Program Guide

Free Cancer Support

Spooky Spectacular
Hot Topics in Lung Cancer
¡Programas en español!

Now online and in-person
Special Events

To register online, visit wellnesshouse.org or call 630.323.5150 for more information.

Don't Miss Our Special Events!

Wellness Evolving:
Discovering Nature’s Impact on Cancer Survivors and Caregivers

Saturday, October 23
9:30 – 11:00 a.m.

Dr. David Victorson, PhD, Professor of Medical Social Sciences, Northwestern University Feinberg School of Medicine, Associate Director, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center at Northwestern University

Breathe in the fresh autumn air – how does that make you feel? Relaxed? Refreshed? Research reveals that time in nature can reduce stress and increase our overall sense of well-being. Dr. David Victorson, co-founder of True North Treks, an organization that guides young adult cancer survivors and caregivers through wilderness treks across the United States, shares about the positive health benefits that nature provides to those affected by cancer. From cognitive and emotional to social and physical benefits, the good that comes from time outdoors is vast. Learn about how nature delivers these effects, and ways to connect with it from wherever you are. Following the talk, we encourage you to get outside and join us for an optional virtual walk from your own backyard!

Register here >

Hot Topics in Lung Cancer
Saturday, November 20
9:00 a.m. – 12:00 p.m.

Register here >

Wellness Evolving:
Creative Arts for Self-Care featuring Twist Out Cancer
Thursday, December 2
6:30 – 8:00 p.m.

Register here >

Spooky Spectacular
Tuesday, October 26
6:00 – 7:30 p.m.

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

Gather the whole family for an evening of virtual Spooky fun. Join in for interactive games and a special guest performance. This event will showcase family costumes- including pets! Information for our Mini Pumpkin Patch Supply Pick-up will be provided upon registration.

Más información en página 22.
Welcome to Wellness House

New to Wellness House?

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

Call us at 630.323.5150

Or

Attend a Welcome to Wellness House Orientation

Or

Register for a program at wellnesshouse.org

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
October 2, 9, 16
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.

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 fall, 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 to be offered online.

Wellness House

October | Fall 2021

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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
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

Top Doc Lecture Series

How to Keep Your Eyes Healthy During Cancer Treatment
Thursday, October 7
7:00 - 8:30 p.m.
Registration Required
Treacy Adamo, OD, FAO, MS, Hinsdale Advanced Eye Care
Different types of cancer treatment can cause changes to your sight and vision. This presentation will discuss common vision-related side effects, overall ocular health, and preventative eye care measures.
Register here >

Healthcare Choices in Retirement
Tuesday, October 12
6:30 – 8:00 p.m.
Registration Required
Lori Martin, LCTC, Envision Benefit Specialists
An informational presentation about the changing Medicare landscape and healthcare choices in retirement. Gain a real understanding of how Medicare works and current and anticipated future costs. Leave with the planning tools you need to make good choices about your future healthcare.
Register here >

Improving Strength, Flexibility and Balance for Fall Prevention
Tuesday, October 19
6:00 – 7:00 p.m.
Registration Required
Phyllis Levine, PT, DPT, and Holly Light, PT
Building strength and flexibility is an important piece to preventing falls and improving balance. Learn tips for reducing your fall risk and types of exercise that will improve your overall strength and coordination. Join us for a follow-up exercise class on November 5.
Register here >

Unique Boutique

Brows, Scarves and More!
Wednesday, October 6
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 >

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.

Wellness Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.

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 what makes you feel most alive or your search for those experiences.
Register here >
Reiki Share
Tuesday, October 19
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 classes 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
*In partnership with Edward-Elmhurst Health
6:00 – 7:30 p.m.
Registration Required
October 19 - Introduction
October 26 - Exercise
November 2 - Nutrition
November 9 - Social, Emotional and Practical
November 16 - Medical Concerns
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. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.
Register here >

Moving Forward
Tuesdays, October 19 - December 7
5:30 – 6:30 p.m.
Thursdays, October 14 - December 2
5:30 – 7:30 p.m.
*Orientation will take place on Tuesday, October 12
Staff Registration Required
To register, contact Jadyn Chipman by October 8 at jchipman@wellnesshouse.org or 630.654.5116.
An 8-week experiential series for those who have completed treatment in the past year.

Healthy Eating for Prostate Cancer
Tuesday, October 26
3:00 – 4:30 p.m.
Registration Required
Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House
We will discuss the most updated research about diet and prostate cancer, as well as foods to safely include and limit.
Register here >

Nurses Know: Managing Radiation Side Effects
*In partnership with Mile Square Health Center
Thursday, October 28
6:30 – 8:00 p.m.
Registration Required
Sonja Claridge, BSN, RN, OCN, Nurse Manager, Radiation Oncology Services, Northwestern Memorial
Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Sonja Claridge covers what to expect when getting radiation, side effect management, and the long-term side effects of radiation.
Register here >

Compassionate Listening
*In collaboration with Imerman Angels
Thursday, October 21
7:00 – 8:30 p.m.
Registration Required
Jill Otto, LCSW, Support and Family Programs Manager, Wellness House
To listen to what someone else is going through is an extraordinary gift to offer. By simply listening to the challenges of another, we can actually reduce the amount of time the person feels sad.
For that individual, the mere act of expressing what is inside can be healing.
Listening requires emotional strength, patience, openness and a real desire to understand. Imerman Angel Mentors + Mentees and the Wellness House community are all warmly welcomed to join us as we explore how to cultivate compassionate listening skills as we engage with loved ones impacted by cancer.
Register here >

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.

Reiki for You: Level I
*In-Person
Thursdays, October 21, 28
9:00 a.m. – 1:00 p.m.
Registration Required
Jane Van De Velde, DNP, RN, Reiki Master Teacher, The Reiki Share Project
Reiki is a complementary healing practice that helps promote relaxation and alleviate stress. Reiki is life force energy that works holistically to bring balance physically, emotionally, mentally, and spiritually. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. Participation in both sessions is required.
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.

- Hot Topics in Breast Cancer
  Register here >
- Wellness Evolving Series
  Register here >
- Meaning-Centered Psychotherapy
  Register here >
- Anticancer Living
  Register here >
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 Programs

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturday, October 9
10:30 a.m. – 12:00 p.m.
Monday, October 18
6:00 – 7:30 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology 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 >

NEW! Eating and Cooking During Treatment
Cooking Demonstration/Discussion
In-Person
Monday, October 11
6:00 – 7:30 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology Dietitian
Eating during treatment can turn into a chore. Join us to learn more about foods and recipes that can be helpful when you are feeling unwell. Caregivers are welcome.
Register here >

Snack & Learn
Cooking Demonstration / Discussion
Tuesday, October 12
3:00 – 3:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration of how to incorporate it into a delicious and nutritious snack.
Register here >

Cooking for Cancer
Cooking Demonstration/Discussion
“In partnership with Mile Square Health Center
Wednesday, October 13
5:30 – 7:00 p.m.
Registration Required
Angela Dennison, Oncology 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 >

NEW! Cook Well, Eat Well for Cancer Series
Cooking Demonstration/Discussion
Thursdays,
October 14 - November 4
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef
In this series, learn about health-supportive ingredient selection, preparation, and cooking techniques to build flavor, incorporate and maintain nutrients, and bring comfort and enjoyment to meals.
10/14: Dinner in a Pinch
10/21: Seasoning to Taste
10/28: Soup Season
11/4: Eat Now and Freeze Later
Register here >

NEW! Wellness in Season: Fall
In-Person
Cooking Demonstration/Discussion
Friday, October 15
2:00 - 3:30 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology Dietitian
Join us for a fun afternoon of cooking with a focus on seasonal foods and fall favorites. Learn how to enjoy the fall without giving up your focus on healthy eating.
Recipes in this class may contain common food allergens.
Register here >

Presentations / Discussions

Managing Side Effects
In-Person
Monday, October 4, 25
12:30 – 1:30 p.m.
Thursday, October 14
12:30 – 1:30 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 side effects that are relevant to you:
- Low Appetite or Excessive Weight Loss
- Taste Changes or Lack of Taste
- Nausea and Vomiting
- Diarrhea and Constipation
- Neuropathy
Register here >
Managing Cancer Side Effects
*In partnership with Mile Square Health Center
Wednesday, October 20
5:30 – 6:30 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual 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.
Register here >

NEW! Cancer Nutrition 101: Salt Recommendations
Lecture / Active Group Discussion
Monday, October 25
6:00 – 7:00 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology Dietitian
Excessive salt intake can be a risk factor for cancer and lead to a variety of other health issues. Join Madeline to learn more about this topic and recommendations around intake.
Register here >

Healthy Eating for Prostate Cancer
Tuesday, October 26
For more information, visit page 5.

¿Busca apoyo nutricional en español?
Para obtener más información sobre los programas de nutrición y las consultas de nutrición en español, consulte la página 22.

Individual Nutrition Consultations by Appointment
To schedule an appointment:
Madeline Butler-Sanchez at 630.654.5101 or msanchez@wellnesshouse.org
Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org
Our Registered Dietitians will assist you in meeting your nutrition goals by providing personalized strategies based on your specific needs. No matter where you are on your cancer journey, you can 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 10. 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

All drop-in exercises 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
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<tr>
<td>8:00 a.m.</td>
<td>Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Tai Chi *Requires Medical Release/Health History prior to attending.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Yoga for Cancer (10:00 – 10:45 a.m.) *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
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<tr>
<td>10:00 a.m.</td>
<td>Beginner Mat Yoga *In partnership with Wheeling Township.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Chair Yoga (12:30 – 1:00 p.m.) *In partnership with Lemons of Love.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Lemons of Love.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>9:00 a.m.</td>
<td>Nia *Requires Medical Release/Health History prior to attending.</td>
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<tr>
<td>9:30 a.m.</td>
<td>Restore Your Core after Cancer (9:30 – 10:15 a.m.)</td>
<td>Register here &gt;</td>
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<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
<td>Register here &gt;</td>
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<tr>
<td>6:00 p.m.</td>
<td>Tai Chi *In partnership with Lemons of Love.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Lemons of Love.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>8:00 a.m.</td>
<td>Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
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<tr>
<td>9:30 a.m.</td>
<td>Yoga for Cancer *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:15 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Stretching through Cancer (4:00 – 4:45 p.m.) *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
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<tr>
<td>5:30 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga *In partnership with Insight Chicago.</td>
<td>Register here &gt;</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 &gt;</td>
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<tr>
<td>12:30 p.m.</td>
<td>Beginner Chair Yoga (12:30 – 1:00 p.m.)</td>
<td>Register here &gt;</td>
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<tr>
<td>2:00 p.m.</td>
<td>Restore Your Core after Cancer (2:00 – 2:45 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Chair Tai Chi (3:00 – 3:45 p.m.) *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Yoga for Cancer (4:00 – 5:00 p.m.) *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Stretching through Cancer (6:30 – 7:15 p.m.) *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>8:00 a.m.</td>
<td>Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Qi Gong and Tai Chi (9:00 – 10:30 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Beginner Chair Yoga *In partnership with Insight Chicago.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Beginner Mat Yoga *In partnership with Wheeling Township.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>8:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
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</tr>
<tr>
<td>11:00 a.m.</td>
<td>Spanish Language Yoga *In partnership with ALAS-Wings + Pav YMCA.</td>
<td>Register here &gt;</td>
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</tbody>
</table>
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 one year post-treatment.*

**Prostate Exercise**
Customized exercises for prostate cancer survivors.
*This program is suitable for participants within any stages of prostate cancer.*
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 (9:00 – 9:45 a.m.)  
  - *In-Person*
- **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 (4:30 – 5:15 p.m.)  
  - *In-Person*
- **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 (11:00 – 11:45 a.m.)  
  - *In-Person*
- **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 (10:45 – 11:30 a.m.)  
  - *In-Person*

### 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 (10:00 – 10:45 a.m.)  
  - *In-Person*

### FRIDAY
- **9:00 a.m.**  Exercise After Cancer Tx I (9:00 – 9:45 a.m.)  
  - *In-Person*
- **10:00 a.m.**  Exercise After Cancer Tx 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 (12:30 – 1:15 p.m.)  
  - *In-Person*

### Pelvic Floor Yoga Level I
*In partnership with Mile Square Health Center

**Tuesdays**
- **October 12, 19, 26**
- **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. Level II of this program will follow.

[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.

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 >

Mindfulness for Everyday Living
“In-Person
Tuesdays
10:30 – 11:30 a.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 >

Wellness through Deep Hypnosis
“In partnership with Countryside Church
“In-Person
Saturday, October 2
10:00 a.m. – 12:00 p.m.
Saturday October 16 (online)
10:00 – 11:30 a.m.
Rev. C. Scot Giles, D.Min.
Diplomat, National Guild of Hypnotists
Heartmath Certified Coach
Registration Required
Dr. Scot Giles, Renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing.
October: Finessing Negative People
Register here >

Reiki Clinic
“In partnership with Countryside Church
“In-Person
Saturday, October 2
10:00 a.m. – 1:00 p.m.
Saturday, October 16 (Online)
11:35 a.m. – 12:15 p.m.
Rev. Lindsay Bates, D.Min.
Level III Reiki Master Teacher
Staff registration required. Contact Kelli Mitchell at kmitchell@wellnesshouse.org.
Reiki is a complementary healing practice that helps promote relaxation and alleviate stress; it is life force energy that works holistically to bring balance physically, emotionally, mentally and spiritually.
Stress Management

Journeying Inward: Deep Relaxation for Stress Relief and Well-Being
Saturday, October 2
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
October 2, 16, 30
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 >

Stress-Free Saturday
Saturdays
October 9, 23
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 >

Mindfulness Meditation Circle
Monday, October 18
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 >

TYM for Me
*In partnership with Mile Square Health Center
Wednesdays
October 20 - November 10
5:00 – 5:45 p.m.
Ever consider practicing Mindfulness or Meditation but don’t know where to begin? TYM for Me is a 4-week seated class series that introduces you to simple movements and breathing techniques used in Tai Chi and Yoga. These practices improve your breathing, reduce stress and increase happiness. We will conclude with a short 5-7 minute Guided Meditation.
Level- Introductory/Beginner.
Week 1: It’s All About the Breath
Week 2: Relax
Week 3: Quieting the Mind
Week 4: Happiness and Joy
Register here>

Self-Compassion Practice
Wednesday, October 20
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 >

Mindfulness Based Stress Reduction
* In-Person
Fridays
October 22 - December 17
(No class November 26)
3:00 – 4:30 p.m.
Staff Registration Required
To Register contact Amanda Woods
630.654.5194 or awoods@wellnesshouse.org.
This scientifically researched 8-week program involves mindfulness meditation training and practice, yoga and body awareness training, exploration of patterns of thinking, feeling and action, brief lectures and group discussions. Enhance your ability to manage and reduce pain levels. Learn how to access and cultivate a natural capacity to actively engage in caring for yourself and find greater balance, ease and peace of mind. This course is appropriate for beginners and/or advanced meditators.

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 22.

Garden Walk
* In-Person (weather permitting)
Tuesday, October 26
12:00 – 2:00 p.m.
Staff Registration Required
To Register, contact Amanda Woods
630.654.5194 or awoods@wellnesshouse.org.
Join Susan Beard observing beautiful foliage at the beginning of fall color change stage.

Forest Therapy Walk
* In-Person (weather permitting)
Wednesday, October 27
10:00 a.m. – 12:00 p.m.
Staff Registration Required
To Register, contact Amanda Woods
630.654.5194 or awoods@wellnesshouse.org.
Immerse yourself in nature and experience the health benefits of forest bathing, also know as forest therapy or Shinrin-Yoku. During the walk we will use our senses to connect with nature.
Stress Management

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

Flute Circle
Tuesdays
10:00 – 11:00 a.m.
Registration Required
Learn to play the Native American flute and how to express yourself through music. Flutes are not being distributed due to COVID-19 precautions. If you do not own a Native American flute, you are welcome to join and listen to the music.
Register here >

Clay
In-Person
Fridays, October 1, 8
1:00 p.m. – 3:00 p.m.
Staff Registration Required
To register, contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.
Join us in using traditional ceramic hand building techniques to complete individual projects using wet clay. Creations will be professionally fired by a generous donor and returned to Wellness House for pick up.

Dimensions of Wellness
*In Partnership with Mile Square Health Center
Tuesdays
October 5 - November 23
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 >

Knotted Up 2.0
In-Person
Wednesdays
October 13 - November 17
5:30 – 7:00 p.m.
Staff Registration Required
To register, contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.
Participants will use hemp cording to create bracelets, key chains, mask lanyards, and more! Make something for yourself or make great handmade gifts to share with others. Appropriate for those who have taken Knotted Up or new participants.

Intro to Mandalas and Zentangles for Stress Relief
Tuesdays
October 19 - November 9
1:00 – 3:00 p.m.
Learn how to create entrancing patterns and designs as a method of reducing stress.
Register here >

Mixed Media
Thursday, October 21
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 this session.
October: Crayon Pumpkins
Register here >

New! Autumn Color by Number
Thursday, October 28
1:00 – 2:30 p.m.
Registration Required
Enter a state of tranquility with color by number. Relax and focus your mind on completing a beautiful autumn image. Supplies will be provided.
Register here >

Fabricación de tarjetas en español
*En asociación con ALAS-Wings
Sabado, 13 de noviembre
10:00 – 11:30 a.m.
Más información en página 22.
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 26
6:00 – 7:30 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Gather the whole family for an evening of virtual Spooky fun. Join in for interactive games and a special guest performance. This event will showcase family costumes— including pets! Information for our Mini Pumpkin Patch Supply Pick-up will be provided upon registration.

New! Crafty Kids
1st and 3rd Thursdays
October 7, 21
4:00 – 5:00 p.m.
Registration Required
Kids will have a wonderful time creating crafty projects around a special theme each session. Led by an art instructor, this group provides children with the opportunity to express themselves and learn new art skills. Art supplies will be available for pick-up or mailing as needed.
Register here >

Kids Survivors Group
1st and 3rd Tuesdays
October 5, 19
4:00 – 5:00 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@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.

Bedtime Relaxation for Kids
2nd Thursdays
October 14
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 >

Groups for Kids and Teens

New! Fun with Fitness for Kids
2nd and 4th Tuesdays
4:30 – 5:00 p.m.
Registration Required
Let’s have fun and get moving! This drop-in group provides kids ages 5-12 with the opportunity to stretch, move and increase fitness in an interactive and enjoyable way. All kids who attend will be registered into the Fun with Fitness Journey program with movement and wellness information and activities.
Register here >

Turtles
Mondays
4:30 – 5:30 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@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.

Tween Turtles
2nd and 4th Tuesdays
October 12, 26
4:00 – 5:00 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@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.

To learn more about our programs, please visit wellnesshouse.org
Child & Family Programs

Teen Turtles Bereavement Group
In-Person
2nd Tuesdays
October 12
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
October 19
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
October 26
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.

Groups for Parents and Family Caregivers

Parents of Children with Cancer Networking Group
In-Person
3rd Mondays
October 18
6:00 – 7:30 p.m.
Registration required
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@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
October 7
10:00 – 11:30 a.m.
Registration required
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@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 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.

Bereavement Group for Parents Who Have Lost a Child of Any Age to Cancer
1st and 3rd Tuesdays
October 5, 19
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
October 12
7:00 – 8:30 p.m.
Registration required
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 Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Meaning-Centered Psychotherapy Group for those Diagnosed with Cancer and Caregivers
Thursdays
October 28 - December 23
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.

Day of the Dead Art Project
Caja artística del día de los muertos
Miércoles, 27 de octubre
6:00 – 7:00 p.m.
Más información en página 22.
Register here >

Virtual Altar Sharing for Day of the Dead
Intercambio virtual de ofrendas
Jueves, 28 de octubre
6:00 – 7:30 p.m.
Más información en página 22.
Register here >

Support Groups

New! Women of Color Cancer Connections Group
*In partnership with Mile Square Health Center
1st and 3rd Tuesdays
October 5, 19
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org.
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 >

Newly Diagnosed Drop-in Support Group
2nd and 4th Tuesdays
October 12, 26
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
May 30 - November 29
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@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 >

“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
Breast Cancer Support Group  
*In partnership with Rush-Oak Park Hospital*  
**Mondays**  
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.  
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 Cancer  
**Cada martes**  
4:00 – 5:30 p.m.  
Más información en página 23

Grupo de apoyo para el cáncer metastásico  
**Cada jueves**  
10:00 – 11:30 a.m.  
Más información en página 23

Young Adult Caregiver Support Group  
**3rd Thursdays**  
October 21  
6:30 – 8:00 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**  
2:00 – 3:30 p.m.  
Drop-ins Welcome  
For questions, contact Thelma Razo, LSW at 630.654.7208 or trazo@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) 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
October 18
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
1st Thursdays
October 7
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 questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
For recently bereaved adults who have had a cancer-related loss. Losing someone you love can feel overwhelming, but you are not alone. Find others who can relate in this supportive environment.
Register here >

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

Transitions Alumni Networking
4th Tuesdays
October 26
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 >

Death Café Alumni Networking Group
1st Tuesdays
October 5
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 >

Healthcare Providers with Cancer Networking Group
3rd Thursdays
October 21
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 >

Cancer in Your 30s and 40s Networking Group
4th Thursdays
October 28
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
This monthly group focuses on the unique challenges diagnosed individuals in their 30s and 40s face in addition to their cancer journey.
Register here >

To learn more about our programs, visit wellnesshouse.org
Support Groups & Counseling

Support Groups & Counseling

Stem Cell Transplant Networking Group
1st Tuesdays
October 5
1:00 – 2:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
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
October 14
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@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
October 25
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
October 7
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@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 Insight Chicago
4th Fridays
October 22
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 16 for full description.
Register here >

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.

LGBTQ Cancer Networking Group
*In partnership with Mile Square Health Center
3rd Wednesdays
October 20
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Parents of Children with Cancer Networking Group
Drop-ins Welcome
See page 16 for full description. Register here >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays
October 12
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
October 5
1:00 – 2:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
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
October 14
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@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
October 25
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
October 7
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@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 Insight Chicago
4th Fridays
October 22
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 16 for full description.
Register here >

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.

LGBTQ Cancer Networking Group
*In partnership with Mile Square Health Center
3rd Wednesdays
October 20
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Parents of Children with Cancer Networking Group
Drop-ins Welcome
See page 16 for full description. Register here >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays
October 12
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.
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
October 28
5:00 – 6:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org
Register here >

Breast Cancer
4th Mondays
October 25
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 Insight Chicago
4th Fridays
October 22
11:00 a.m. – 12:30 p.m.
Staff Registration Required
To register, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Colon/Rectal Cancers
2nd Mondays
October 11
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
October 14
7:00 – 8:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Head, Neck & Thyroid Cancers
3rd Tuesdays
October 19
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
October 14
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
Meets every other month
October 7
5:00 – 6:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Melanoma
4th Tuesdays
October 26
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
October 4
6:30 – 8:00 p.m.
For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org.
Register here >

Multiple Myeloma
3rd Thursdays
October 21
7:00 – 8:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Neuroendocrine Tumors (NET)
2nd Saturdays
October 9
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
October 21
5:00 – 6:30 pm.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Prostate Cancer
2nd and 4th Wednesdays
October 13 and 27
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 Limited Group Size, Advanced Registration Required
3rd Saturdays
October 16
11:00 a.m. – 12:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >
¡Nuevo! Caja artística del día de los muertos
Miércoles, 27 de octubre
6:00 – 7:00 p.m.
Se requiere registro
Lo invitamos a crear una ofrenda de caja para honrar a un ser querido o para expresar y honrar las pérdidas y ganancias que ha experimentado como sobreviviente de cáncer. En este evento, nos tomaremos el tiempo para aprender sobre el día de los muertos, charlar y crear una ofrenda de caja. Instrucciones serán enviadas antemano para aquellos que se registren. Queremos crear un espacio creativo para procesar el duelo.
Regístrase aquí >

¡Nuevo! Intercambio virtual de ofrendas
Jueves, 28 de octubre
6:00 – 7:30 p.m.
Se requiere registro
Este evento ofrece un espacio virtual para que los participantes compartan sus ofrendas en casa con otros participantes. Nos reuniremos a través de Zoom y cada individuo tendrá la oportunidad de mostrarnos su ofrenda y contarnos sobre aquellos que ya no están con nosotros y cómo están siendo honrados.
Regístrase aquí >

Meditación Guiada
Tercer miércoles del mes
3:00 – 4:00 p.m.
Bienvenidos sin cita previa
Aprenda a relajar su cuerpo y 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.
Regístrase aquí >

Fabricación de tarjetas en español
*En asociación con ALAS-Wings
Sábado, 13 de noviembre
10:00 – 11:30 a.m.
La fecha límite de inscripción es el 1 de noviembre. Tenga hermosas tarjetas navideñas hechas a mano. Todos los suministros se enviarán por adelantado.
Regístrase 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 viene con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para apoyarse mutuamente.
Regístrase 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 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.

Nutrición
¡Nuevo! Manejo de efectos secundarios
*En asociación con Mile Square Health Center
Lunes, 4 de octubre
6:00 – 7:00 p.m.
Se requiere registro
Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe
Esta clase está destinada a personas que se someten o están a punto de comenzar un tratamiento y se centrará en minimizar o prevenir los efectos secundarios comunes. Durante esta sesión, discutiremos los efectos secundarios que son relevantes para usted:
- Poco apetito o pérdida excesiva de peso
- Cambios en el gusto o falta de gusto
- Náuseas y vómitos
- Diarrea y estreñimiento
- Neuropatía
Regístrase aquí >

Cocinando Demostración / Discusión
Viernes, 22 de octubre
2:00 – 3:30 p.m.
Se requiere registro
Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe
Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.
Regístrase 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

*Insight Chicago*
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**
*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 offices of Sudarshan Sharma, M.D. and Srilata Gundala, 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.*

Please contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org to arrange for a consultation.

**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.
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.

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

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.