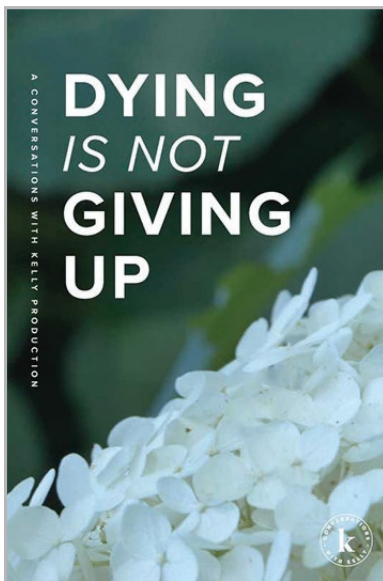
5:00 – 6:30 p.m.

Registration Required

Nevada Bennett, LPC, Oncology Support and Family Counselor, Wellness House

Learn about ways to cope with common concerns that come with having blood cancer, how to build a support network, learn techniques to manage stress and build resilience.

[Register here >](#)



Film Viewing: Dying is Not Giving Up

Thursday, August 12

5:30 – 7:00 p.m.

Registration Required

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.

- **Hot Topics in Breast Cancer** [Register here >](#)
- **Wellness Evolving Series** [Register here >](#)
- **Meaning-Centered Psychotherapy** [Register here >](#)
- **Anticancer Living** [Register here >](#)

Hot Topics in Prostate Cancer

Saturday, September 25

9:00 a.m. – 12:00 p.m.

Registration Required

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of prostate cancer.

[Register here >](#)

Updates in Prostate Cancer Treatment and Research Panel

Saturday, September 25

9:00 – 11:00 a.m.

- *Alan Tan, MD, medical oncologist, Rush University Medical Group*
- *Brian Moran, MD, medical director, Chicago Prostate Cancer Center*
- *Ashley E. Ross, MD, MPH, surgical oncologist, Robert H. Lurie Comprehensive Cancer Center of Northwestern University*

Benefits of Exercise for Prostate Cancer

11:00 a.m. – 12:00 p.m.

- *Kesuri Sethuraman, PT, Northwest Community Healthcare*

Michael Williams, Psy.D., Wellness House

"Dying Is Not Giving Up" features conversations between licensed psychotherapist Kelly Grosklags and her patient, Judy Erdahl, who was diagnosed with metastatic breast cancer. The film explores different perspectives on death as a way to increase meaning and compassion at the end of life. Join us for a live film viewing and follow-up discussion with the audience.

[Register here >](#)

Faith & Spirituality During Cancer

Wednesday, August 18

10:00 a.m. – 12:00 p.m.

Registration Required

Cancer brings many challenges. Often people respond by turning towards their faith or spiritual practices with greater energy; for others, their spirituality or faith is shaken and they may feel disconnected. It has been well established by both research and experience, that investing energy in spiritual health can



Information & Education

be deeply nourishing and provide energy and stability for challenging times. Please join us for an interactive discussion with a multi-faith panel to address these challenges and gain ideas and inspiration to help strengthen your spiritual self. Those interested in this event may also be interested in our monthly Spiritual Side of Cancer Group that takes place on 2nd Thursdays at 5:00 p.m. and our monthly Soul Chat—Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color occurs on 4th Mondays at 7:00 p.m. See page 24 for details.

[Register here >](#)

Hair Regrowth after Chemo – Tips for Care and Styling

Wednesday, August 25

4:30 – 5:30 p.m.

Registration Required

*Jesse Smith, Owner and Hair Stylist,
Studio Undone*

Learn about what to expect when your hair grows back after cancer treatment. Techniques for gentle styling as well as tips for caring for your hair will be discussed.

[Register here >](#)

Nurses Know: Tips for Communicating with Your Care Team

**In partnership with Mile Square
Health Center*

Thursday, September 16

6:30 – 8:00 p.m.

Registration Required

*Kristin Andersen, MSN, RN, Cancer
Survivorship Program Clinic Nurse,
UI Health*

Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer

treatment. Join us as Kristin Andersen, MSN, RN, shares ideas for comfortably communicating to your care team, and the importance of reporting side effects.

[Register here >](#)

What is Chemo Brain?

¿Qué es el Químico Cerebro?

**En asociación con Mile Square
Health Center*

Martes, 7 de septiembre

6:00 – 7:00 p.m.

Más información en página 26

Wellness House Death Café

Tuesday, September 28

3:00 – 4:30 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 >](#)

Wellness House Life Café

Wednesday, October 6

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. 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 >](#)

**To learn more about our programs,
please visit wellnesshouse.org**



WELLNESS HOUSE
MIND: BODY
FEST

August 28 - September 3, 2021

wellnesshouse.org/mindbodyfest

Wellness House for LIVING
with CANCER
You'll feel better inside.



Nutrition

“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

Cooking Up Wellness

Cooking Demonstration/Discussion

Saturdays, July 10, August 14, September 11

10:30 a.m. – 12:00 p.m.

Mondays, July 19, August 16, September 20

6:00 – 7:30 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Nutritionist

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 >](#)

Managing Side Effects

** In-Person*

Mondays, July 12, August 16
12:30 – 1:30 p.m.

Mondays, July 26, August 23
6:00 – 7:00 p.m.

Thursday, September 9
12:30 – 1:30 p.m.

Thursday, September 23
6:00-7:00 p.m.

Registration Required

Angela Dennison, Oncology 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 >](#)

Healthy Eating for Breast Cancer

Tuesday, July 13

6:30 – 8:00 p.m.

See page 5 for additional details.

Cooking for Cancer

Cooking Demonstration/Discussion

**In partnership with Mile Square Health Center*

Wednesdays, July 14, August 11, September 8

5:30 – 7:00 p.m.

Registration Required

Andrea Hinojosa, Registered Dietitian

This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.

[Register here >](#)

Wellness in Action:

Cook-Along Program

Hands-On Cooking Activity

Thursday, July 15

5:30 – 7:00 p.m.

Thursday, August 12

10:30 a.m. – 12:00 p.m.

7/15: Summer Favorites

8/12: Treatment-Friendly Meal

Staff Registration Required

To register, contact Angela at adennison@wellnesshouse.org.

Angela Dennison, Oncology Dietitian

Prepare a meal from the comfort of your own home, while following Angela's lead. Recipe(s), shopping list and utensil needs will be sent ahead of time. Recipes may contain common food allergens.

Managing Cancer Side Effects

**In partnership with Mile Square Health Center*

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Nutritionist

Wednesday, July 21, 6:00 – 7:00 p.m.

Monday, August 9, 12:30 – 1:30 p.m.

Monday, September 13, 6:00 – 7:00 p.m.

This single-session class is meant for individuals undergoing or about to start treatment and will focus on minimizing or preventing common side effects.

[Register here >](#)

Nutrition Q&A:

Cancer Nutrition Confusion

Lecture / Active Group Discussion

Thursday, July 22, 3:00 – 4:00 p.m.

**In partnership with Mercy Hospital*

[Register here >](#)

Monday, August 30, 6:00 – 7:00 p.m.

Monday, September 13, 6:00 – 7:00 p.m.

Registration Required

7/22: Do I need to avoid soy foods?

8/30: What is plant-based eating?

9/13: Do supplements provide cancer protection?

Join us and get your questions answered around these common nutrition topics.

[Register here >](#)

Healthy & Easy Ingredient Swaps

Cooking Demonstration/Discussion

Saturday, July 24

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.

[Register here >](#)

Cancer Nutrition 101:

Cancer Nutrition Myths

**In partnership with Pav YMCA*

Thursday, July 29

6:00 – 7:00 p.m.

Registration Required

Katie Weir, Registered Dietitian

This program will focus on providing evidence-based information around common cancer nutrition myths.

[Register here >](#)



Nutrition

Healthy Cooking for Breast Cancer Series

**In partnership with Lemons of Love*

Mondays, August 2, 16, 23

6:00 – 7:30 p.m.

Registration Required

Katie Weir, Registered Dietitian

This cooking series will provide nourishing, plant-based recipes that incorporate foods highly recommended for breast cancer.

Register here >

Managing Weight During Treatment

**In partnership with Advocate Good Samaritan Bhora Cancer Center*

Thursday, August 5

12:30 – 1:30 p.m.

Registration Required

Bonnie Brock, Registered Dietitian

Losing weight during treatment can increase risk for side effects and even halt treatment. Join Bonnie to discuss how to maintain and gain healthy weight during active treatment.

Register here >

Cancer Nutrition 101:

Intuitive Eating

**In partnership with Mile Square*

Health Center

Wednesday, August 18

6:00 – 7:00 p.m.

Registration Required

Andrea Hinojosa, Registered Dietitian

Dietary changes can be challenging. Join Andrea to learn how to incorporate intuitive eating practices while focusing on a diet recommended for cancer.

Register here >

Snack and Learn

Discussion/ Cooking Demonstration

Mondays, August 23, September 13

3:00 – 3:30 p.m.

Angela Dennison, Oncology 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 Connections:

Balancing Blood Sugars During

Cancer Treatment

Thursdays, August 26, September 2

6:00 – 7:30 p.m.

8/26: Presentation

9/2: Cooking Demonstration

Registration Required

Bonnie Brock, Registered Dietitian

Cancer treatments and medications can cause a spike in blood sugars. Join Bonnie to learn more about dietary strategies that can help maintain healthy blood sugar levels while focusing on a diet recommended for cancer.

Register here >

Eating and Cooking During Treatment

**In-Person*

Monday, August 30,

Thursday, September 30

12:30 – 2:00 p.m.

Registration Required

Adrienne Felder, MA, LCPC, Professional Chef

Madeline Butler-Sanchez, Bilingual

Oncology Nutritionist

Eating during treatment can turn into a chore.

Join Adrienne to learn more about foods and recipes that can be helpful when you are feeling unwell. Caregivers are welcome.

Register here >

Cancer Fighting Kitchen Series

Discussion and Cooking Demonstrations

Thursdays, September 9 - October 7

6:00 – 7:30 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Join us for this series based on the Cancer-Fighting Kitchen Cooking Course by Rebecca Katz. Each week will follow specific modules to increase your skills and knowledge on healthy cooking for cancer. Caregivers are also welcome to attend.

Register here >

Healthy Cooking for Breast Cancer

**In partnership with West Suburban |*

River Forest Breast Care Center

Thursday, September 16

2:30 – 4:00 p.m.

Registration Required

Bonnie Brock, Registered Dietitian

There is often confusion about which foods are safe to eat for breast cancer. Join us for this cooking class that will include a variety of foods and nutrients that are highly recommended.

Register here >

Antioxidant Favorites

Cooking Demonstration/Discussion

Saturday, August 21

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 >

Cocinar para el Cáncer

**En asociación con Mile Square*

Health Center

Sábado, 31 de julio

10:30 a.m. – 12:00 p.m.

Más información en página 26

P&R (preguntas y respuestas)

sobre nutrición: Azúcar

**En asociación con Mile Square Health*

Center

Sábado, 18 de septiembre

9:30 – 10:30 a.m.

Más información en página 26

Individual Nutrition Consultations

Registration Required

To schedule an appointment, contact

Angela Dennison at 630.654.5196

or adennison@wellnesshouse.org.

Angela Dennison, Registered Dietitian, will assist you in meeting your nutrition goals by providing personalized strategies based on your specific needs. No matter where you are in your cancer journey, you can work with Angela to learn how to nourish your body while focusing on healthy eating habits.



Exercise

Drop-In Exercise Classes | Descriptions

Please pre-register by visiting wellnesshouse.org and using the link next to class on page 12. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

Beginner Chair Yoga

Gentle, beginner and restorative chair-based and standing yoga postures.

Beginner Mat Yoga

Beginner and restorative mat-based and standing yoga postures.

Bodyweight Exercises for Strength and Balance

Standing and mat-based bodyweight exercises designed to improve endurance, strength, and balance without the use of equipment.

Restore Your Core After Cancer

Mat-based Pilates and Yoga combination with a focus on core strength and stability after cancer.

Chair Tai Chi

Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.

Nia

Mind-body movement choreographed dance class to soul-stirring music. Inspired by elements from the martial, dance and healing arts.

Pilates

Beginner mat Pilates help develop control and endurance by putting an emphasis on alignment, breathing and developing a strong core.

Qi Gong & Tai Chi

Learn a set of calming Qi Gong movements to enhance strength and circulation. The last portion of class will include an introduction to Tai Chi.

Tai Chi

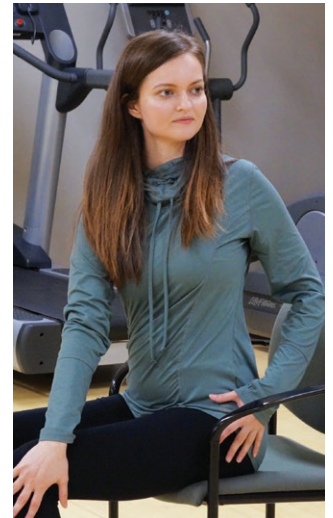
This ancient form of movement and exercise leads to harmony of mind and body while decreasing stress. You will learn a modified Yang form, which will help increase balance, strength and control.

Stretching through Cancer

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Yoga for Cancer

Introduction to gentle, beginner and restorative standing and mat-based yoga postures.



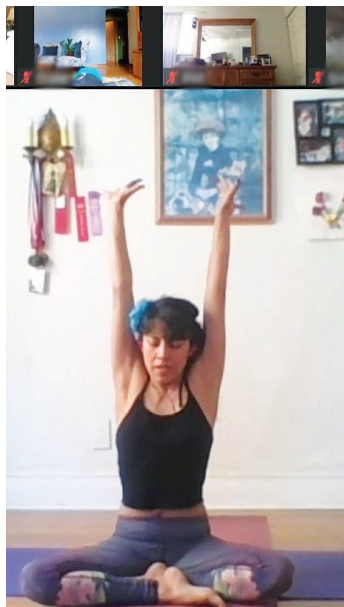


Exercise

Drop-In Exercise Classes Schedule

All classes are held live through Zoom video. Please pre-register using the link next to class. For Pilates or Nia, please contact Amanda Woods to request and/or check paperwork status. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

Classes are 1 hour unless otherwise noted.



MONDAY

- 8:00 a.m. Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m. Tai Chi [Register here >](#)
- 10:00 a.m. Yoga for Cancer (10:00 – 10:45 a.m.) [Register here >](#)
- 10:00 a.m. Beginner Mat Yoga **In partnership with Wheeling Township.* [Register here >](#)
- 12:30 p.m. Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 6:30 p.m. Beginner Mat Yoga [Register here >](#)

TUESDAY

- 9:00 a.m. Nia **Requires Medical Release/Health History prior to attending.*
- 9:30 a.m. Restore Your Core after Cancer (9:30 – 10:15 a.m.) [Register here >](#)
- 11:45 a.m. Chair Yoga (11:45 a.m. – 12:30 p.m.) [Register here >](#)
- 6:00 p.m. Tai Chi [Register here >](#)
- 6:00 p.m. Beginner Mat Yoga **In partnership with Lemons of Love.* [Register here >](#)

WEDNESDAY

- 8:00 a.m. Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m. Pilates **Requires Medical Release/Health History prior to attending.*
- 9:30 a.m. Yoga for Cancer **In partnership with Mile Square Health Center.* [Register here >](#)
- 11:45 a.m. Chair Yoga (11:45 a.m. – 12:15 p.m.) [Register here >](#)
- 4:00 p.m. Stretching through Cancer (4:00 – 4:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 5:30 p.m. Beginner Mat Yoga [Register here >](#)

THURSDAY

- 9:15 a.m. Beginner Mat Yoga [Register here >](#)
- 9:30 a.m. Beginner Chair Yoga (9:30 – 10:15 a.m.) [Register here >](#)
- 12:30 p.m. Beginner Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 2:00 p.m. Restore Your Core after Cancer (2:00 – 2:45 p.m.) [Register here >](#)
- 3:00 p.m. Chair Tai Chi (3:00 – 3:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 4:00 p.m. Yoga for Cancer (4:00 – 5:00 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 6:30 p.m. Stretching through Cancer (6:30 – 7:15 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)

FRIDAY

- 8:00 a.m. Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:00 a.m. Qi Gong and Tai Chi (9:00 – 10:30 a.m.) [Register here >](#)
- 10:00 a.m. Beginner Chair Yoga **In partnership with Mercy Hospital & Medical Center.* [Register here >](#)
- 10:30 a.m. Beginner Mat Yoga [Register here >](#)
- 10:45 a.m. Beginner Chair Yoga (10:45 – 11:30 a.m.) [Register here >](#)

SATURDAY

- 8:30 a.m. Pilates **Requires Medical Release/Health History prior to attending.*
- 11:00 a.m. Spanish Language Yoga **In partnership with ALAS-Wings + Pav YMCA.* [Register here >](#)



Exercise

Committed Exercise Classes | Descriptions

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. Treatment is abbreviated below as Tx.



Exercise During Cancer Tx I

Gentle, chair-based and supportive standing exercises for participants experiencing difficulties due to cancer treatment.

Exercise During Cancer Tx II

Exercises designed to improve activities of daily living while preparing participants for exercise after treatment.

Exercise After Cancer Tx I

Exercises for participants who have completed treatment and are interested in improving their health and fitness through regular exercise.

Exercise After Cancer Tx II

Exercises for maintaining health and fitness after cancer treatment. Appropriate for participants who can complete floor exercises and get up without assistance.



Pink Ribbon Fitness

Customized exercises for breast cancer survivors.

This program is suitable for breast cancer survivors in treatment and/or 1 year post-treatment.

Prostate Exercise

Customized exercises for prostate cancer survivors.

This program is suitable for participants within any stages of prostate cancer.



Exercise

Committed Exercise Classes | Schedule

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. Treatment is abbreviated below as Tx.

Classes are 30 minutes unless otherwise noted.



MONDAY

9:00 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
10:30 a.m.	Exercise During Cancer Tx II
11:30 a.m.	Exercise During Cancer Tx I
4:30 p.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>
5:30 p.m.	Exercise After Cancer Tx I
6:30 p.m.	Pink Ribbon Fitness

TUESDAY

7:30 a.m.	Exercise After Cancer Tx II
8:00 a.m.	Prostate Exercise (8:00 – 8:45 a.m.)
8:30 a.m.	Exercise After Cancer Tx I
10:15 a.m.	Exercise During Cancer Tx II
11:00 a.m.	Exercise During Cancer Tx I 🌸 <i>In-Person</i>
12:00 p.m.	Pink Ribbon Fitness

WEDNESDAY

9:00 a.m.	Exercise After Cancer Tx I
9:45 a.m.	Exercise After Cancer Tx I
10:45 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>

THURSDAY

7:30 a.m.	Exercise After Cancer Tx II
8:00 a.m.	Prostate Exercise (8:00 – 8:45 a.m.)
8:30 a.m.	Exercise After Cancer Tx I
9:15 a.m.	Exercise After Cancer Tx I
10:00 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>
11:00 a.m.	Exercise During Cancer Tx I
11:45 a.m.	Exercise During Cancer Tx I
5:30 p.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>

FRIDAY

9:00 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
11:30 a.m.	Exercise During Cancer Tx I

SATURDAY

7:30 a.m.	Exercise After Cancer Tx II
8:30 a.m.	Exercise After Cancer Tx I
9:30 a.m.	Exercise After Cancer Tx I
10:30 a.m.	Exercise During Cancer Tx II
11:30 a.m.	Pink Ribbon Fitness
12:30 p.m.	Exercise During Cancer Tx I 🌸 <i>In-Person</i>

Pelvic Floor Yoga Level I

**In partnership with Mile Square Health Center*

Tuesdays, July 13, 20, 27

11:00 a.m. – 12:15 p.m.

Registration Required

In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath, learn practices of value to adults of all ages, abilities and identities, no prior experience with yoga necessary.

Register here >

Pelvic Floor Yoga Level II

**In partnership with Mile Square Health Center*

Tuesdays,

August 17, 24, 31

11:00 a.m. – 12:15 p.m.

Registration Required

Participants will build on the

knowledge from Level I and explore a different Pelvic Health Topic each week including hypertonicity, hypotonicity, and initial post-surgical support. All participants must complete Level I before joining these sessions.

Register here >

Tai Chi Fundamentals Series

**In Partnership with Mile Square Health Center*

Wednesdays, July 14 - August 25

9:00 – 10:00 a.m.

Registration Required

This special series combines a simplified approach to Yang-Style Tai Chi with mindfulness practices to enhance mind, body, and spirit.

Register here >



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

Email UniqueBoutique@wellnesshouse.org or leave a message at 630.654.5110 to request a 45-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.

Please be sure to be in a quiet/private space at your scheduled appointment time. The 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. We request respectful participation with the intention of receiving Reiki/Healing Touch distantly.



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

✿ *In-Person*

Tuesdays

12:00 – 1:00 p.m.

Registration Required

Learn how to use everyday mindfulness and guided imagery to relax the body, still the mind, and engage the spirit to cultivate positive feelings that can help cope with challenges.

Register here >

Guided Meditation

✿ *In-Person*

Thursdays

10:30 – 11:30 a.m.

Registration Required

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.

Registration Required

Practice and experience relaxing your body and mind through deep breathing and guided imagery meditation. Utilize the learned techniques when experiencing difficulty sleeping.

Register here >

Mindfulness Meditation Circle

Mondays

July 19, August 16, September 20

10:30 – 11:30 a.m.

Registration Required

This class will start with a short discussion and check-in and then will be guided with breathwork and meditation to help connect with your inner calm.

Register here >

Meditation for Stress Management

**In partnership with Mile Square Health Center*

Mondays

5:00 – 6:00 p.m.

Registration Required

This class introduces different meditation techniques that once learned, can be easily practiced by participants whenever they feel stressed in daily life. We will explore different breathing exercises, guided meditation, visualization and affirmations. No previous meditation experience is necessary and all are welcome.

Register here >

Self-Compassion Practice

Wednesdays

July 21, August 18, September 15

6:30 – 7:30 p.m.

Registration Required

Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.

Register here >

Stress-Free Saturday

Saturdays

July 10, 24, August 14, 28,

September 11, 25

9:30 – 10:30 a.m.

Registration Required

Enjoy the benefits of starting your weekend stress-free. Come to this class and experience a variety of stress reduction techniques.

Register here >



Stress Management

Wellness through Deep Hypnosis + Distant Reiki Clinic

1st Saturdays

(August 7—no session in July
or September)

Hypnosis 10:00 – 11:30 a.m.

Reiki 11:35 a.m. – 12:15 p.m.

**In partnership with Countryside Church*
[Register here >](#)

3rd Saturdays

July 17, August 21, September 18

Hypnosis 10:00 – 11:30 a.m.

Reiki 11:35 a.m. – 12:15 p.m.

[Register here >](#)

Registration Required

Rev. C. Scot Giles, D.Min.

Diplomat, National Guild of Hypnotists

Heartmath® Certified Coach

Dr. Scot Giles, a 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 Hypnosis topics:

July: Dealing with Loud and Aggressive People

August: Embracing Change

September: When Bad Things Happen

Stress-Less Breathing Techniques

Thursdays

August 19 - September 2

11:30 a.m. – 12:30 p.m.

Registration Required

Join Mary Lisa (ML) Wahlfeldt, owner and instructor Begin With Ten, in this experiential program. This 3-week series will slowly progress with content and light breathing exercises each week. Practicing the art of diaphragmatic breathing can help reduce stress and aid with sleep, among several added health benefits.

[Register here >](#)

Garden Walk

**In-Person (weather permitting)*

Tuesdays

July 27, August 31,
September 28

1:00 – 3:00 p.m.

Registration Required

Join Susan Beard for a tour of her exquisite garden through the summer stages of plants and flower growth.

[Register here >](#)

Journeying Inward: Deep Relaxation for Stress Relief and Well-Being

Saturdays

July 10, August 7,

September 11

11:00 a.m. – 12:00 p.m.

Registration Required

Cecily Hunt, Certified Yoga Therapist

Join Cecily for an exploration of body, mind and breath as you gently move into a peaceful space. This class will combine relaxing breathwork, guided imagery where participants may experience deep relaxation.

[Register here >](#)

Mind Science Yoga

Saturdays

July 10, 24, 31,

August 7, 21, 28, Sept 11, 25

9:30 – 10:30 a.m.

Registration Required

*Saumen Chattopadhyay, Mind Science
Researcher and Meditation Guide*

Experience a unique journey on a guided path developed with ancient Vedic practices of breathing, powerful mantra meditation and 'samadhi.' The workshop highlights the benefits that have been studied, experimented and validated by science and practice.

[Register here >](#)

Unified Mindfulness

**In-Person*

Mondays

August 2 - Sept 27

(No class September 6)

5:00 – 6:00 p.m.

Registration Required

Join Cory for this 8-week series that

explores the unique and fundamental skills of Unified Mindfulness. This evidence-based approach to mindfulness exposes the natural capacity of the mind and body to restore balance and well-being. Participants may experience a sense of openness and acceptance of experiences, increased energy and tranquility, along with a heightened awareness of imagination.

[Register here >](#)

TYM for Me

**In partnership with Mile Square
Heath Center*

Wednesdays

August 4, 11, 18, 25

5:00 – 5:45 p.m.

Join us as we explore Tai Chi breathing techniques, gentle Flow Yoga and Meditation for a unique self-care experience. This 4-week series will incorporate a different theme each week to improve breathing, reduce stress, and increase happiness.

Week 1: It's All About the Breath

Week 2: Relax

Week 3: Quieting the Mind

Week 4: Happiness and Joy

Guided Meditation

Meditación Guiada

**En asociación con Mile Square
Health Center*

Cada tercer miércoles del mes

3:00 – 4:00 p.m.

Más información en página 26.

Midday Mindful Reset Series

**In Partnership with Mile Square
Health Center*

Wednesdays, September 8, 15, 22, 29

12:00 p.m. – 1:00 p.m.

Registration Required

Looking for an alternative way to infuse your afternoons with energy and clearer purpose? Join us for this guided lunchtime meditation series. Each week we'll share a practice of purposeful rest in community. No experience needed, with options to be seated or lying down.

[Register here >](#)



Stress Management

Expressive Arts

*For questions, please contact
Amanda Woods at
awoods@wellnesshouse.org
or 630.654.5194.*

*Please register at least 1 week
prior to all art classes to receive
the art supply list in advance.*

Mixed Media

Thursdays

**July 15, August 19,
September 16**

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. Feel free to register for one, two or all three!

July: Pastel Fireflies

August: Pastel Dandelion Puffs

September: Contemporary Paper Collage:
Autumn Trees

Register here >

Knotted Up

✿ *In-Person*

Tuesdays

July 20 - August 24

1:00 – 3:00 p.m.

Staff Registration Required

*To register, contact Amanda Woods
at 630.654.5346 or*

awoods@wellnesshouse.org.

Participants will use hemp cord to create one-of-a-kind bracelets using a variety of techniques each week.

Kaleidoscope Creations

Friday, July 23

1:30 – 3:00 p.m.

Registration Required

Join us as we explore pattern and symmetry to replicate the effect of a classic kaleidoscope toy in a 2-dimensional line drawing.

Register here >



Dimensions of Wellness

**In Partnership with Mile Square
Health Center*

Tuesdays

August 10 - September 28

6:00 – 7:00 p.m.

Registration Required

This series explores the highly individualized dimensions of wellness. Through discussions, worksheets, and simple art activities, participants will identify strengths and possible areas of change.

Register here >

Intro to Drawing with Value

✿ *In-Person*

Wednesdays

August 25 - September 29

6:00 – 8:00 p.m.

Staff Registration Required

*To register, contact Amanda Woods
at 630.654.5346 or*

awoods@wellnesshouse.org.

Value is defined as how light or dark something is, and is used in drawings to depict light and shadow. Learn how to use charcoal, white, and pencils to create value in your works of art.

Paper Mosaics

Friday, August 27

1:30 – 3:00 p.m.

Registration Required

Following the traditional process of ceramic mosaic, participants will build their own "paper mosaics" using line drawing and collage techniques.

Register here >

Color Theory

Tuesdays

September 7 - 28

3:00 – 5:00 p.m.

Registration Required

Apply color theory to mandalas and Zentangles to help create a rich, quality design.

Register here >

Mapping Sound

Friday, September 24

1:30 – 3:00 p.m.

Registration Required

Use sounds, including music, natural sounds and speech, to do responsive drawing and explore sound mapping.

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

Parent, Child, Teen and Family Consultations

Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.

For more information or to schedule an appointment, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Child and Family Welcome and Orientation

1st Tuesdays (August 2, September 7; no meeting in July)

5:00 – 6:00 p.m.

Registration Required

For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Parents and grandparents are invited to join in this orientation where you will meet Child and Family Oncology Staff, get an in-depth look at Child and Family programs and supports, and learn strategies for discussing diagnosis and treatment and recognizing and responding to stress reactions in children and teens.

Register here >

Teen Expressive Writing Workshop

Monday, September 13

4:00 – 5:00 p.m.

Staff Registration Required

To register, please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

All teens are invited to join in this special workshop to learn about various forms of expressive writing as a helpful tool for processing thoughts and emotions.

Fall Family Cooking Class

Hands-On Cooking Activity

September 28

5:00 – 6:30 p.m.

Staff Registration Required

To register, contact Gina Danehl, LCSW at 630.654.5115 or

gdanehl@wellnesshouse.org to register.

This cooking class provides hands-on experience where you will come together as a family to find new fall-themed recipes that are delicious, healthy and FUN!

This program is designed for families with children and teens.

Special Events

Kids Kamp

*** In-Person**

Monday, July 12 - Friday, July 16

10:00 a.m. – 12:00 p.m.

Staff Registration Required

To register, contact Gina Danehl at 630.654.5115 or gdanehl@wellnesshouse.org.

Kids Kamp is an opportunity to participate in fun activities, meet other children who have experienced cancer in the family, build confidence, and simply HAVE FUN! Group size will be limited, please register by July 6.

Registration deadline is July 5.

Back-to-School Social

*** In-Person**

Tuesday, August 10

5:00 – 6:00 p.m.

Registration Required

For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

School age kids are invited to this fun social event to celebrate the start of the school year with games and interactive activities.

Group size will be limited, please register by August 3.

Groups for Kids and Teens

Kids Support Group

2nd and 4th Tuesdays

(No group July 13)

Staff Registration Required

To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

This group is designed to support kids ages 5-12 in developing coping skills, clarifying misconceptions surrounding cancer, and promoting feelings of normalcy as they meet other children who are impacted by cancer.



Child & Family Programs

Kids Survivors Group

1st and 3rd Tuesdays

(No group July 6)

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Children ages 5-12 who have a cancer diagnosis will have the opportunity to develop coping skills, explore feelings surrounding their diagnosis, and connect with other children impacted by cancer.

Turtles

Mondays

(No group in July)

4:30 – 5:30 p.m.

Staff Registration Required

To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

A bereavement group for children ages 5-9. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

NEW! Tween Turtles

2nd and 4th Tuesdays

(No group July 13)

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

A bereavement group for older children ages 10-12. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

Bedtime Relaxation for Kids

2nd Thursdays

August 12, September 9

(No group July 8)

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

*** In-Person**

2nd Tuesdays

July 13, August 10, September 14

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

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 grieving the loss of a parent, discuss and learn about healthy coping strategies to manage stress and changes they are experiencing.

Teen Survivors Group

*** In-Person**

3rd Tuesdays

July 20, August 17, September 21

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

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 discussion of healthy coping strategies to manage cancer-related stress, challenges and survivorship.



Teen Connections Support Group

*** In-Person**

4th Tuesdays

July 27, August 24,

September 28

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

A monthly support group with discussion and hands-on activities for teens ages 13-18 who have a loved one with a current cancer diagnosis. 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.

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



Child & Family Programs

Individual Support for Parents, 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

Parents of Children with Cancer Networking Group

3rd Mondays

July 19, August 16, September 20

6:00 – 7:30 p.m.

Drop-ins Welcome

For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

This monthly peer group provides an opportunity for parents of children and teens with a cancer diagnosis to explore the emotional, physical, and spiritual challenges of a child's cancer diagnosis. Receive support, connect with other parents, and learn about helpful resources.

Register here >

Grandparents Networking Group

*** In-Person**

1st Thursdays

July 1, August 5, September 2

10:00 – 11:30 a.m.

Drop-ins Welcome

For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

This networking group is designed especially for grandparents experiencing cancer in the family to connect with others and discuss ways to cope with challenges

and connect with children and grandchildren during the cancer journey. Grandparents who are diagnosed with cancer and caregivers are all welcome.

Register here >

Turtles Bereavement Group for Parents

Wednesdays (No group in July)

5:00 – 6:15 p.m.

Staff Registration Required

To register, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

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.

Drop-ins Welcome

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org.

Losing a child to cancer is a profound experience. Attend this twice monthly group to exchange support and understanding with other parents.

Register here >

Networking Group for Bereaved Dads of Young Children and Teens

2nd Tuesdays

August 10, September 14

(No group in July)

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 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 >





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

Individual Consultations

Consultations and short-term counseling are available to assist those who are diagnosed and family members in processing the impact of cancer and developing positive coping strategies. Individual bereavement support is also available.

For more information or to schedule an appointment, please contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Day of Remembrance

Thursday, September 9, 5:30 – 6:45 p.m.

Registration Required

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 we welcome Dr. Thom Dennis, DMin, LCPC, who will present “Grief as a River of Experiences that can be Navigated.” Thom is the Bereavement Services Coordinator at NorthShore Hospice in Skokie. He is the creator of the Grief River® model and recently published his first book, “Beyond Here There Be Dragons: Navigating the uncharted waters of grief.”

[Register here >](#)

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 7.

Meaning-Centered Group for those Diagnosed with Cancer and Caregivers

Thursdays

August 12 – September 30

12:00 – 1:30 pm

Staff Registration Required

To register, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org

Open to anyone who has had a cancer diagnosis, or is tending emotionally and/or physically to a loved one with a cancer diagnosis.

Meaning-Centered Group for LGBTQ+ Community Members Diagnosed with Cancer

**In Partnership with Center on Halsted and co-facilitated by Center on Halsted staff*

Fridays

September 17 – November 5

1:30 – 3:00 pm

Staff Registration Required

To register, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

This group is open to anyone who identifies as LGBTQ+ and has had a cancer diagnosis.

Support Groups

NEW! Women of Color Cancer Connections Group

**In partnership with Mile Square Health Center*

1st and 3rd Tuesdays

10:00 – 11:30 a.m.

Drop-ins Welcome

Connect with others with a cancer diagnosis, who self-identify as women of color, in this twice monthly drop-in support group to share experiences, coping strategies, and support one another during the cancer journey.

[Register here >](#)

NEW! Newly Diagnosed Drop-in Support Group

2nd and 4th Tuesdays

10:00 – 11:30 a.m.

Drop-ins Welcome

Connect with others who have been diagnosed in the last year, in this twice monthly drop-in support group to share experiences of navigating the cancer journey and improve coping skills.

[Register here >](#)

Cancer Connections Group

**In partnership with Rush-Oak Park Hospital*

Mondays

5:00 – 6:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW at 630.654.7215 or tchasson@wellnesshouse.org.

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.

[Register here >](#)



Support Groups & Counseling

Breast Cancer Support Group

**In partnership with Rush-Oak Park Hospital*

Mondays

7:00 – 8:30 p.m.

Staff Registration Required

Please contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org to register prior to attending.

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.

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. and 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.

Caregiver Support Group

Wednesdays

3:00 – 4:30 p.m. and 7:00 – 8:30 p.m.

Staff Registration Required

Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Share and learn with other caregivers about positive coping and self-care strategies in this ongoing support group that meets at the same time as the Cancer Support Group.

Spanish Support Group for those Diagnosed with Cancer

Grupo de Apoyo para Personas Viviendo con Cáncer

Cada martes

4:00 – 5:30 p.m.

Más información en página 26

Spanish Caregiver Support Group

Grupo de Redes para Cuidadores

Cada cuarto martes del mes

6:00 – 7:30 p.m.

Más información en página 26

Grupo de apoyo para el cáncer metastásico

Cada jueves

10:00 – 11:30 a.m.

Más información en página 26

Young Adult Caregiver Support Group

**In-Person*

1st Thursdays

July 1, August 5, September 2

7:00 – 8:30 p.m.

Staff Registration Required

Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register. Connect with other young adult caregivers in this monthly group, while receiving support, discussing managing a balanced lifestyle, and helpful resources while caring for a loved one with a cancer diagnosis.

Living with Recurrent or Metastatic Cancer Support Group

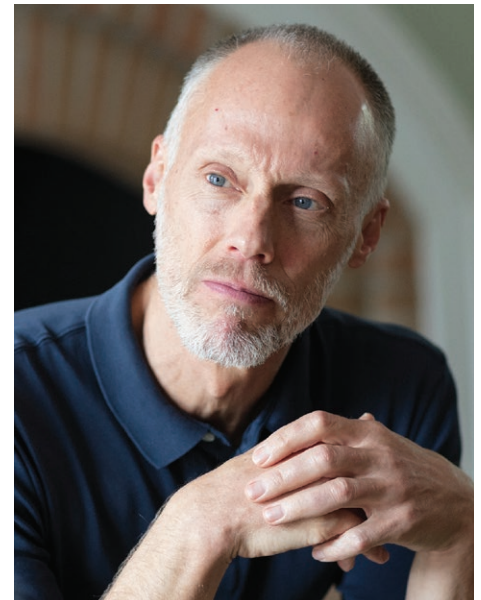
Fridays

10:00 – 11:30 a.m.

Drop-ins Welcome

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

This weekly group focuses on issues regarding recurrent and metastatic cancer



and welcomes individuals diagnosed as well as family members supporting a loved one with cancer.

[Register here >](#)

Scanxiety Drop-in Support Group

Mondays

3:00 – 4:30 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

Connect with others in this weekly group, discussing stress and anxiety related to awaiting oncology tests and scans, often referred to as “scanxiety,” including helpful relaxation strategies.

[Register here >](#)

Women’s Drop-in Support Group

Tuesdays

3:00 – 4:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW, 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 >](#)



Support Groups & Counseling

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 >

Support in Overcoming Stress (SOS)

*** In-Person**

Mondays

September 13, 20, 27

5:00 – 6:15 p.m.

Drop-ins Welcome

Connect with others in this 3-week drop-in series (Week 1: Self-Talk, Week 2: Self-Care, Week 3: Relaxation Techniques), open to those who have or have had a cancer diagnosis and caregivers, discussing stress management and learning to improve coping skills.

Register here >

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.

Bereavement Groups

Young Adult Bereavement Group

3rd Mondays

July 19, August 16, September 20

6:30 – 8:00 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett, LPC, at 630-654-5346 or

nbennett@wellnesshouse.org.

Young adults ages 19-44 are invited to join in this monthly drop-in bereavement

support group for an opportunity to connect with others who have experienced a cancer-related loss.

Register here >

Bereavement Networking Group for Those Who Have Lost a Parent

*** In-Person**

1st Thursdays

July 1, August 5, September 2

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 Support Group

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 >

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.

This is a committed bereavement support group to help spouses and partners develop coping techniques.

Transitions Alumni Networking

4th Tuesdays

July 27, August 24,

September 28

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

NEW! Death Café Alumni Networking Group

1st Tuesdays

August 3, September 7

(No group in July)

7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Michael Williams,

Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org.

Participants who have already participated in at least one Wellness House Death Café conversation and would like to continue to engage in discussion and support about dying and death are invited to participate in this monthly networking group.

Register here >

NEW! Healthcare Providers with Cancer Networking Group

3rd Thursdays

July 15, August 19, September 16

5:00 – 6:30 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett, LPC, at 630-654-5346

or nbennett@wellnesshouse.org.

This new monthly group invites those with a cancer diagnosis who are also working in healthcare professions including nurses, medical assistants, physicians and more to share about their experiences, including the unique challenges of serving others in a healthcare setting while navigating the cancer journey.

Register here >

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



Support Groups & Counseling

Cancer in Your 40s Networking Group **4th Thursdays**

July 22, August 26, September 23
7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

This monthly group focuses on the unique challenges diagnosed individuals in their 40s face in addition to their cancer treatment such as juggling career, school-age children, relationships, and caring for aging family members.

[Register here >](#)

LGBTQ Cancer Networking Group **3rd Wednesdays**

July 21, August 18, September 15
10:00 – 11:30 a.m.

Drop-ins Welcome

For questions, 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 >](#)

Parents of Children with Cancer Networking Group

Drop-ins Welcome

See page 20 for full description.

[Register here >](#)

Meaning-Centered Psychotherapy Alumni Networking Group **2nd Tuesdays**

July 13, August 10, September 14
3:00 – 4:30 p.m.

Staff Registration Required

Contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register.

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.

Stem Cell Transplant Networking Group **1st Tuesdays**

July 13*, August 3, September 7
***2nd Tuesday due to holiday**

1:00 – 2:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW at tchasson@wellnesshouse.org or 630.654.7215.

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

[Register here >](#)

Spiritual Side of Cancer

2nd Thursdays

August 12, September 9
(No group in July)

5:00 – 6:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW, 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 >](#)

NEW! Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color

**In partnership with Mile Square Health Center and co-facilitated by Sydwell Nkosi, UI Health Pastoral Care Team*

4th Mondays

July 26, August 23, September 27
7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

This monthly group creates a welcoming space 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

July 1, August 5, September 2
7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Tasha Chasson, LCSW, 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 >](#)

Women's Cancer Support Group

**In partnership with Mercy Hospital & Medical Center*

4th Fridays

July 23, August 27, September 24
9:00 – 10:00 a.m.

Staff Registration Required

Please contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org to register prior to attending.

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.

Grandparents Networking Group

**In-Person*

Drop-ins Welcome

Please see page 20 for full description.

[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

4th Thursdays

July 22, August 26, September 23

5:00 – 6:30 p.m.

For questions, contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

[Register here >](#)

Breast Cancer

4th Mondays

July 26, August 23, September 27

7:00 – 8:30 p.m.

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

[Register here >](#)

Breast Cancer

**In partnership with Mercy Hospital & Medical Center*

4th Fridays

July 23, August 27, September 24

11:00 a.m. – 12:30 p.m.

Staff Registration Required
Please contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org to register prior to attending.

Colon/Rectal Cancers

2nd Mondays

July 12, August 9, September 13

7:00 – 8:30 p.m.

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

[Register here >](#)

Gynecologic Cancers

2nd Thursdays

August 12, September 9

(No group in July)

7:00 – 8:30 p.m.

For questions, contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

[Register here >](#)

Head, Neck & Thyroid Cancers

3rd Tuesdays

July 20, August 17, September 21

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

2nd Thursdays

August 12, September 9

(No group in July)

7:00 – 8:30 p.m.

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

[Register here >](#)

Lung Cancer

**In-Person Meets every other month*
Thursday, August 5

5:00 – 6:30 p.m.

For questions, contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

[Register here >](#)

Melanoma

4th Tuesdays

July 27, August 24, September 28

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

1st Mondays

July 15*, August 2, September 16*

***Note special dates for July and September**

6:30 – 8:00 p.m.

For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org

[Register here >](#)

Multiple Myeloma

**In-Person* 3rd Thursdays

July 15, August 19, September 16

7:00 – 8:30 p.m.

For questions, contact Tasha Chasson, LCSW, at 630.654.7215 or tchasson@wellnesshouse.org.

[Register here >](#)

Neuroendocrine Tumors (NET)

2nd Saturdays

July 10, August 14, September 11

10:30 a.m. – 12:30 p.m.

For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

[Register here >](#)

Pancreatic Cancer

3rd Thursdays

July 15, August 19, September 16

5:00 – 6:30 p.m.

This program is sponsored by the Rolfe Pancreatic Cancer Foundation.

For questions, contact Tasha Chasson, LCSW at 630.654.7215 or tchasson@wellnesshouse.org.

[Register here >](#)

Prostate Cancer

2nd and 4th Wednesdays

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

**In-Person* 3rd Saturdays

July 17, August 21, September 18

11:00 a.m. – 12:30 p.m.

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

[Register here >](#)

Programas de apoyo para el cáncer en español



¿Qué es el Quimio Cerebro?

**En asociación con Mile Square Health Center*

Martes, 7 de septiembre

6:00 – 7:00 p.m.

Registro requerido

Thelma Razo, MSW, LSW, Wellness House

La quimioterapia puede tener impactos únicos en la memoria, la capacidad de atención y la concentración para los sobrevivientes de cáncer. Únase para aprender más sobre qué es el quimio cerebro y cómo afrontarlo.

Regístrese aquí >

Yoga en esterilla para principiantes

**En asociación con ALAS-Wings y Pav YMCA*

Sábados

11:00 a.m. – 12:00 p.m.

Bienvenidos sin cita previa

Posturas de yoga para principiantes y restauradoras basadas en esterilla y de pie.

Regístrese aquí >

Meditación Guiada

Tercer miércoles del mes

3:00 – 4:00 p.m.

Bienvenidos sin cita previa

Aprenda a relajar su cuerpo y aquietar su mente a través de imágenes guiadas, ejercicios de respiración y varias técnicas de relajación diseñadas para reducir el estrés, la ansiedad y encontrar la paz interior al aprender a vivir en el momento.

Regístrese aquí >

Grupo de Apoyo para Personas

Viviendo con Cáncer

Cada martes

4:00 – 5:30 p.m.

Bienvenidos sin cita previa

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente.

Regístrese aquí >

Grupo de Apoyo para el Cáncer

Metastásico

Cada jueves

10:00 – 11:30 a.m.

Se requiere registro con personal

Para registrarse, comuníquese con

Thelma Razo, LSW al 630.654.7208

o por correo electrónico a

trazo@wellnesshouse.org.

Este grupo semanal se centra en cuestiones relacionadas con el cáncer recurrente y metastásico y da la bienvenida a las personas diagnosticadas, así como a los familiares que apoyan a un ser querido con cáncer.

Grupo de Redes para Cuidadores

Cuarto martes del mes

6:00 – 7:30 p.m.

Se requiere registro con personal

Para registrarse, comuníquese con

Thelma Razo, LSW al 630.654.7208

o por correo electrónico a

trazo@wellnesshouse.org.

Este grupo de redes a sido diseñado para crear un espacio para los seres queridos de quienes han sido diagnosticados con cáncer compartan experiencias, información y se apoyen mutuamente.

Cocinar para el cáncer

**En asociación con Mile Square Health Center*

Sábado, 31 de julio

10:30 a.m. – 12:00 p.m.

Registro requerido

Andrea Hinojosa, Dietista Registrada

Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarlo a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Regístrese aquí >

P&R (preguntas y respuestas)

sobre nutrición: Azúcar

**En asociación con Mile Square Health Center*

Sábado, 18 de septiembre

9:30 – 10:30 a.m.

Registro requerido

¿Tiene preguntas sobre el azúcar, los carbohidratos o qué bebidas son las mejores para consumir? Únase a Andrea para obtener respuestas a todas sus preguntas.

Regístrese aquí >

Asesoramiento Individual

El asesoramiento individual ofrece un espacio seguro para abordar las complejidades que conlleva un diagnóstico de cáncer, hacer frente a los desafíos y las demandas del cáncer y para reconectarse a uno mismo durante y después del tratamiento.

Para hacer una cita, comuníquese con Thelma Razo a través de correo electrónico a trazo@wellnesshouse.org o por teléfono al 630.654.7208.

Wellness House Partner Network

Because Wellness House envisions a community where all people affected by cancer thrive, we maintain robust relationships with healthcare and community-based partners throughout metro Chicago. For people not able to get to our main location in Hinsdale, this creates access to Wellness House programs closer to home.

When we are able to meet in-person, the *partnership programs* featured throughout this program guide take place at the partner sites listed below; while programming remains online, participants are welcome to join any programs that feel relevant.

ARLINGTON HEIGHTS

Wheeling Township Office

1616 N Arlington Heights Rd
Arlington Heights, IL 60004

BERWYN

Pav YMCA

2947 Oak Park Ave
Berwyn, IL 60402

CHICAGO

ALAS-Wings

3023 N Clark St
Chicago, IL 60657

Center on Halsted

3656 N Halsted
Chicago, IL 60613

Mercy Hospital & Medical Center

2525 S Michigan Ave
Chicago, IL 60616

Mile Square Health Center

1220 S Wood St
Chicago, IL 60608

St. Sylvester Church

2157 N Humboldt Blvd
Chicago, IL 60647

UI Health Cancer Clinic

1801 W Taylor St
Chicago, IL 60612

DOWNERS GROVE

Advocate Good Samaritan Bhorade Cancer Center

3745 Highland Ave
Downers Grove, IL 60515

ELMHURST

Edward-Elmhurst Health | Elmhurst Memorial Hospital

155 E Brush Hill Rd
Elmhurst, IL 60126

HINSDALE

Wellness House staff is on-site Tuesday and Wednesday mornings at the office of Srilata Gundala, M.D. to provide more information about Wellness House, connection to programs and general support.

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 LCSW, 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.

LISLE

DuPage Medical Group

430 Warrenville Rd
Lisle, IL 60532

MT. PROSPECT

Lemons of Love

406 W Central Rd
Mt. Prospect, IL 60016

OAK PARK

Rush Oak Park Hospital

Medical Office Building
610 S Maple Ave
Oak Park, IL 60304

PALATINE

Countryside Church

1025 N Smith St
Palatine, IL 60067

RIVER FOREST

West Suburban Medical Center | Breast Care Center, River Forest Campus

420 William St
River Forest, IL 60305

For more information about partner locations, contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

Partners



Excellence Starts Here



Participants do not need to 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
T. Colin Campbell Center for Nutrition Studies
Chicago Board of Trade Foundation
The Coleman Foundation
Community Memorial Foundation
The DuPage Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
The Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer