

Program Guide

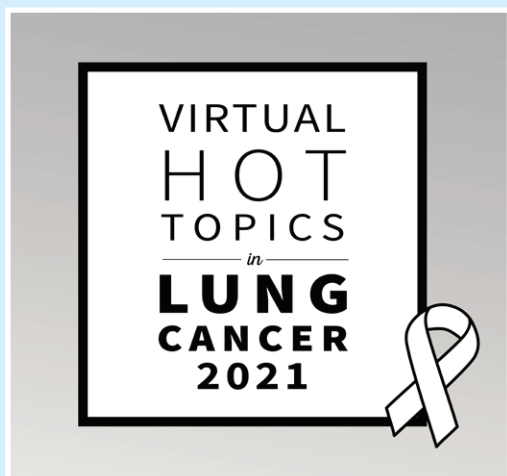
**Free
Cancer
Support**

Wellness Evolving:
Creative Arts for Self-Care
Hot Topics in Lung Cancer
¡Programas en español!

Now online and in-person



Don't Miss Our Special Events!



Hot Topics in Lung Cancer

Saturday, November 20

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 lung cancer.

Updates in Lung Cancer Treatment and Research Panel

9:00 – 11:00 a.m.

- Justin Karush, DO, thoracic surgeon, Rush University Medical Center
- Daniel Chakos, MD, medical oncologist, AMITA Cancer Institute
- Karan Shah, MD, MBA, radiation oncologist, Cancer Treatment Centers of America

Register here >

Benefits of Exercise for Lung Cancer

11:00 a.m. – 12:00 p.m.

- Amanda Theisinger, PT, DPT, CID, RUSH Physical Therapy
- Lesley Bezdek, PT, DPT, RUSH Physical Therapy

Register here >



Wellness Evolving:

Creative Arts for Self-Care featuring Twist Out Cancer

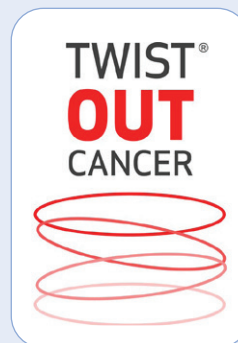
Thursday, December 2

6:30 – 8:00 p.m.

Registration Required

Creating art can help reduce stress and anxiety while also allowing one to explore feelings and express emotions in a healthy way. In this program, Twist Out Cancer's Jacqueline Carmody, LCPC, ATR-BC, will introduce the concept of art therapy and using creative arts as a form of healing within the cancer community. We will end the program with an experiential portion, where participants are invited to create art from their own home!

Register here >



Winter Wellness Journey

November 8 – December 18

Please join us for our inaugural Winter Wellness Journey! It will give you an opportunity to engage in Exercise, Stress Management, and Nutrition programs. Learn healthy strategies to combat the "winter blues" and promote a well-rounded approach to your health. There will be a raffle drawing upon conclusion. Join our Kick-Off Zoom meeting Wednesday, November 3rd 1:00 – 1:45 p.m. for more details. Journey goal setting consultations will be available.

To register, please contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.

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:

Thursday, November 25
Friday, November 26
Saturday, November 27

Special Hours:

Close at 3:00 p.m. Wednesday, Nov 24

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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 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.

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

November 6, 13, 20

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.



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!

Tuesday, November 2 | 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.

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

Building a Family Tree

Tuesday, November 2

3:00 – 4:30 p.m.

Registration Required

Charles Thomas, Genealogist

Acknowledging one's sense of connectedness to family and friends can help reduce feelings of isolation and deepen our relationships with others. Join us to learn about tools for building a family tree – whether that includes family members or friends who are like family. There is a follow-up Family Tree Networking Group on Tuesday, November 16 at 3:00 p.m.

More details on page 19.

[Register here >](#)

Managing Insomnia (In Spanish)

Cómo manejar el insomnio

**en asociación con ALAS-Wings*

Miercoles, 10 de Noviembre

6:00 – 7:30 p.m.

Mas información en pagina 22

Organizing Medical Information & Appointments during Cancer

**In partnership Mile Square Health Center*

Thursday, November 11

7:00 – 8:30 p.m.

Registration Required

Kimberly Gilbert, LPN, GI Nurse Navigator, University of Illinois Cancer Center

Keeping track of upcoming appointments,

Top Doc Lecture Series

Finding Self Compassion during Cancer

**In Partnership with Mile Square Health Center*



Thursday, November 4

7:00 – 8:30 p.m.

*Registration Required
Marcelo Bento Soares, Ph.D., University*

of Illinois College of Medicine at Peoria
Self-compassion and mindfulness can be powerful tools for emotional resilience during challenging times. Learn about how self-compassion can enhance one's overall emotional well-being, and how to approach difficult thoughts and feelings during cancer.

[Register here >](#)



Treatment Updates for Head & Neck Cancer

Tuesday, November 9

7:00 – 8:30 p.m.

Mihir Bhayani, MD,

Rush University Medical Center

Learn about the latest developments in the treatment of head, neck, and thyroid cancers. Dr Bhayani is a head and neck oncologic surgeon and will review surgical options for treatment as well as side effect management.

[Register here >](#)

medical records and bills during cancer can be challenging. Learn about helpful tools and creative ways to stay organized and reduce stress caused by treatment information.

[Register here >](#)

Managing Stress Through the Holidays

**In partnership with Lemons of Love*

Monday, November 15

6:30 – 8:00 p.m.

Registration Required

Ellen Nieman, MSW, LCSW, Wellness House
The holidays can be stressful. Add cancer on



Information & Education

top of that and there's potential for an overwhelming season. Join us as we share tips and strategies to prepare for and cope with the stress of the holidays so that you can more fully experience the joy of the season.

[Register here >](#)

Setting and Maintaining Good Boundaries

**In partnership with Imerman Angels*



Tuesday, November 16

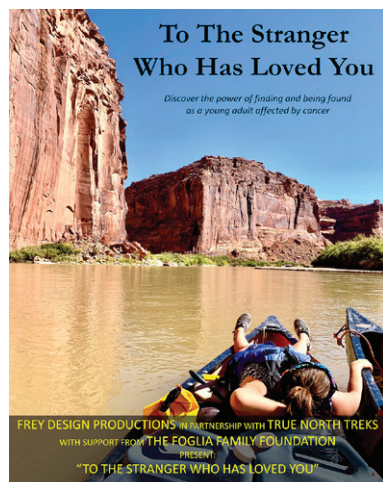
6:30 – 8:00 p.m.

Registration Required

Maigenete Mengesha, Ph.D., Senior Oncology Support Counselor, Wellness House

Boundaries are guidelines, rules or limits a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around them. For both survivors as well as those providing support and caregiving to survivors, creating healthy boundaries is empowering. By recognizing the need to set and enforce limits, you protect your self-esteem, maintain self-respect and enjoy healthy relationships.

[Register here >](#)



Film Viewing: To the Stranger (Who has Loved You)

**In collaboration with LivingWell Cancer Resource Center*

Thursday, November 18

6:30 – 8:00 p.m.

Registration Required

To the Stranger (Who has Loved You) is a documentary film from True North Treks, which follows young adult cancer survivors into the wilderness of Utah and Wyoming, and into the wilderness of their own lives, where they seek to learn ways to give back their hearts to themselves, to the strangers who have loved them. Following the screening, there will be a virtual discussion and Q&A session.

[Register here >](#)

Reiki Share

Thursday, November 18

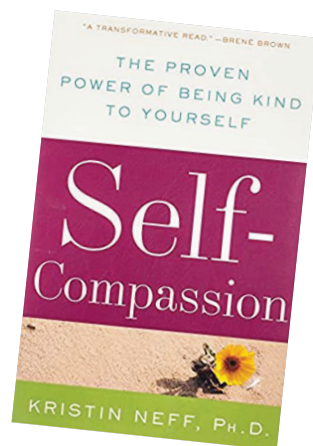
6:30 – 7:30 p.m.

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 >](#)



WELLNESS HOUSE BOOK CLUB

Self-Compassion: The Proven Power of Being Kind to Yourself

Tuesdays, November 9 - 30

4:00 – 5:00 p.m.

Registration Required

Ellen Nieman, MSW, LCSW, Wellness House
With self-compassion, we give ourselves the same kindness and care we'd give to a good friend. Join us as we delve into Dr. Kristen Neff's research and writing on the power of self-compassion to help us live in more compassionate and wholehearted ways.

[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 >](#)

Wellness House Death Café

Tuesday, November 30

7:00 – 8:30 p.m.

Registration Required

Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House

The practice of gathering in a "Death Café" was begun to provide a place for people to openly and respectfully exchange wonderings, worries, beliefs and support around the topic of dying and death, often providing a sense of connectedness, control and relief to its participants.

[Register here >](#)

Wellness House Life Café

Wednesday, December 1

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 >](#)



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 Programs

Antioxidant Favorites

Cooking Demonstration/Discussion

Saturday, November 6

9:30 – 10:30 a.m.

Registration Required

Angela Dennison, Oncology 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 >](#)

Healthy Cooking for Prostate Cancer

Cooking Demonstration/Discussion

Tuesday, November 9

3:00 – 4:30 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

This program is a continuation of Healthy Eating for Prostate Cancer. Join us and learn how to put dietary recommendations for prostate cancer, onto your plate.

[Register here >](#)

Wellness in Action:

Cook-Along Program

In-Person

Hands-On Cooking Class

Thursday, November 11

5:30 – 7:00 p.m.

Staff Registration Required

Angela Dennison, Oncology Dietitian

This hands-on cooking class is designed to boost your confidence and experience

in the kitchen. During class, you will follow Angela's lead while putting together a delicious and healthy recipe.

Recipes may contain common food allergens. To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Cooking Up Wellness

Cooking Demonstration/Discussion

Saturday, November 13

10:30 a.m. – 12:00 p.m.

Monday, November 15

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

Monday, November 15

12:30 – 2:00 p.m.

Registration Required

Adrienne Felder, MA, LCPC, Professional Chef

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 >](#)

Cooking for Cancer

Cooking Demonstration/Discussion

**In partnership with Mile Square Health Center*

Wednesday, November 10

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 >](#)

Snack & Learn

Cooking Demonstration/Discussion

Monday, November 29

3:00 – 3:30 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual 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 >](#)

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



Nutrition

Presentations / Discussions

Managing Side Effects

✿ **In-Person**

Monday, November 1

12:30 – 1:30 p.m.

Monday, November 22

6:00 – 7:00 p.m.

Online: Monday, November 8

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanches, Bilingual

Oncology Dietitian

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 >

NEW! Cancer Nutrition 101:

Navigating Online Resources

Lecture / Active Group Discussion

**In partnership with Mile Square Health Center*

Wednesday, November 17

6:00 – 7:00 p.m.

Registration Required

Andrea Hinojosa, Registered Dietitian

Navigating online resources can be confusing and overwhelming. Join Andrea to learn more about current resources for



cancer, how to assess credibility and how to navigate them online.

Register here >

Managing Cancer Side Effects

Lecture / Active Group Discussion

**In partnership with Mile Square Health Center*

Wednesday, November 3

6:00 – 7:00 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 >

Cancer Nutrition 101: Plant-Based Eating

✿ **In-Person**

Friday, November 19

11:00 a.m. – 12:00 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Dietitian

Plant-based diets are recommended for cancer. Whether you're a meat-eater or a vegetarian, eating more plants is easy. Join Madeline to learn more about plant-based eating and its benefits.

Register here >

Join the Winter Wellness Journey for Nutrition, Exercise, and Stress Management programs.

For more details, see page 2.

¿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.



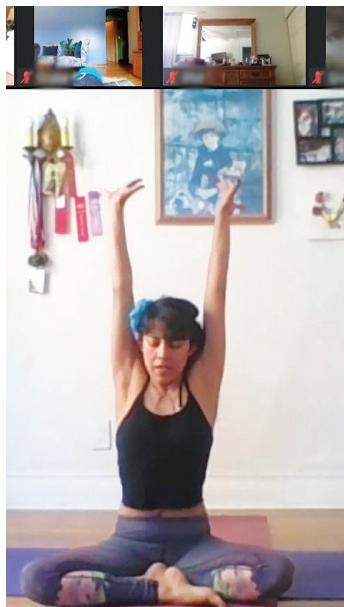


Exercise

Drop-In Exercise Classes Schedule

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.



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 Insight Chicago.* [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 one year post-treatment.

Prostate Exercise

Customized exercises for prostate cancer survivors.

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

Join the Winter Wellness Journey for Nutrition, Exercise, and Stress Management programs.

For more details, see page 2.



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 (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*

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 (5:30 – 6:15 p.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*

Exercise for Fall Prevention

Friday, November 5

2:00 – 3:00 p.m.

Staff Registration Required

Phyllis Levine, PT, DPT

and Holly Light, PT

To register, please

contact Amanda Woods,

at 630.654.5194 or

awoods@wellnesshouse.org.

Learn strategies for reducing your fall risk and practice movements that can improve your strength, balance, flexibility, and coordination. This class requires a current physician release form on file.

Tai Chi Fundamentals Series

**In Partnership with Mile Square Health Center*

Wednesdays

November 3 - 24

10:30 – 11:30 a.m.

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

New Time! 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 >

Mindfulness Meditation Circle

Monday, November 15

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

Wednesday, November 17

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 Management

Stress-Free Saturday

Saturday

November 13

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 >](#)

Wellness through Deep Hypnosis

**In partnership with Countryside Church*

🌸 In-Person

Saturday, November 6

10:00 a.m. – 12:00 p.m.

[Register here >](#)

Saturday, November 20 (online)

10:00 – 11:30 a.m.

[Register here >](#)

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.

November: Overcoming and Redirecting Anger

Reiki Clinic

**In partnership with Countryside Church*

🌸 In-Person

No group at Countryside in November

Saturday, November 20 (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.

Journeying Inward:

Deep Relaxation for Stress Relief and Well-Being

Saturday, November 6

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 >](#)

Dimensions of Wellness

**In Partnership with Mile Square Health Center*

Tuesdays

November 2 - 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 >](#)

Mind Science Yoga

Saturdays

November 6, 20

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 >](#)

TYM for Me

**In partnership with Mile Square Health Center*

Wednesdays

November 3, 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 >](#)

Meditation for Holiday Stress

**In partnership with Advocate Good Samaritan | Bhorade Cancer Center*

Wednesday, December 1

6:00 – 7:00 p.m.

Begin this holiday season by giving yourself the gift of meditation and breath. Join us for this session of meditation, visualization and affirmation. No previous meditation experience required. All are welcome.

[Register here >](#)

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.



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.

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 >](#)

Copper Tooling

* In-Person

Tuesdays

November 16 - December 21

4:30 – 6:30 p.m.

Staff Registration Required

To register, contact Amanda Woods
at 630-654-5194 or
awoods@wellnesshouse.org.

Participants will create images on copper
foil using basic wood tools and techniques.
Images will be raised above the surface
for a 3D effect.



Mixed Media

Thursday, November 18

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.

November: Commemorative Angel
Ornaments

[Register here >](#)

Color by Number

Thursday, November 18

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 image.
Supplies will be provided.

[Register here >](#)

DIY Stress Balls

Friday, November 19

1:00 – 2:00 p.m.

Registration Required

Make your own stress ball to use as an
aide to help reduce stress and promote
relaxation. Supplies will be provided.

[Register here >](#)

**Join the Winter Wellness Journey for Nutrition, Exercise,
and Stress Management programs.**

[For more details, see page 2.](#)

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



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

Special Events

Family Movie Night: Coco **Friday, November 5**

6:00 – 8:00 p.m.

Staff Registration Required

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

Join us for a special virtual Family Movie Night, featuring the movie “Coco”, a wonderful, animated film highlighting the journey of a young boy Miguel as he connects with his family, including his ancestors, in unique and special ways. Supplies bags with treats and activities will be available for pick-up, with details upon registration.

Registration deadline is Friday, October 29

Teen Expressive Writing Workshop **Monday, November 1**

5:00 – 6:00 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 Baking Class **Hands-On Cooking Activity** **Tuesday, November 9**

5:00 – 6:30 p.m.

Staff Registration Required

To register, contact Angela Dennison at 630.654.5196 or

adennison@wellnesshouse.org

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.

Groups for Kids and Teens

Kids Support Group

November 9 and 23

Meeting time provided upon registration
Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or

nbennett@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.

Kids Survivors Group

1st and 3rd Tuesdays

November 2, 16

4:00 – 5:00 p.m.

Staff Registration Required

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

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 Wednesdays

November 10, 24

4:00 – 5:00 p.m.

Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or

nbennett@wellnesshouse.org.



Child & Family Programs

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, November 11** **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, November 9 **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, November 16 **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, November 23 **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

3rd Mondays, November 15 **6:00 – 7:30 p.m.**

Drop-ins Welcome

For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@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, November 4 **10:00 – 11:30 a.m.**

Drop-ins Welcome

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. 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 Tuesdays, November 2**

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, November 9**

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.



New! Meaning-Centered Psychotherapy (MCP) Group in Spanish ¡Nuevo! Grupo centrado en el significado para personas con diagnóstico de cáncer y cuidadores

Los jueves

4 de noviembre al 23 de diciembre

3:00 - 4:30 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.

Más información en página 22

Support Groups

Women of Color Cancer Connections Group

**In partnership with Mile Square Health Center*

Tuesdays

November 2 and 16

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

Tuesdays

November 9 and 23

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 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 >



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 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.

Grupo de apoyo para el cáncer metastásico

Cada jueves

10:00 - 11:30 a.m.

Más información en página 22

Young Adult Caregiver Support Group

3rd Thursdays

November 18

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 (no group November 26 due to holiday)

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.

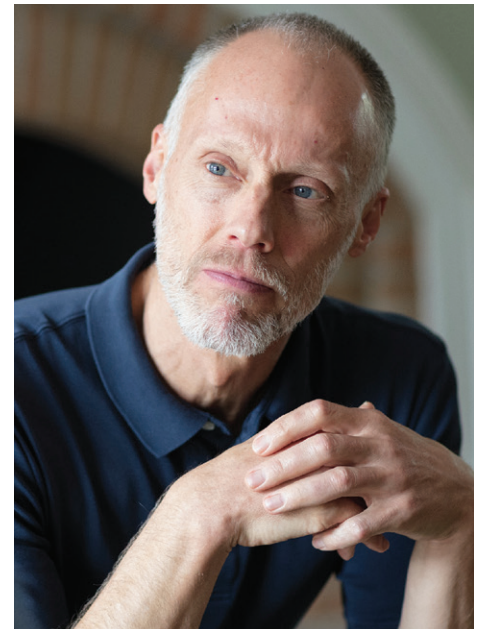
Drop-ins Welcome

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 >

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 Groups & Counseling

Support in Overcoming Stress (SOS) for the Holidays

Mondays

November 8, 15

5:00 – 6:15 p.m.

Staff Registration Required

Please contact Nevada Bennett, LPC, at 630.654.5346 or

nbennett@wellnesshouse.org to register.

The holiday blues can be especially difficult alongside the cancer journey. Connect with others in this two-part series, open to participants who have or have had a cancer diagnosis and caregivers, discussing the management of elevated stress during the holiday season.

SOS Alumni Support Group

2nd and 4th Thursdays (no meeting 4th Thursday due to Holiday)

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

November 15

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

November 4

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

November 23

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! Family Tree Networking Group

3rd Tuesdays

November 16

3:00 – 4:30 p.m.

Drop-ins Welcome

Human interconnectedness is a great pleasure and powerful emotional self-care tool in life in general and in life with cancer. Join with others in this monthly group to share interests and strategies for connecting more actively with your living family, including your friend family, and to exchange ideas about how to map out your historical family.

Register here >

Death Café Alumni Networking Group

1st Tuesdays

November 2

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

November 18

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 30s and 40s Networking Group

**4th Thursdays (No meeting in
November due to holiday)**

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 treatment such as juggling career, school-age children, relationships, and caring for aging family members.

LGBTQ Cancer Networking Group

**In partnership with Mile Square
Health Center*

3rd Wednesdays

November 17

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 16 for full description.

Register here >

Meaning-Centered Psychotherapy Alumni Networking Group

2nd Tuesdays

November 9

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

November 2

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

November 11

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

November 22

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

November 4

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 (Meeting 3rd Friday due
to holiday)**

November 19

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 >



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
(No meeting in November)**

5:00 – 6:30 p.m.

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

Breast Cancer

**4th Mondays
November 22**

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 (meeting 3rd Friday due to holiday)

November 19

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.

Colon/Rectal Cancers

**2nd Mondays
November 8**

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
November 11**

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
November 16**

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
November 11**

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
(No meeting in November)**

5:00 – 6:30 p.m.

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

Melanoma

**4th Tuesdays
November 23**

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
November 1**

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
November 18**

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
November 13**

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
November 18**

5:00 – 6:30 p.m.

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
November 10, 24**

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
November 20**

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

Cómo manejar el insomnio

**En asociación con ALAS-Wings*

Miércoles, 10 de Noviembre

6:00 – 7:30 p.m.

Se requiere registro

Yasmin Asvat, Ph.D, Psychologist, Rush University Medical Center

Dormir lo suficiente y obtener sueño de calidad es importante para nuestra salud en general, especialmente durante el cáncer. Únete con nosotros para obtener información sobre cómo el cáncer puede afectar el sueño y consejos para dormir mejor por la noche.

[Regístrate aquí >](#)

¡Nuevo! Grupo centrado en el significado para personas con diagnóstico de cáncer y cuidadores

Los jueves |

4 de noviembre al 23 de diciembre

3:00 - 4:30 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.

Abierto a cualquier persona que haya tenido un diagnóstico de cáncer o que esté atendiendo emocional y / o físicamente a un ser querido con un diagnóstico de cáncer.

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.

[Regístrate aquí >](#)

Meditación Guiada

Tercer miércoles del mes

**En asociación con Mile Square*

Health Center

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.

[Regístrate 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 apoyarse mutuamente.

[Regístrate 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.

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.

Nutrición

¡Nuevo! Nutrición Preguntas y Respuestas (P & R): Navegar por los recursos en línea

**En asociación con Mile Square Health Center*

Sábado 6 de noviembre

9:30 – 10:30 a.m.

Se requiere registro

Andrea Hinojosa, Dietista Registrada

Navegar por los recursos en línea puede ser confuso y abrumador. Únase con Andrea para obtener más información sobre los recursos actuales, cómo evaluar la credibilidad y cómo navegar por ellos en línea

[Regístrate aquí >](#)

¡Nuevo! Manejo de efectos secundarios

**En asociación con Mile Square Health Center*

Jueves, 18 de noviembre

10:00 – 11:00 a.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

[Regístrate aquí >](#)

Consultas Nutricionales Individuales
Se requiere registro para programar una cita, comuníquese con Madeline Bulter-Sanchez al 630.654.5101 o msanchez@wellnesshouse.org

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.

For AMITA patients, please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org; 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
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The Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer