

Program Guide



**Free
Cancer
Support**

Get to Know Us – Open House
Saturday, November 5

Check wellnesshouse.org for details

Now Online and In-Person

SPECIAL EVENTS:

Hot Topics in Blood Cancers
Spooky Spectacular
Holiday Party
Polar Express

¡Programas en español!

Table of Contents

Program Registration Information

Register for any program through the link below. You can also register by program area in the program sections throughout the guide.

For Staff Registration, please email or call the staff member listed.

Questions?
Feel free to call
630.323.5150

[Register here>](#)

03 | Special Events | New to Wellness House

04 | Information & Education

07 | Nutrition

09 | Exercise

11 | Stress Management

13 | Child & Family Programs

14 | Support Groups & Counseling

17 | Programas de apoyo para el cáncer en español

18 | Wellness House Partner Network

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.

Special Hours:

Close at 3:00 p.m. Wednesday, November 23

Closed for Holidays

Thursday, November 24

Friday, November 25

Saturday, November 26

Friday, December 23

Saturday, December 24

Monday, December 26

Monday, January 2

Open with No Programs

Tuesday, December 27, 8:30 a.m. – 5:00 p.m.

Wednesday, December 28, 8:30 a.m. – 5:00 p.m.



Thursday, December 29, 8:30 a.m. – 5:00 p.m.

Friday, December 30, 8:30 a.m. – 5:00 p.m.

Saturday, December 31, 8:30 a.m. – 1:00 p.m.

Choose How You Participate

Wellness House will continue to offer individual consultations and appointments in-person, as well as select in-person group programs. Registration is limited for in-person programs, and screening and safety measures will be in place at the house. Online programs will remain available.

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

Special Events



Hot Topics in Blood Cancers

Saturday, November 19
9:00 a.m. – 12:30 p.m.

Registration Required | Home of Hope

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 blood cancers.

9:00 – 11:00 a.m.

Updates in Blood Cancers Treatment and Research Panel

11:15 a.m. – 12:30 p.m.

Updates in Blood Cancer Treatment for Adolescents and Young Adults

Spooky Spectacular

Thursday, October 20 | 6:00 – 7:30 p.m.

This fun family drive-through event will be an opportunity for everyone to come dressed in their Halloween best! We will have games, snacks and halloween fun for all!



Wellness Evolving: The Power of Storytelling

Tuesday, November 15 | 6:30 – 8:00 p.m.

Registration Required

Maureen Muldoon, Professional Storyteller and Thought Leader

Storytelling is a beautiful and easy way to find your voice and share your truth. During this workshop, you will learn about the art of telling a good story through thought-provoking prompts and games to support you in harnessing the joy of sharing your stories.

Polar Express

Monday, December 12 | 6:00 – 7:30 p.m.

Wellness House families are invited to come take a drive through our Polar Express Winter Wonderland, with station stops along the way featuring fun activities and games, plus special surprises from Santa!

Holiday Open House



Friday, December 16
4:30 – 6:30 p.m.

Registration Required
Home of Hope

Join us for a very special evening at our Annual Holiday Open House!

You and your family are invited to share the holiday spirit at Wellness House. *Come enjoy the music, food and fun.*

New to Wellness House?

Three easy ways to connect!

#1

Call us at
630.323.5150

#2

Attend a Welcome to
Wellness House Orientation

#3

Register for a program
at **wellnesshouse.org**

Welcome to Wellness House Orientation

Registration Required

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.

Mondays 12:00 – 1:00 p.m.

Tuesdays 3:30 – 4:30 p.m.

Wednesdays 9:30 – 10:30 a.m.

Thursdays 5:30 – 6:30 p.m.

Fridays 12:00 – 1:00 p.m.

Saturdays 9:30 – 10:30 a.m.

October 1, 8, 15, 22, 29, November 5, 12, 19, December 3, 10, 17

Get to Know Us – Open House

Saturday, November 5

Check wellnesshouse.org for details

Bienvenidos a Wellness House

cada miércoles

5:30 – 6:30 p.m.

Se requiere registro

Únase a nosotros para tener la oportunidad de aprender más sobre cómo puede beneficiarse y comenzar en Wellness House. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.

Information & Education

Access to current and reliable information on topics like new treatments, help you feel empowered to stay informed.

Contact Brittany Brady at 630.654.7205 or bbrady@wellnesshouse.org.



Information & Education Programs: [Register here>](#)

Program		Oct	Nov	Dec	Time
Feng Shui Part 2: The Art of Placement	📄	4			12:00 – 1:00 p.m.
Black Cancer Podcast Club <i>In partnership with UI Health Mile Square</i>	📄	4			5:30 – 7:00 p.m.
Chicago Prostate Cancer Foundation Meetings	📄	5	2	7	5:30 – 6:30 p.m.
Reiki Share	📄	11	17	6	6:30 – 7:30 p.m.
Improving Intimacy and Relationships after Cancer Treatment <i>In partnership with Edward Elmhurst Health</i>					
Part 1: Sexual Health and Intimacy Presentation	📄	12			7:00 – 8:30 p.m.
Part 2: Communication for Couples Follow-Up Discussion	📄		9		5:00 – 6:30 p.m.

UNIQUE BOUTIQUE

Brows, Scarves and More!

📄 **Wednesdays, October 5,
November 2, December 14**
2:00 – 4:00 p.m.

Registration Required

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.

Hello, Beautiful

📄 **Tuesdays, October 25,
November 22, December 20**
5:30 – 6:30 p.m.

In Partnership with UIH Mile Square
Staff Registration Required
To register and for more information,

contact Blanca Díaz-Martínez at
630.560.0336 or

bdiazmartinez@wellnesshouse.org.

Join beauty expert Blanca Díaz-Martínez as she leads this intimate and fun session that will teach you how to wow your brows! Cosmetic supplies will be shipped to your home following the workshop. This program is offered to participants in active treatment.

¡Hola Hermosa!

📄 **Sábado, 15 de Octubre**
10:30 – 11:30 a.m.

Se requiere registro con personal. Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o bdiazmartinez@wellnesshouse.org.

Únete con la experta en belleza Blanca Díaz-Martínez para una capacitación de cejas. Los cosméticos serán incluidos para que practiquen los pasos y enseñará cómo usar maquillaje para que tus cejas se miren natural. Este programa se ofrece a los participantes afectados de pérdida de cejas por un diagnóstico de cáncer.

Wig Consultation

📄 📄 **By appointment only**

Receive personalized recommendations for wig style, color, fit and care with one of our experts. One wig is provided at no cost to participants experiencing hair loss due to treatment.

For questions or to schedule an appointment call 630.654.5110 or email uniqueboutique@wellnesshouse.org.



Information & Education

Program		Oct	Nov	Dec	Time
How Yoga Can Help During Cancer		17			2:00 – 3:00 p.m.
Introduction to Tai Chi and Qigong		27			7:00 – 8:30 p.m.
Post Breast Cancer Surgery Garments and Prostheses		27			2:00 – 3:30 p.m.
Reiki for You Level 2 Workshop			4, 11		9:00 a.m. – 1:00 p.m.
Self-Care and Stress Reducing Tips during the Holidays			10		1:00 – 2:30 p.m.
Wellness Evolving: The Power of Storytelling			15		6:30 – 8:30 p.m.
Hot Topics in Blood Cancers			19		9:00 a.m. – 12:00 p.m.
Wellness House Death Café			29		7:00 – 8:30 p.m.
Wellness House Life Café			30		10:00 – 11:30 a.m.
Nourishing Yourself during Cancer: A Cooking Experience With Nourished				1	3:00 – 4:30 p.m.
Movement during Cancer for Women <i>In partnership with UI Health Mile Square</i>				15	6:30 – 8:00 p.m.

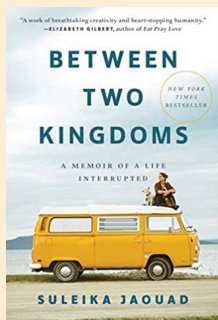
SURVIVORSHIP SERIES

Moving Forward

Tuesdays, October 25 - December 20 | 5:30 – 6:30 p.m.

Thursdays, October 27 - December 22 | 5:30 – 6:30 p.m.

This 8-week experiential series is for those who have completed treatment within the past year. The class includes commitment to weekly exercise classes, a weekly support group, and healthy cooking classes all designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment. **Contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org to register.**



WELLNESS HOUSE BOOK CLUB

**Tuesdays, October 4 - 25
4:00 – 5:00 p.m.**

Between Two Kingdoms: A Memoir of a Life Interrupted

Join us as we read Suleika's Jaouad's moving memoir of her experience of illness and recovery after a leukemia diagnosis at age 23. Jaouad's writing offers a powerful reflection on survivorship and an exploration of what it means to begin again.

Programs On-Demand

Registration Required

Wellness House offers recorded programs that you can watch when it's convenient for you. Programs range from guided meditations, to cooking classes and more!



Scan the code to see what's offered



Information & Education

Top Doc Lecture Series



Pediatric Cancer Survivorship after Treatment

Monday, October 24

6:30 – 8:00 p.m.

Aroop K. Kar, MD, Pediatric Hematologist and Oncologist, Ann & Robert H Lurie Children's Hospital of Chicago

Learn about the cognitive, emotional or physical effects that can arise after pediatric cancer treatment and how to manage and cope with them.



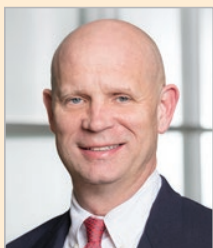
Advances in Radiation Technologies for Cancer Treatment

Tuesday, November 29

7:00 – 8:30 p.m.

Renuka Malik, MD, Radiation Oncologist, UChicago Medicine

Learn about the latest advances in radiation treatment, like image-guided radiation therapy (IGRT), intensity-modulated radiation therapy (IMRT), and management of organ motion. Side effect management will also be discussed.



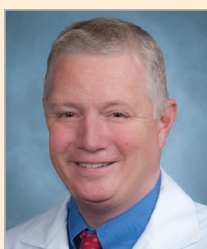
New Approaches to Treating Brain Metastasis

Thursday, December 1

7:00 – 8:30 p.m.

Patrick Sweeney, MD, Radiation Oncologist and Medical Director of Radiation Oncology at AMITA Health Cancer Institute, Radiation Oncology Consultants

Learn about new and emerging treatments for brain metastasis including surgery, radiosurgery and systemic therapies.



Benefits of Clinical Trials for Cancer

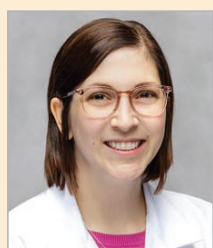
Tuesday, December 6

6:30 – 8:00 p.m.

William Small, Jr., MD, FACRO, FACR, FASTRO

Professor and Chairman Department of Radiation Oncology, Stritch School of Medicine Loyola University Chicago Director, Cardinal Bernardin Cancer Center

Learn about how clinical trials can provide access to the latest therapies, closer monitoring, and reduced costs. Examples of clinical trials as well as how to enroll will be discussed.



Lifestyle and Wellness during Survivorship

Tuesday, December 13

6:30 – 8:00 p.m.

Deborah Manst, MD, MPH, Oncogeneralist, Cancer Service UI Health

Learn about best practices for living well after cancer. From sleep to relationships, weight management and medical plans, Dr. Manst will cover a variety of areas for achieving overall health and wellness.

Nutrition

Healthy eating can increase energy
and reduce cancer-related side effects.

Contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org
with questions or to schedule an individual nutrition consultation.



Nutrition Programs: [Register here>](#)

COOKING DEMONSTRATION/DISCUSSION









Recipes may contain common food allergens.

Program		Oct	Nov	Dec	Time
Cooking for Cancer	 	8 17	12 21	10 19	10:30 a.m. – 12:00 p.m. 6:00 – 7:30 p.m.
Cooking for Cancer <i>In partnership with UI Health Mile Square</i>	 	12	9	14	5:30 – 7:00 p.m.
Snack & Learn	 	5	14	7	3:00 – 3:30 p.m. 12:30 – 1:00 p.m.
Wellness in Action <i>Staff Registration Required</i>	 	13	10	8	2:00 – 3:30 p.m. 5:30 – 7:00 p.m.
Antioxidant Favorites		22			9:30 – 10:30 a.m.
Cook Well, Eat Well for Cancer Series		6, 13, 20, 27			6:00 – 7:30 p.m.
Cooking & Eating During Treatment	 	10		15	12:30 – 2:00 p.m. 5:30 – 7:00 p.m.
Cooking for Cancer: Transitioning Your Plate <i>In partnership with UI Health Mile Square</i>		26	19		5:30 – 7:00 p.m.
Healthy Cooking for Breast Cancer		29			9:00 – 10:30 a.m.
Wellness in Season: Winter Favorites				2	12:30 – 2:00 p.m.
Cancer Nutrition Spotlight: Beets				8	12:30 – 2:00 p.m.
Healthy and Easy Ingredient Swaps				17	9:30 – 10:30 a.m.



Nutrition





PRESENTATION/DISCUSSION

Program		Oct	Nov	Dec	Time
Managing Cancer Side Effects <i>In partnership with UI Health Mile Square</i>	 	3	7 16	7	12:30 – 1:30 p.m. 4:00 – 5:00 p.m.
Cancer Nutrition 101: Health Benefits of Soy		10			6:00 – 7:00 p.m.
Food Safety During & After Treatment			2		6:00 – 7:30 p.m.
Managing Side Effects: Navigating a Low Fiber Diet			3		6:00 – 7:00 p.m.
Cancer Nutrition Q & A: What are Food Sources of Probiotics and Prebiotics?				1	6:00 – 7:00 p.m.
Cancer Nutrition 101: Maintaining Muscle Mass with Dietary Strategies				3	9:30 – 10:30 a.m.
Cancer Nutrition Q & A: Are Carbohydrates Bad?				12	6:00 – 7:00 p.m.

HOLIDAY COOKING SERIES

Holiday recipes can provide joy and nourishment at the same time. Join us for healthy and easy recipes that will be a hit this holiday season.



Program		Oct	Nov	Dec	Time
Healthy Eating Tips for the Holiday Season			5		9:30 – 10:30 a.m.
Holiday Desserts			7		6:00 – 7:00 p.m.
Cooking Up Wellness: Holiday Entrees			12		10:30 a.m. – 12:00 p.m.
Holiday Appetizers			14		6:00 – 7:00 p.m.

Exercise



Exercise is safe and recommended before, during and after cancer treatment.

No experience required and all abilities welcome. Contact Angie Ruggiero at 630.654.5114 or aruggiero@wellnesshouse.org with any questions or to schedule an individual exercise consultation or fitness assessment.

Exercise Programs: [Register here>](#)

SELF-REGISTRATION EXERCISE CLASSES

MONDAY

Bodyweight Exercises for Strength & Balance	8:00 - 8:45 a.m.
Tai Chi	9:30 - 10:30 a.m.
Yoga for Cancer	10:00 - 10:45 a.m.
Beginner Mat Yoga <i>In partnership with Wheeling Township</i>	10:00 - 11:00 a.m.
Chair Yoga	12:30 - 1:00 p.m.
Beginner Mat Yoga	6:30 - 7:30 p.m.

TUESDAY

Restore Your Core After Cancer	9:30 - 10:15 a.m.
Chair Yoga	11:45 a.m. - 12:30 p.m.
Stretching through Cancer <i>In partnership with UIH Mile Square</i>	4:30 - 5:15 p.m.
Beginner Mat Yoga <i>In partnership with Lemons of Love</i>	6:00 - 7:00 p.m.
Tai Chi	6:00 - 7:00 p.m.

WEDNESDAY

Bodyweight Exercises for Strength & Balance	8:00 - 8:45 a.m.
Yoga for Cancer <i>In partnership with UIH Mile Square</i>	9:30 - 10:30 a.m.
Chair Yoga	11:45 a.m. - 12:30 p.m.
Stretching through Cancer <i>In partnership with UIH Mile Square</i>	4:00 - 4:45 p.m.

Beginner Mat Yoga	5:30 - 6:30 p.m.
Pink Ribbon Community Yoga	4th Wednesday 7:00 - 8:15 p.m.

THURSDAY

Beginner Mat Yoga	9:15 - 10:15 a.m.
Beginner Chair Yoga	12:30 - 1:15 p.m.
Restore Your Core After Cancer	2:00 - 2:45 p.m.
Chair Tai Chi	3:00 - 3:45 p.m.

FRIDAY

Bodyweight Exercises for Strength & Balance	8:00 - 8:45 a.m.
Qigong	9:00 - 10:00 a.m.
Beginner Chair Yoga <i>In partnership with Insight Chicago</i>	10:00 - 11:00 a.m.
Beginner Mat Yoga	10:30 - 11:30 a.m.
Beginner Chair Yoga	10:45 - 11:30 a.m.

SATURDAY

Spanish Language Yoga <i>In partnership with ALAS-Wings + Pav YMCA</i>	11:00 a.m. - 12:00 p.m.
Beginner Chair Yoga	12:30 - 1:15 p.m.



Exercise

STAFF-REGISTRATION EXERCISE CLASSES

The following classes require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Angie Ruggiero, aruggiero@wellnesshouse.org, 630.654.5114 to schedule an exercise consultation. Treatment is abbreviated below as Tx.



Pre-registration open gym times are now available for participants on Mondays, 1:00 – 4:00 p.m. and Fridays, 12:00 – 3:00 p.m.

All sessions are supervised by staff. Contact Angie Ruggiero, aruggiero@wellnesshouse.org, 630.654.5114 to register for a 1 hour time block.

MONDAY

Exercise After Cancer Tx I	📍 9:00 - 9:45 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:15 a.m.
Exercise During Cancer Tx I	📍 11:30 a.m. - 12:15 p.m.
Open Gym	📍 1:00 - 4:00 p.m.
Exercise After Cancer Tx II	📍 4:30 - 5:15 p.m.
Exercise After Cancer Tx I	📍 5:30 - 6:00 p.m.
Pink Ribbon Fitness	📍 6:30 - 7:15 p.m.

TUESDAY

Exercise After Cancer Tx II	📍 7:30 - 8:15 a.m.
Prostate Exercise	📍 8:00 - 8:45 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:15 a.m.
Nia	📍 9:00 - 10:00 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:15 a.m.
Pink Ribbon Fitness	📍 12:00 - 12:45 p.m.

WEDNESDAY

Exercise After Cancer Tx I	📍 9:00 - 9:45 a.m.
Pilates	📍 9:30 - 10:30 a.m.
Exercise After Cancer Tx I	📍 9:45 - 10:15 a.m.
Exercise During Cancer Tx II	📍 10:45 - 11:30 a.m.

THURSDAY

Exercise After Cancer Tx II	📍 7:30 - 8:15 a.m.
Prostate Exercise	📍 8:00 - 8:45 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:15 a.m.
Exercise After Cancer Tx I	📍 9:15 - 9:45 a.m.
Exercise During Cancer Tx II	📍 10:15 - 11:00 a.m.
Exercise During Cancer Tx I	📍 11:15 - 11:45 a.m.

FRIDAY

Exercise After CancerTx I	📍 9:00 - 9:45 a.m.
Open Gym	📍 12:00 - 3:00 p.m.

SATURDAY

Exercise After Cancer Tx II	📍 7:30 - 8:15 a.m.
Pilates	📍 8:30 - 9:30 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:15 a.m.
Exercise After Cancer Tx I	📍 9:30 - 10:15 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:15 a.m.
Pink Ribbon Fitness	📍 11:30 a.m. - 12:15 p.m.

Tai Chi Series

📍 Wednesdays, November 2, 9, 16
10:30 – 11:30 a.m.

In partnership with UI Health Mile Square

Experience an intro to this gentle, ancient Chinese healing practice.

Pelvic Floor Yoga Series

📍 Tuesdays, November 1, 8, 15
11:00 a.m. – 12:15 p.m.

In Partnership with UI Health Mile Square

This series will include yoga poses, meditation, and breath work specifically designed to support your pelvic floor health.

Stress Management

Experience relaxation and learn stress management techniques to relax your body, still your mind, and improve your quality of life.



Contact Angie Ruggiero at 630.654.5114 with any questions or email aruggiero@wellnesshouse.org.

Stress Management Programs: [Register here>](#)

MIND/BODY

Program		Day/Month	Time
Meditation for Stress Management <i>In partnership with UI Health Mile Square</i>		Mondays	5:00 – 6:00 p.m.
Mindfulness for Everyday Living		Tuesdays	10:30 – 11:30 a.m.
Guided Meditation		Thursdays	10:30 – 11:30 a.m.
TYM for Me		Thursdays	4:00 – 4:45 p.m.
Meditation for Improved Sleep		Fridays	4:00 – 5:00 p.m.
Stress-Less Breathing Techniques		Thursdays, October 20, November 17, December 15	5:30 – 6:30 p.m.
Garden Walk (<i>Weather Permitting</i>)		Tuesday, October 18	12:00 – 2:00 p.m.
Wellness through Deep Hypnosis <i>In partnership with Countryside Church</i>	 	October 1, November 5, December 3 October 15, November 19, December 17	10:00 a.m. – 12:00 p.m. 10:00 – 11:30 a.m.
Reiki Clinic <i>In partnership with Countryside Church</i>	 	October 1, November 5, December 3 October 15, November 19, December 17	10:00 a.m. – 1:00 p.m. 11:35 a.m. – 12:15 p.m.
Journeying Inward: Deep Relaxation for Stress Relief and Well-Being		October 1, November 5, December 3	11:00 a.m. – 12:15 p.m.
Stress-Free Saturday		Saturdays, October 8, November 12, December 10	9:30 – 10:30 a.m.
Mindfulness Meditation Circle		Mondays, October 17, November 21, December 19	11:30 a.m. – 12:30 p.m.
Self-Compassion Practice		Wednesdays, October 19, November 16, December 21	6:30 – 7:30 p.m.
Mind Science Yoga		Saturdays, October 15, November 19, December 3, 10 <i>No class November 26</i>	9:30 – 10:30 a.m.
Midday Mindful Reset Series <i>In partnership with UI Health Mile Square</i>		Wednesdays, December 7, 14, 21	11:00 a.m. – 12:00 p.m.



Stress Management

EXPRESSIVE ARTS

Program		Day/Month	Time
Flute Circle		Tuesdays	10:00 – 11:00 a.m.
Mixed Media		Thursdays, October 20, November 17, December 15	1:00 – 3:00 p.m.
Color by Number		Monday, December 5	1:00 – 2:30 p.m.
Sand Painting		Tuesdays, October 11 - November 15	4:30 – 6:30 p.m.
Drawing Basics		Mondays, October 17 - November 7	1:00 – 2:30 p.m.
DIY Card Making		Thursdays, October 27 - November 10	12:30 – 2:00 p.m.
Mindful Drawing		Monday, November 14	1:00 – 2:30 p.m.
Knotted Up		Wednesdays, November 16 - December 21	5:30 – 7:30 p.m.
Intro to Pastels		Friday, December 16	1:00 – 3:00 p.m.
Clay		Fridays, December 2, 9	1:00 – 3:00 p.m.
Fabric Beads & Jewelry		Thursdays, December 1, 8	12:00 – 1:30 p.m.

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

Staff Registration Required

Energy-based techniques to help reduce stress, pain, and fatigue. Distant appointments available.

Reiki

Staff Registration Required

Energy-based holistic practice to help increase relaxation and inner balance. Distant or limited in person appointments available.

Massage Therapy

Staff Registration Required

Light, fully-clothed massage for relaxation. Physician medical release required. Limited in person appointments available.

Therapeutic Touch

Staff Registration Required

Energy-based practice incorporating the intentional and compassionate use of universal energy to promote balance and well-being.

For distant Wellness Tune-up, please be sure to be in a quiet/private space. The reiki or Healing Touch practitioner will call you to check-in. The practitioner will then hang up and begin sending energy to you remotely.

SPECIAL PROGRAM

Seasonal Wreaths

Friday, November 11

1:00 – 4:00 p.m.

Staff Registration Required
Home of Hope

To register, contact Jadyn Chipman 630-654-5116 or jchipman@wellnesshouse.org.

Create a seasonal wreath using natural elements that stimulate the senses to brighten your mood and entryway.

Child & Family



Our family programs give kids, teens, and parents a place to learn, express how they're feeling and heal.

Contact Beth Gomez at 630.654.5115 or bgomez@wellnesshouse.org with any questions or to schedule an individual consultation.

Child & Family Programs: [Register here>](#)

Program		Day/Month	Time
Turtles	①	Mondays, July 18 - December 19	4:30 – 5:30 p.m.
Turtles Bereavement Group for Parents	①	1st and 3rd Mondays, July 18 - December 19	4:30 – 5:30 p.m.
Parent, Child, Teen, Family Consultations	① 📄	Ongoing	
Brave Kids	①	Mondays, September 12 - December 19	6:00 – 7:00 p.m.
Parenting Brave Kids	①	Mondays, September 12 - December 19	6:00 – 7:00 p.m.
Networking Group for Bereaved Dads of Young Children and Teens	📄	2nd Tuesdays of the month	7:00 – 8:30 p.m.
Kids Group	①	Thursday, August 18 - December 5	4:30 – 5:30 p.m.
Teens Navigating Treatment	①	2nd and 4th Thursdays October 13 - December 22	7:00 – 8:00 p.m.
Pediatric Cancer Survivorship after Treatment	📄	Monday, October 24	6:30 – 8:00 p.m.
Polar Express	①	Monday, December 12	6:00 – 7:30 p.m.

SPECIAL PROGRAM



Spooky Spectacular

① **Thursday, October 20**

6:00 – 7:30 p.m.

Staff Registration Required

To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.

This fun family event will be an opportunity for everyone to come dressed in their Halloween best! We will have games, snacks and halloween fun for all!

Parent, Child, Teen and Family Consultations

① 📄 *Staff Registration Required*

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 Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.

Support Groups & Counseling

Connecting with others who understand what you're going through is important.

For questions about support groups and counseling, call 630.323.5150 or to schedule an individual consultation contact Nevada Bennett at nbennett@wellnesshouse.org.



..... **Support Groups & Counseling Programs:** [Register here>](#)

SUPPORT GROUPS

Program	Day/Month	Time
Cancer Support Group	Wednesdays Wednesdays	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Caregiver Support Group	Wednesdays 	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Living with Recurrent or Metastatic Cancer	Fridays	10:00 – 11:30 a.m.
Breast Cancer Support Group <i>In partnership with Rush Oak Park Hospital</i>	Mondays	7:00 – 8:30 p.m.
Living with Metastatic Breast Cancer	Tuesdays	10:00 – 11:30 a.m.
Lung Cancer Drop-in Support Group	Mondays	3:00 – 4:30 p.m.
Women of Color Drop-in Support Group <i>In partnership with UI Health Mile Square</i>	October 4, 18, November 1, 15, December 6, 20	10:00 – 11:30 a.m.
Men's Drop-in Support Group	Tuesdays	12:00 – 1:30 p.m.
Women's Drop-in Support Group	Tuesdays	2:00 – 3:30 p.m.
Cancer Support Group <i>In Partnership with Rush Oak Park Hospital</i>	Mondays	5:00 – 6:30 p.m.

BEREAVEMENT GROUPS

Program	Day/Month	Time
Bereavement Support Group	Mondays	5:00 – 6:15 p.m.
Bereavement Drop-in Support Group	Tuesdays	5:00 – 6:30 p.m.
Transitions for Spouses	Wednesdays <i>Meets twice every month. Dates provided upon registration</i>	
Transitions Alumni Connections	October 25, November 22	5:00 – 6:30 p.m.
Bereavement Connections Group for Those Who Have Lost a Parent	October 6, November 3, December 1	5:30 – 7:00 p.m.



Support & Counseling

MONTHLY PEER CONNECTION GROUPS

Drop-Ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to share challenges, information and strategies for navigating the cancer experience.

Program		Oct	Nov	Dec	Time
Newly Diagnosed Support Group		11	8	13	10:00 – 11:30 p.m.
Cancer Creative Connections Group		15	19	17	10:30 a.m. – 12:00 p.m.
Survivorship Connections		17	21	19	6:30 – 8:00 p.m.
Young Adults with Cancer Connections		6	3	1	7:00 – 8:30 p.m.
Young Adult Caregiver Connections		24	28		5:30 – 7:00 p.m.
Spiritual Side of Cancer		13	10	8	5:00 – 6:30 p.m.
Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color <i>In partnership with UI Health Mile Square</i>		24	28		7:30 – 8:30 p.m.
Strengthening Family Ties		18	15	20	3:00 – 4:30 p.m.
Death Café Alumni		4	1	6	7:00 – 8:30 p.m.
Meaning-Centered Psychotherapy Alumni		11	8	13	3:00 – 4:30 p.m.
LGBTQ+ Cancer		4	1	6	3:00 – 4:30 p.m.
Gay and Bisexual Men's Prostate Connections		19	16	21	10:00 – 11:30 a.m.
Women's Cancer Connections <i>In partnership with Insight Chicago</i>		28	26	23	11:00 – 12:30 p.m.

SPECIAL PROGRAMS

Meaning Centered Psychotherapy Group

Thursdays, October 27 - December 22
(No group November 24 due to holiday)

Staff Registration Required

*Michael Williams, Psy.D. at 630.654.5117 or
mwilliams@wellnesshouse.org.*

Meaning-Centered Psychotherapy (MCP) was designed by Memorial SloanKettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to anyone who has had a cancer diagnosis or is tending emotionally and/or physically to a loved one with a cancer diagnosis.

Can you Hear Me Now?

Communication for Couples

Wednesday, November 9

5:00 – 6:30 p.m.

Registration Required

Navigating the cancer journey can create many stresses for couples that impact communications. Join in this interactive couples workshop to explore helpful strategies to share thoughts and emotions with your partner.



Support & Counseling



DIAGNOSIS SPECIFIC MONTHLY CONNECTIONS GROUPS

Drop-ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to share challenges, information and strategies for navigating the cancer experience. Caregivers are welcome to all groups except the Breast, Gynecologic and Prostate Groups which are for those diagnosed with cancer only.

Program		Oct	Nov	Dec	Time
Bladder Cancer Connections		5	2	7	10:00 – 11:30 a.m.
Brain Tumor Connections		27		22	5:00 – 6:30 p.m.
Breast Cancer Connections		24	28		7:00 – 8:30 p.m.
		13	10	8	2:00 – 3:30 p.m.
Colon/Rectal Cancers Connections		10	14	12	7:00 – 8:30 p.m.
Gynecologic Cancers Connections		11	8	13	7:00 – 8:30 p.m.
Head, Neck & Thyroid Cancer Connections		18	15	20	7:00 – 8:30 p.m.
Lymphoma & Leukemia Connections		13	10	8	7:00 – 8:30 p.m.
Melanoma Connections		25	22		7:00 – 8:30 p.m.
Metastatic Breast Cancer Connections		3	7	5	6:30 – 8:00 p.m.
Multiple Myeloma Connections		20	17	15	7:00 – 8:30 p.m.
Neuroendocrine Tumors (NET) connections		8	12	10	10:30 a.m. – 12:30 p.m.
Pancreatic Cancer Connections		20	17	15	5:00 – 6:30 p.m.
Prostate Cancer Connections		12, 26	9, 23	14	9:30 – 11:00 a.m.
Sarcoma Cancers Connections		15	19	17	11:00 a.m. – 12:30 p.m.

Programas de apoyo para el cáncer en español

Para obtener más información, comuníquese por correo electrónico.

a información@wellnesshouse.org o llame al 630.654.5529.

..... **Registro Programas de apoyo para el cáncer en español:** [Register here>](#)

Program		Day	Time
Bienvenidos a Wellness House		Miércoles	5:30 – 6:30 p.m.
Grupo de Apoyo para Personas Viviendo con Cáncer		Cada martes	4:00 – 5:30 p.m.
Cocina saludable para el cancer de mama		sabado, 15 de octubre	9:30 – 10:30 a.m.
Cocinar para el cáncer		sabado, 8 de octubre	9:30 – 10:30 a.m.
Preguntas y respuestas sobre nutrición contra el cáncer: ¿Debo evitar la soya?		sabado, 22 de octubre	9:30 – 10:30 a.m.
Merienda & Aprende		viernes, 28 de octubre	2:00 – 2:30 p.m.
Consejos de alimentación saludable para las fiestas		sabado, 5 de noviembre	9:30 – 10:30 a.m.
Merienda & Aprende		viernes, 16 de diciembre	2:00 – 2:30 p.m.
Merienda & Aprende		viernes, 18 de noviembre	2:00 – 2:30 p.m.
Bienestar en temporada: favoritas de invierno		viernes, 9 de diciembre	2:00 – 3:30 p.m.

Para obtener más
información sobre nuestros
programas, visite
wellnesshouse.org/espanol

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.

ARLINGTON HEIGHTS

Wheeling Township Office

1616 N Arlington Heights Rd
Arlington Heights, IL 60004

BERWYN

MacNeal Hospital

3249 S Oak Park Ave
Berwyn, IL 60402

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

Office of Sudarshan Sharma, M.D.

121 N Elm St

Hinsdale, IL 60521

Contact Ellen Nieman, LCSW at

630.654.5198 or enieman@wellnesshouse.org to schedule an onsite consultation.

Hope and Healing Clinic, Srilata Gundala, M.D.

950 N. York Rd, Ste 201A

Hinsdale, IL 60521

Contact Ellen Nieman, LCSW at

630.654.5198 or

enieman@wellnesshouse.org

to schedule an onsite consultation.

Advent Health Cancer Center

1 Salt Creek Lane
Hinsdale, IL 60521

LISLE

Duly Health and Care

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

Wellness House Partner Network



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
Duly Health and Care Charitable Fund
of the DuPage Foundation
The Greer Foundation
Hinsdale Junior Woman's Club
MDRT Foundation
Elizabeth Morse Genius Charitable Trust
Edmond and Alice Opler Foundation
Pfizer
The Service Club of Chicago
Naffah Family Charitable Foundation
TCC Gives
Westlake Health Foundation