

Program Guide



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.

**Cancer
Support**

Provided FREE
of Charge

WELCOME TO WELLNESS HOUSE

We are a team of warm and caring experts ready to help those newly diagnosed, in treatment, and post treatment, as well as caregivers and families. All programs are provided at no cost.

Choose How You Participate



Wellness House offers a variety of classes, groups, and individual appointments in-person and online. 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.



Program Registration

Register online at wellnesshouse.org

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

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 at Wellness house. We'll share an overview of programs, a tour of the house and a chance to meet staff.

 Mondays	5:30 - 6:30 pm
 Tuesdays	9:00 - 10:00 am
 Wednesdays	9:30 - 10:30 am
 Thursdays	12:00 - 1:00 pm
 Fridays	12:00 - 1:00 pm
 Saturdays	9:30 - 10:30 am

Apr 4, 18, 25 | May 2, 9, 30 | June 6, 13, 27

HOURS OF OPERATION

Monday - Thursday
Reception Desk: 9:00 am - 7:00 pm
Programs: 7:30 am - 8:30 pm

Friday
Reception Desk: 9:00 am - 5:00 pm
Programs: 7:30 am - 5:00 pm

Saturday
Reception Desk: 9:00 am - 12:00 pm
Programs: 7:30 am - 1:00 pm

Closings:
Friday May 22, close at 3pm
Saturday, May 23, closed
Monday, May 25, closed

Monday, June 29, open 9 - 5, no programs
Tuesday, June 30, open 9 - 5, no programs

THANK YOU TO OUR GENEROUS GRANTORS

- Anonymous
- Guy A. and N. Kay Arboit Charitable Trust
- Bears Care
- CBOT Foundation
- The Coleman Foundation
- Community Memorial Foundation
- Duly Health and Care Charitable Fund of DuPage Foundation
- Elizabeth Morse Genius Charitable Trust
- The Greer Foundation
- Hinsdale Junior Woman's Club
- Illinois Department of Public Health
- Gene S. Moss Foundation II Inc.
- Naffah Family Charitable Foundation
- Oberweiler Foundation
- Edmond & Alice Opler Foundation
- Prostate Cancer Foundation of Chicago
- Ramon Bueno Cancer Support Foundation
- Rolfe Pancreatic Cancer Foundation
- Together at Peace
- Westlake Health Foundation

Unique Boutique

PERSONALIZED SALON AND BODYWORK

A warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.



SALON SERVICES

HAIR CUTTING, SHAVING, & SHAPING
Licensed professional stylists provide haircuts, shaving, shaping, and wig styling to those experiencing hair loss due to treatment.

WIG BOUTIQUE

FITTING & STYLING
Receive personalized recommendations for wig style, color, fit, and care. One free wig is provided to participants experiencing hair loss due to treatment.

WELLNESS TUNE-UPS

MASSAGE THERAPY
Light, fully clothed massage therapy for relaxation. A physician's medical release is required.

REIKI, HEALING TOUCH
Energy-based therapies help increase relaxation and inner balance while reducing stress, pain and fatigue.

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org
Appointments are limited & provided at no cost.

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

Glowing Through It

Registration Required
Friday, April 10 | 10:00 am - 12:00 pm
Tuesday, May 5 | 10:00 am - 12:00 pm
Thursday, June 11 | 10:00 am - 12:00 pm

Eyebrows, scarves, makeup, and more to make you shine. This beauty class is for participants in active treatment.

All participants will receive a free makeup kit.

Community Acupuncture

Staff Registration Required
Friday, April 24 | 12:00 - 2:30 pm
Friday, May 15 | 12:00 - 2:30 pm
Friday, June 26 | 12:00 - 2:30 pm
Dr. Jeni Uswajesdadul, DACM, L.Ac

Using various points on the body, acupuncture treats the body, mind and spirit. A community, or shared, space provides a collective relaxation experience, strengthening connection and support with a focus on well-being. *A current medical release for Acupuncture is required.*

Energy Healing Circle

Staff Registration Required
Friday, June 12 | 1:00 - 2:00 pm

The Energy Healing Circle is a peaceful group experience where participants receive Reiki energy while seated quietly or reclining in zero gravity chairs. During this 45-minute group session, experienced practitioners use light touch to offer gentle comfort and support. Benefits of Reiki energy healing include relaxation, release of stress, and a sense of balance and well-being. All are welcome—no prior experience with energy healing is needed.

To register for these programs, contact Michelle Carnagio at mcarnagio@wellnesshouse.org or 630.560.0336



Free. Expert-Led. In-Person.

Wellness House is excited to invite you to join us for a day of learning, connection and support for breast cancer survivors and their loved ones. The event will include educational presentations, experiential sessions for self-care and wellness, along with networking opportunities with other community organizations.

wellnesshouse.org

630.323.5150

HOT TOPICS IN BREAST CANCER CHICAGO 2026

WEDNESDAY, JUNE 10

5:30 - 8:00 pm

**In Person | Malcolm X College Conference Center
1900 W. Jackson Blvd., Chicago, IL 60612**

AGENDA

5:30 pm

**REGISTRATION, DINNER, NETWORKING WITH
COMMUNITY ORGANIZATIONS**

6:00 pm

**SELF-ADVOCACY & MENTORING AFTER
BREAST CANCER**

*Tamara Hamlish, PhD, University of Illinois Chicago,
Young and a Survivor*



6:30 pm

HEALTHY EATING FOR BREAST CANCER

Madeline Butler Sanchez, RD, LDN, Wellness House



7:15 pm

UPDATES IN THE TREATMENT OF BREAST CANCER

Patricia Robinson, MD, Northwestern Medicine



7:15 pm

**LEVERAGING SOCIAL MEDIA AND TRUSTED
PATIENT CONTENT CREATORS TO IMPROVE
HEALTH COMMUNICATION AND OUTCOMES IN
YOUNG ADULTS WITH CANCER**

Alexandra Psihogios, PhD, Northwestern Medicine



**This free event is for individuals and families impacted by cancer.
A light dinner will be served.**



FREE TO ATTEND.
REGISTRATION REQUIRED.
SCAN TO REGISTER AND LEARN MORE.



Gratuito. Dirigido por expertos. En Person

Wellness House se complace en invitarlo a unirse a nosotros para un día de aprendizaje, conexión y apoyo para sobrevivientes de cáncer de mama y sus seres queridos. El evento incluirá presentaciones educativas, sesiones experienciales de autocuidado y bienestar, junto con oportunidades de establecer contactos con otras organizaciones comunitarias.

wellnesshouse.org

630.323.5150

TEMAS DE ACTUALIDAD EN CÁNCER DE MAMA CHICAGO 2026

MIÉRCOLES, 10 DE JUNIO, 2026
5:30 – 8:00 pm

**En Person | Malcolm X College Conference Center,
1900 W. Jackson Blvd., Chicago, IL 60612**

AGENDA DEL EVENTO

5:30 pm

**REGISTRO, CENA, CONÉCTATE CON ORGANIZACIONES
COMUNITARIAS**

6:00 pm

COCINAR PARA EL CÁNCER: CÁNCER DE MAMA
Madeline Butler Sanchez, RD, LDN, Wellness House



6:30 pm

YOGA PARA EL LINFEDEMA
Marcela Puga, Wellness House



7:15 pm

CÁNCER DE MAMA
Daniel Bruetman, MD, Northwestern Medicine



**Este evento gratuito es para personas y familias afectadas por el
cáncer. Se servirá una cena ligera. Estacionamiento gratuito.**



EVENTO GRATUITO.
SE REQUIERE REGISTRACIÓN. ESCANEE PARA
REGISTRARSE Y OBTENER MÁS INFORMACIÓN.

SIGNATURE SPEAKER

WAYNE JONAS, MD

Whole Person Cancer Care

Friday, June 12, 2026 | 10:00 - 11:30 am

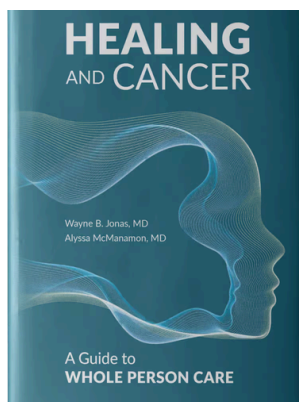
In Person | Wellness House

The Kay and Mike Birck Home of Hope,
131 North County Line Road, Hinsdale, IL 60521

SCAN TO REGISTER

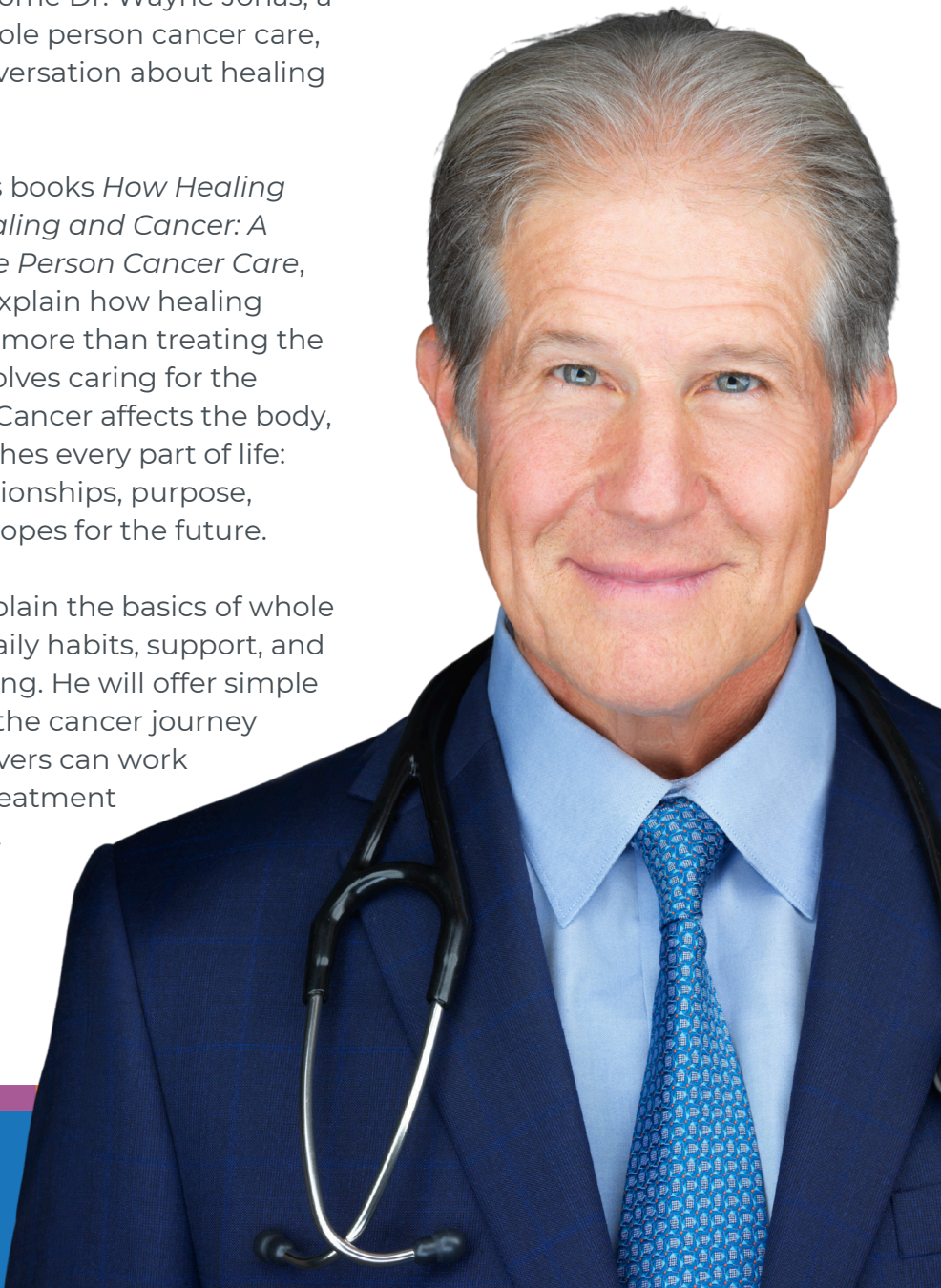


Join us at Wellness House as we welcome Dr. Wayne Jonas, a respected physician and leader in whole person cancer care, for an encouraging and practical conversation about healing during and after cancer.



Drawing on his books *How Healing Works* and *Healing and Cancer: A Guide to Whole Person Cancer Care*, Dr. Jonas will explain how healing involves much more than treating the disease—it involves caring for the whole person. Cancer affects the body, but it also touches every part of life: emotions, relationships, purpose, routines, and hopes for the future.

In this free program, Dr. Jonas will explain the basics of whole person cancer care and how stress, daily habits, support, and your environment can influence healing. He will offer simple guidance for navigating each part of the cancer journey and discuss ways patients and caregivers can work with their care teams to make sure treatment supports what matters most to them. Participants will leave feeling more supported, informed, and connected.





Free. Expert-Led. In-Person.

Wellness House is excited to invite you to join us for a day of learning, connection and support for breast cancer survivors and their loved ones. The event will include educational presentations, experiential sessions for self-care and wellness, along with networking opportunities with other community organizations.

wellnesshouse.org

Wellness House - Main Location
131 N. County Line Rd., Hinsdale, IL 60521
630.323.5150

HOT TOPICS IN BREAST CANCER 2026

SATURDAY, JUNE 20 | 8:00 am - 2:30 pm

**In-Person | Wellness House
The Kay & Mike Birck Home of Hope
131 North County Line Road, Hinsdale, IL 60521**

AGENDA

8:00 - 8:30 am

WRAPPED IN RESONANCE: GENTLE MOVEMENT AND SOUND

Casey Pantazopoulos, Wellness House

8:30 - 9:00 am

REGISTRATION, BREAKFAST & TABLING ENGAGEMENT

9:00 - 9:30 am

UPDATES IN MEDICAL ONCOLOGY

Ami Shah, MD, Northwestern Medicine

9:30 - 10:00 am

UPDATES IN SURGICAL ONCOLOGY

Cristina O'Donoghue, MD, UChicago Medicine

10:00 - 10:30 am

UPDATES IN RADIATION ONCOLOGY

Andrew Cook, MD, Rush University Medical Center

10:30 - 11:00 am

Q&A WITH MEDICAL PANEL

11:15 am - 12:15 pm

MAKING SENSE OF BREAST CANCER TESTING AFTER DIAGNOSIS

Cameron Friedman, MS, CGC, Myriad Oncology

LIFE AFTER TREATMENT: MANAGING RISK OF RECURRENCE

Dr. Michelle Smekens, ND, FABNO, LDN, Raden Wellness

UPDATES IN METASTATIC BREAST CANCER

Rekha Harting, MD, UChicago Medicine | AdventHealth

12:15 - 1:00 pm

LUNCH & TABLING ENGAGEMENT

1:00 - 2:30 pm

CORDING AFTER BREAST CANCER SURGERY: WHAT IT IS AND HOW THERAPY CAN HELP

Lamiaa Hefni, PT, CLT-LANA, CWT, CPST

BENEFITS OF ACUPUNCTURE FOR BREAST CANCER RECOVERY

Ali Zhang, MD, L.Ac, DAOM

LATEST TECHNIQUES IN BREAST RECONSTRUCTION

Erin Doren, MD, Northwestern Medicine

BONE HEALTH AND BREAST CANCER

Karyn Holtz, PT, MHS, CT, CDNT Rush PT/ReVital

This free event is for individuals and families impacted by cancer.



FREE TO ATTEND.
REGISTRATION REQUIRED.
SCAN TO REGISTER AND LEARN MORE.

KIDS KAMP

July 6-10, 2026 | 9:00 am – 12:00 pm
In Person at Wellness House

Wellness House's Kids Kamp is a week-long, free camp experience for children ages 5-12 who are impacted by cancer. This includes children with a cancer diagnosis, children who have lost a loved one to cancer, and/or children who have a family member with a cancer diagnosis. Kamp runs daily from 9:00 am – noon, the week of July 6-10, 2026.

Campers are split into groups, each with 2-3 dedicated counselors, and our focus is fun and connections for our campers. Each day will have activities, inside or outside (weather permitting), as well as some fun guest presenters. Activities will include arts and crafts, experiences that reflect Wellness House's holistic mission, water fun, and more! We also incorporate an element of mental wellness each day, related to each child's cancer impact. The week will end with a fun talent show, which parents/guardians are invited to attend!

Register to attend Kids Kamp by contacting Lexie Barber at 630-654-5115, emailing abarber@wellnesshouse.org, or you can scan here for more information.



Build confidence
Meet others
impacted by
cancer
Have fun!



**LEXIE BARBER, MS,
CCLS**

Oncology Child and Family Specialist

CONTACT ME
Direct: 630-654-5115
abarber@wellnesshouse.org

**Wellness
House** for LIVING
with CANCER

You'll feel better inside.



Wellness House | Main Location

131 North County Line Rd, Hinsdale, Illinois 60521
Main: 630-323-5150 | Fax: 630-654-5345
www.wellnesshouse.org/program-list



TOP DOC LECTURES

For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable topics to help you stay informed.

IN PERSON LECTURES | Registration Required

Oncofertility: Your Pathway to Family Building



Tuesday, April 7 | 6:00 - 7:30 pm

Victoria Wesevich MD, CCRM Fertility of Chicago

This program will include information about what family building may entail at various points in your oncologic journey. Including an overview of cancer treatment and fertility risks; fertility preservation options before treatment; fertility and family building after cancer treatment; psychosocial, ethical, and financial considerations; ongoing communication and follow-up; Q&A and resources.

Screening for Survivorship: A Pink & Pearl Dinner with the Doc Event



Tuesday, May 5 | 6:00 - 7:30 pm

Bryan Darren, MD, UChicago Medicine & Oana Raicu, MD, UChicago Medicine

Discover the latest advancements and expert guidance on managing and surviving breast and lung cancers with a thoracic surgeon and breast surgeon. Understand cancer risk and the importance of early detection, how to navigate the diagnosis, and modern treatment strategies.

Cognitive Fitness After Cancer: Tools to Support Focus, Memory and Mental Clarity



Thursday, May 14 | 6:00 - 7:30 pm

Ditte Primdahl, MD, Neuro-Oncologist, Northwestern Medicine

Melissa-Ann Mackie, PhD, Neuropsychologist, Northwestern Medicine

Cancer and its treatments can affect memory, focus, and mental clarity. This program introduces practical cognitive fitness strategies to support brain health, reduce mental fatigue, and build confidence at any stage of survivorship.

Managing Hormonal Imbalances after Cancer Treatment



Tuesday, May 26 | 6:00 - 7:30 pm

Rana Mafee, MD, Lifestyle and Functional Medicine Physician and Integrative Medicine Neurologist

This session explores common hormonal changes after cancer treatment and how they can affect mood, sleep, energy, and overall well-being. We will review evidence-informed strategies to support balance and examine the current research and controversy surrounding hormone replacement therapy (HRT).

Understanding Melanoma: Prevention, Early Detection, and Modern Treatment



Tuesday, June 2 | 6:00 - 7:30 pm

Manan Shah, MD, Assistant Professor of Medical Oncology at Rush University Medical Center

The focus of the talk will be on how melanoma treatment has evolved over the past several years, including advances in early detection and modern therapies, as well as practical guidance on prevention and what individuals can do to protect themselves from melanoma.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope

131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org



TOP DOC LECTURES

For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable topics to help you stay informed.

ONLINE LECTURES | Registration Required

Body, Identity, and Connection During and After Colorectal Cancer


Tuesday, April 14 | 6:00 - 7:30 pm
Elizabeth Murphy, Psy.D., Loyola Medicine
Caitlin Fields, Psy.D. Health Psychology Fellow, Loyola Medicine

A colorectal cancer diagnosis can significantly impact how individuals experience their bodies, sense of identity, and relationships with others. This program offers a supportive space to explore these changes, foster self-compassion, and strengthen connection during and after treatment.

PROSTATE CANCER FOUNDATION MEETINGS | Registration Required

After the meetings, stay for Dinner with the RD from 6:00 - 7:00 pm for a healthy meal and informal Q&A with an oncology dietitian.

Survivors with Sweeney: Survivorship After Prostate Cancer Q&A


Wednesday, April 1 | 5:00 - 6:00 pm | In Person & Online
Patrick Sweeney, MD, UChicago Medicine Advent Health

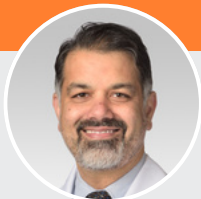
Men living with prostate cancer and their caregivers are invited to this discussion on treatment approaches, emerging research, and practical questions that arise along the way.

Radiopharmaceuticals


Wednesday, May 6 | 5:00 - 6:00 pm | In Person & Online
Alec Harris, MD, Radiation Oncology Consultants

Men diagnosed with prostate cancer and their caregivers are invited to explore treatment options, current research, and common questions that arise during care.

Updates in Medical Oncology: Systemic Therapies for Prostate Cancer


Wednesday, June 3 | 5:00 - 6:00 pm | In Person & Online
Syed Ahmed, MD, PhD Northwestern Medicine

Men facing prostate cancer and their caregivers are invited to learn about treatment pathways, new research, and key considerations in care and decision-making.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope

131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org



INFORMATION & EDUCATION

For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable information to help you to stay informed.

IN PERSON PROGRAMS |

Technologies to Assist Caregivers- Smartphones, Apps & More

both in-person and online

Stephanie Wiles, Master in Social Work Intern

April 9 | 3:00 - 4:00 pm

New technologies offer accessible resources which can assist caregivers and offer self-care support. The program will cover common healthcare platforms as well as other apps and devices which can enhance convenience while adding peace of mind.

Reiki Share

Jane Van De Velde, DNP, RN, The Reiki Share Project

April 16, June 17 | 6:30 - 8:00 pm

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

Word of the Year Check-In: A Seasonal Reflection Workshop

Angela Bursua, MEd | meditation + art

April 21 | 6:00 - 8:00 pm

Participants who attended the Word of the Year workshop can reconnect with their word, while newcomers are welcome to explore a meaningful direction for the season ahead. Through meditation, reflection, and simple creative practices, participants will pause, gain perspective, and reconnect with what matters most for the months ahead.

Emotional Support During Cancer Care

Carey Carlock, Therapist, Founder of Mosaic Counseling and Wellness

April 28 | 6:00 - 7:30 pm

Every cancer diagnosis is unique, but connection and community make the experience more supportive. Join us to give and receive compassionate support in community.

Wellness House Death Café

Michael Williams, Psy.D., Wellness House

April 29 | 5:00 - 6:30 pm

Death café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

Wellness House Life Café

Michael Williams, Psy.D., Wellness House

April 30 | 11:00 am - 12:30 pm

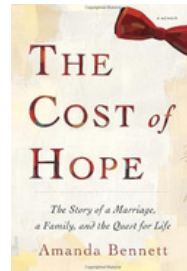
Life Café allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

Planned Ahead: Making Informed Healthcare Decisions

*Nancy L. Rago Durbin, MS BSN RN-BC, Durbin Consulting
Krystal Kumpula, LCSW, Wellness House*

April 30 | 6:00 - 7:30 pm

This two-part program helps you plan for your future healthcare with clarity and confidence. The first session provides an educational overview of advance directives, healthcare decision-making, and aligning care with your personal values, while the second offers a guided, one-on-one consultation to clarify goals and complete planning documents. Ideal for adults of all ages, caregivers, and anyone navigating chronic illness or supporting a loved one.



Wellness House Book Club:

The Cost of Hope: A Memoir: The Story of a Marriage, a Family and the Quest for Life

Sharon Kelleher, LCSW

May 8, 15, 22, 29 | 10:30 am - 12:00 pm

The Cost of Hope chronicles the extraordinary measures Amanda Bennett and her husband Terence Foley take to preserve not only Terence's life but also the life of their family. Rich in humor, insight, and candor, The Cost of Hope is an unforgettable memoir, an inspiring personal story that sheds light on one of the most important turning points in life.

ONLINE SURVIVORSHIP SERIES

ReRouting: Choosing Your Course After Cancer

Mondays, April 13 - May 11

5:30 - 7:00 pm

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.



Weigh to Go! Managing Weight after Cancer

Thursdays, May 21 - June 25

6:30 - 8:00 pm

Many cancer survivors struggle with weight-related issues following cancer treatments. This educational and experiential series explores ways to build healthy habits after cancer and find the support you need for enhancing energy, strength, and nutrition. Learn simple tips to improve your diet and increase physical activity in a supportive group setting. This series is for cancer survivors who have completed treatment and are interested in understanding and working on lifestyle goals towards a healthier self.



For questions or more information, please contact

Kara Niekamp at

630.654.5197 or

kniekamp@wellnesshouse.org





IN PERSON PROGRAMS



Strength, Flexibility and Balance for Fall Prevention

May 7 | 6:00 - 7:30 pm

Phyllis Levine PT, DPT and Holly Light PT

Building strength and flexibility is an important piece to preventing falls and improving balance. Join us to learn tips for reducing your fall risk and exercises to improve your overall strength and coordination.

GIST Life Raft Group

May 9 | 1:00 - 3:00 pm

Wellness House is happy to welcome the Chicago area chapter of the Life Raft Group for their information and discussion group. This group is for anyone diagnosed with Gastrointestinal Stromal Tumors (GIST) and their caregivers.

Use Self-Hypnosis to Enhance Your Life and Wellness

The Rev. C. Scot Giles, D.Min., Board Certified Hypnotist

May 19 | 6:00 - 7:30 pm

Dr. Giles will explain how hypnotism works and how you can do self-hypnotism to maximize your body's resilience and healing power. You can guide your unconscious mind in a positive direction.

Reiki Level Two Class

Jane Van De Velde, DNP, RN, The Reiki Share Project

May 22, 29 | 9:00 am - 1:00 pm

In this one-day class you will learn three Reiki symbols; explore distant healing; and conduct a full Reiki session using the symbols; We will review other aspects of Reiki practice. To participate in this class, you must have completed Reiki Level One and be self-treating with Reiki on a regular basis. Attendance is required in both sessions.

Grief Lit Circle

Krystal Kumpula, LCSW, Wellness House

May 26 | 7:00 - 8:00 pm

A Grief Lit Circle blends the comfort of a café-style gathering with the healing power of literature, storytelling, and creative expression. The goal is to create a safe, warm space to explore grief through reading, writing, and conversation. Participants are encouraged to bring and discuss books, poetry, art, videos, podcasts, or their own writings/art that explore grief, loss, and meaning making. Followed by discussion.

Gardening for Wellness

Connie Kollmeyer, Agroecology Educator, The Conservation Foundation

June 9 | 6:00 - 7:30 pm

An introduction to gardening as a tool for stress relief, mindfulness, and overall well-being. Learn how tending plants can nurture both body and mind.

The Healing Power of Music

Mary Helen Ekstam, MT-BC, Music therapist-board certified, CDP, Certified Dementia Practitioner

June 23 | 6:00 - 7:00 pm

This program will focus on how music can assist with improving health and wellness when dealing and coping with a serious illness for you or a loved one.

ONLINE PROGRAMS



Managing Fear of Cancer Recurrence

Daniel E. Wilsea, LCPC, NCC, CCMHC, CMPC, The Family Institute at Northwestern

April 2 | 6:00 - 7:30 pm

This 90-minute workshop provides cancer patients, survivors, and caregivers with an evidence-based framework for understanding and managing fear of cancer recurrence.

Organizing to Minimize Cancer Stress & Boost Wellness

Catherine Belzile-Gibel, MSW, CPO, Certified Professional Organizer® & ADHD Organizing Expert, HOMEWELL

April 23 | 1:00 - 2:00 pm

Come join us to learn easy, practical, and empowering strategies to minimize stress and boost wellness during your cancer journey.

Move with Confidence

Alyssa Zolper, PT, DPT, Physical Therapist

June 24 | 1:00 - 2:00 pm

Participants will learn safe, effective exercises and how movement can support strength, reduce fatigue, and improve overall function, adapting to the body's changing needs. Participants will leave with tools to move safely and confidently at every stage of cancer care.

Reiki Share

Jane Van De Velde, DNP, RN, The Reiki Share Project

May 12 | 6:30 - 7:30 pm

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

Healthy Eating for Breast Cancer

Jamie Shifley, MS, RDN, LDN, Wellness House

June 18 | 5:30 - 6:30 pm

Learn practical, evidence-based nutrition strategies for those diagnosed with breast cancer. We'll explore how healthy eating can support treatment, recovery, energy levels, and overall well-being during and after therapy.

PARTNER PROGRAMS

Living with Prostate Cancer Series

Mondays, May 4, 11, 18, June 1

5:30 - 7:00 pm

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer. With presentation topics including exercise, nutrition, and emotional support, patients and caregivers are invited to join for reliable information, peer support and goal setting.

McKinley Public Library: 1915 W. 35th Street, Chicago, IL



Cancer Thriving and Surviving

Thursdays, May 7-June 18 (no session June 4)

4:30 - 7:00 pm

Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers.

UI Health Mile Square: 1220 S. Wood St., Chicago, IL



Wellness House for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope

131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org



NUTRITION

For Information:

Jamie Shifley, MS, RDN, LDN at
jshifley@wellnesshouse.org
or call 630.654.5196

ENERGIZE with healthy eating tips to reduce cancer-related side effects.

IN PERSON CLASSES |

Cooking Demonstrations

Learn about the latest in cancer nutrition while you learn how to prepare cancer-fighting, plant centered recipes. Samples provided.

	April	May	June	
Antioxidant Favorites		30		9:30 - 11:00 am
Cooking Strategies for a Cancer Treatments	16	21	18	10:30 am - 12:00 pm
Snack and Learn	14	12	9	11:30 am - 12:00 pm
Transitioning to a Cancer Fighting Diet	11	9	13	10:30 am - 12:00 pm

Bereavement Kitchen

Monday, April 20, June 15
6:30 - 7:45 pm

Food and cooking can play a powerful role in healing from loss and processing grief. Cook with us and experience the power of cooking as connection to those we have lost. This class is open to all who have lost a loved one to cancer.

Cooking for One

Thursdays, April 23, June 4
11:45 am - 1:15 pm

This program teaches individuals cooking for one how to adjust recipes for smaller portions, scale ingredients, modify cooking times, and preserve flavors without food waste.

Date Night Couples Cooking

April 16, May 4, June 8
5:30 - 7:00 pm

Staff Registration Required
Bring a spouse, friend, or family for a memorable night of cooking, laughter, and connection. You'll prepare delicious, nourishing recipes that are fun to make and eat together.

Recipes in cooking classes may contain common food allergens

Nutrition Presentations & Discussions

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.

Managing Cancer Side Effects

Wednesdays
3:30 - 4:30 pm

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

Walk & Brunch

Fridays, April 10, 24
Wednesday, April 29
10:00 - 11:30 am

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

Dinner with the RD

Nutrition & Prostate Cancer
Wednesdays, April 1, May 6, June 3
6:00 - 7:00 pm

An interactive dinner on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Lunch with the RD

An interactive lunch on the role of nutrition in managing breast & prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Nutrition & Breast Cancer

Thursday, May 7
1:00 - 1:45 pm

Nutrition & Prostate Cancer

Wednesdays, April 15, May 20, June 17
11:00 - 11:45 am



PARTNER CLASSES |

	April	May	June	
Lemons of Love: 406 W. Central, Mt. Prospect, IL				
Cooking for Cancer: Cooking demonstration with samples	27	20	22	6:00 - 7:30 pm
UI Health Mile Square: 1220 S. Wood St., Chicago, IL				
Cooking for Cancer: Cooking demonstration with samples		20	17	5:30 - 7:00 pm
Advocate Good Samaritan Bhorade Cancer Center: 3745 Highland Ave., Downers Grove, IL				
Cooking for Cancer			11	10:30am - 12:00pm
Loyola: 2160 S 1 st Ave, Maywood, IL				
Nutrition Tips for GI Cancers	23	14		9:30 - 10:30 am

ONLINE CLASSES |

Cooking Demonstrations

	April	May	JUNE	
Meatless Mondays	20	18	15	6:00 - 7:00 pm
Cooking Strategies for Cancer Treatments	6	11		5:30 - 6:30 pm
Familiar Favorites	18			9:30 - 11:00 am

Online Nutrition Presentations & Series

Seasonal Summer Meal Prep

Monday, June 22

6:00 - 7:00 pm

Katie Weir, RD

The foods we love often carry a sense of nostalgia, and cutting back on some of those favorites can be challenging for many reasons.

Join Katie as she explores healthier twists on classic comfort foods, offering delicious and satisfying alternatives that still capture the flavors we know and love. Learn how to enjoy your favorite dishes in a way that's better for your body without sacrificing taste

Managing Cancer Side Effects

Mondays (no class May 25)

12:00 - 1:00 pm

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

Wellness House for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope

131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an individual consultation, contact **Jamie Shifley, MS, RDN, LDN** at **630.654.5196** or **jshifley@wellnesshouse.org**





EXERCISE

For Information:

630.654.7942
Casey Pantazopoulos
cpantazopoulos@wellnesshouse.org

STAY ACTIVE with safe, recommended exercises before, during, and after cancer.

IN PERSON CLASSES |

STAFF-REGISTRATION

Monday

Exercise After Cancer Tx I	9:00 - 10:00 am
Exercise During Cancer Tx II	10:30 - 11:30 am
Exercise During Cancer Tx I	11:30 am - 12:30 pm
Exercise After Cancer Tx II	4:30 - 5:30 pm
Exercise After Cancer Tx I	5:30 - 6:30 pm
Breast Cancer Exercise	6:30 - 7:30 pm

Tuesday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Nia	9:00 - 10:00 am
Exercise During Cancer Tx II	10:30 - 11:30 am
Breast Cancer Exercise	11:30 am - 12:30 pm

Wednesday

Exercise After Cancer Tx I	9:00 - 10:00 am
Exercise After Cancer Tx I	10:00 - 11:00 am
Exercise During Cancer Tx II	11:00 am - 12:00 pm

Thursday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Pilates	8:30 - 9:30 am
Exercise After Cancer Tx I	9:30 - 10:30 am
Exercise During Cancer Tx II	10:30 - 11:30 am
Exercise During Cancer Tx I	11:30 am - 12:30 pm

Friday

Exercise After Cancer Tx II	9:00 - 10:00 am
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Saturday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Exercise After Cancer Tx I	9:30 - 10:30 am
Exercise During Cancer Tx II	10:30 - 11:30 am

Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration. Tx - Treatment is abbreviated above as Tx.

SELF-REGISTRATION

Monday

Stretching through Cancer	10:00 - 10:45 am
Chair Yoga	12:30 - 1:15 pm
Open Gym	1:15 - 4:30 pm
Beginner Mat Yoga	6:30 - 7:30 pm

Tuesday

Restore Your Core after Cancer	9:45 - 10:30 am
Open Gym	12:30 - 4:30pm
Restorative Yoga	4:30 - 5:30 pm
Tai Chi	6:00 - 7:00 pm

Wednesday

Chair Yoga	11:30 am - 12:15 pm
Open Gym	3:00 - 5:00 pm
Beginner Mat Yoga	5:30 - 6:30 pm

Thursday

Chair Yoga	12:30 - 1:15 pm
Open Gym	3:00 - 5:00 pm
Breast Cancer Yoga April 2, 9, 16	5:30 - 6:30 pm

Friday

Qigong	9:00 - 10:00 am
Chair Yoga	10:00 - 11:00 am
Beginner Mat Yoga	10:30 - 11:30 am
Open Gym	12:00 - 3:00 pm

Saturday

Chair Yoga	12:30 - 1:15 pm
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SPECIAL PROGRAM

Walk & Brunch

Wednesdays, April 1, 15, 29, *No brunch April 1, 15*

Fridays, April 10, 24

10:00 - 11:30 am

Registration Required



Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

EXERCISE

APRIL MAY JUNE 2026



ONLINE CLASSES |

STAFF-REGISTRATION

Tuesday

Prostate Cancer Exercise 8:00 - 8:45 am

Thursday

Prostate Cancer Exercise 8:00 - 8:45 am

Saturday

Pilates 8:30 - 9:15 am

Breast Cancer Exercise 11:30 am - 12:15 pm

Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration. Tx - Treatment is abbreviated above as Tx.

SELF-REGISTRATION

Monday

Bodyweight Exercise for Strength & Balance 8:00 - 8:45 am

Beginner Mat Yoga 10:00 - 11:00 am

Tuesday

Restore Your Core After Cancer 9:45 - 10:30 am

Chair Yoga 11:45 am - 12:30 pm

Stretching through Cancer 4:30 - 5:15 pm

Beginner Mat Yoga 6:00 - 7:00 pm

Wednesday

Bodyweight Exercise for Strength & Balance 8:00 - 8:45 am

Stretching through Prostate 2nd and 4th Wednesdays 8:30 - 9:00 am

QiGong Series Jun 3, 10, 17 11:00 am - 12:00 pm

Stretching through Cancer 4:00 - 4:45 pm

Thursday

Restore Your Core After Cancer 2:00 - 2:45 pm

Spanish Language Yoga 6:00 - 7:00 pm

Bodyweight for Strength & Balance May 7, 14, 21 6:30 - 7:30 pm

Friday

Bodyweight Exercise for Strength & Balance 8:00 - 8:45 am

Beginner Chair Yoga 10:00 - 11:00 am

Saturday

Spanish Language Yoga 10:00 - 11:00 am

ALAS -Wings partnership

IN PERSON CLASSES |

PARTNER CLASSES

River Forest Breast Care : 420 William St B, River Forest, IL

Chair Yoga June 4, 11, 18 11:00 - 11:45 am

Lemons of Love: 406 W. Central, Mt. Prospect, IL

Beginner Mat Yoga Wednesdays 10:00 - 11:00 am

PAV YMCA: 2947 Oak Park Ave, Berwyn, IL

Stretching through Cancer Wednesdays 6:30 - 7:30 pm

UI Health Mile Square: 1220 S. Wood St., Chicago, IL

Tai Chi May 5, 12, 19, 26 5:00 - 5:45 pm

Tai Chi June 2, 9, 16, 23 5:00 - 5:45 pm

Chair Yoga April 9, 16, 23 5:00 - 5:45 pm

Prostate Cancer Exercise June 11, 25 5:30 - 6:30 pm

Loyola: 2160 S 1st Ave Maywood, IL

Exercise for Balance 2nd & 4th Tuesdays 9:30 - 10:15 am

Stretching for Joint Health Apr 10 9:30 - 10:15 am

Yoga for Digestion May 20 9:30 - 10:15 am

For questions or to schedule an individual consultation, contact **Casey Pantazopoulos at 630.654.7942** or pantazopoulos@wellnesshouse.org



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Hinsdale, Illinois 60521

Phone 630.323.5150
wellnesshouse.org



STRESS MANAGEMENT

For Information:

630.654.7942
Casey Pantazopoulos
cpantazopoulos@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

IN PERSON CLASSES |

Mind/Body

	April	May	June	
Mindfulness for Everyday Living	Tuesdays	Tuesdays	Tuesdays	10:30 - 11:30 am
Breathwork	Tuesdays	Tuesdays	Tuesdays	5:30 - 6:00 pm
Guided Meditation	Thursdays	Thursdays	Thursdays	10:30 - 11:30 am
Sound Baths and Meditation	Thursdays	Thursdays	Thursdays	1:30 - 2:30 pm
Sound Baths and Meditation <i>Saturdays</i>	18		20	11:00 am - 12:00 pm
Sound Bowls	7	26	23	6:00 - 7:00 pm

Expressive Arts

	April	May	June	
Flute Circle Live	7,14	5, 12	2, 9	10:00 - 11:00 am
Mixed Media	16	21	18	1:00 - 3:00 pm
Watercolors	13	11	8	1:30 - 3:00 pm
Multi-Media Artistic Creations	25	30	27	10:30 am - 12:30 pm
Creative Rest: Collage & Mixed Media	15	20	17	4:00 - 6:00 pm

PARTNER CLASSES |

UI Health Mile Square: 1220 S Wood St, Chicago, IL

	April	May	June	
Simple Art for Stress Management		5, 12, 19, 26	2, 9, 16, 23	5:45 - 6:30 pm
Breathwork	9, 16, 23			5:45 - 6:30 pm

Oak Park Library: 834 Lake St. Oak Park, IL

	April	May	June	
Cancer Creative Connections	13		8	5:00 - 5:30 pm

Oak Park: Mosaic Counseling and Wellness, 215 Harrison St., Oak Park, IL 60304

	April	May	June	
Cancer Creative Connections	11	9	6	10:30 am - 12:00 pm

Countryside Church: 1025 N. Smith St, Palatine, IL

	April	May	June	
Wellness Through Deep Hypnosis	4	2	6	10:00 am - 11:30 am
Reiki Clinic	4	2	6	11:30 am - 12:00 pm

River Forest Breast Care: River Forest Breast Care Center, 420 William St B, River Forest, IL

	April	May	June	
Meditation with Sound			4, 11, 18	11:45 am - 12:30 pm
Simple Art for Stress Management			18	12:30 - 1:30 pm



ONLINE CLASSES |

Mind/Body

	April	May	June	
Mindful Movement and Meditation	Wednesdays	Wednesdays	Wednesdays	9:30 - 10:15 am
Meditation for Improved Sleep	Fridays	Fridays	Fridays	4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief	4	2	6	11:00 am - 12:15 pm
Mindfulness Meditation Circle	20	18	15	11:30 am - 12:30 pm
Self-Compassion Practice	22	20	17	6:30 - 7:30 pm
Reiki Clinic	18	16	20	11:30am - 12:00 pm
Wellness through Deep Hypnosis	18	16	20	10:00 - 11:30 am
Somatic Yoga	13, 27	11	8, 22	1:30 - 2:30 pm

Expressive Arts

	April	May	June	
Flute Circle	21, 28	19, 26	16, 23, 30	10:00 - 11:00 am
Optical Illusions	9, 16, 23			5:30 - 7:00 pm
Still Life Drawings		11, 18	1	5:30 - 7:00 pm
Spring Watercolor Flowers			11, 18, 25	5:30 - 7:00 pm

IN PERSON - SPECIAL PROGRAMS

Garden Walk

April 28, May 19, June 23, 1:00 - 3:00 pm

Meet at Wellness House

Join us for a refreshing Community Garden Walk as we explore multiple gardens throughout our neighborhood! The journey begins at Wellness House where participants will gather, check in, and receive a brief overview of the walk. From there, we'll travel together to several local gardens, learning about the unique plants, designs, and gardening practices that make each space special.



Mindfulness & Meditation Series

May 8, 22, 2:00 - 3:00 pm

This calming series introduces simple, accessible practices to help you feel more grounded, centered, and connected. Each session blends gentle mindfulness exercises with guided meditation to support relaxation, clarity, and emotional balance.



Forest Therapy Walk

May 11, 10:00 am - 12:00 pm

Meet at Fullersburg Woods

Experience a slow, sensory-rich walk in the peaceful woodlands of Fullersburg Woods Forest Preserve. Guided by a certified Forest Therapy facilitator, this nature-based practice invites you to gently engage your senses, deepen your connection with the natural world, and rest your nervous system. Suitable for all levels, a restorative way to reconnect body, heart, and mind amidst trees and fresh air.



Understanding Mindfulness Series

June 1, 8, 15, 22, 5:30 - 6:45 pm

This 4-week intro to mindfulness class will help you better understand the benefits of mindfulness meditation and how it helps us manage stress, restore inner balance, and live life with greater connection and meaning, even in challenging times.



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Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an individual consultation, contact **Casey Pantazopoulos** at **630.654.7942** or cpantazopoulos@wellnesshouse.org





SUPPORT GROUPS & COUNSELING

For Information:
630.323.5150
Nevada Bennett, LCPC, NCC
nbennett@wellnesshouse.org

CONNECT with others who understand what you're going through.

IN PERSON GROUPS

Support Groups

Cancer Support Group	Wednesdays	3:00 - 4:30 pm
Caregiver Support Group	Wednesdays	3:00 - 4:30 pm

Bereavement Groups

Bereavement Support Group	Mondays	5:00 - 6:30 pm
Transitions Group for Spouses	Wednesdays, twice monthly	
Bereaved Solo Parents with Young Children/Teens	April 14, May 12, June 9	7:00 - 8:30 pm
Young Adults Bereavement <i>both in-person and online</i>	April 4, May 2, June 6	9:30 - 11:00 am

Diagnosis Specific & Peer Connection Groups

	April	May	June	
Bladder Cancer <i>both in-person and online</i>	28	26	23	3:00 - 4:30 pm
Breast Cancer	2, 16	7, 21	4, 18	2:00 - 3:30 pm
Colon/Rectal Cancer <i>both in-person and online - May, June</i>	20	18	15	7:00 - 8:30 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>	7	5	2	3:00 - 4:30 pm
Metastatic Breast Cancer	6	4	1	6:30 - 8:00pm
Neuroendocrine Tumors (NET) <i>both in-person and online</i>	11	9	13	10:30 am - 12:30 pm
Prostate Cancer	1, 15	6, 20	3, 17	9:30 - 11:00 am
Spiritual Side of Cancer	14	12	9	5:00 - 6:30 pm
Survivorship	9	14	11	5:15 - 6:15 pm
Young Adults with Cancer Connections	6	4	1	7:00 - 8:30 pm

Memorial Sloan Kettering's Meaning Centered Psychotherapy

Thursdays, May 7 - June 25 | 1:00 - 2:30 pm
Meaning-Centered Psychotherapy is an 8-week course designed by Memorial Sloan Kettering Cancer Center to strengthen meaning in the face of cancer by helping people create and sustain meaning. This is a committed group open to anyone who has had a cancer diagnosis or is tending to a loved one with a cancer diagnosis. Staff Registration Required.

PARTNER SITE GROUPS

Oak Park: Oak Park Library, 834 Lake St, Oak Park IL	April	May	June	
Cancer Support Group	Mondays			5:30 - 7:00 pm

RUSH University Medical Center: 1520 W. Harrison St, 4th Floor, Supportive Oncology Multi-Purpose Rm.

Breast Cancer Connections Group	7	5	2	11:00 am - 12:30 pm
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UI Health Mile Square Health Center: 1220 S Wood St, Chicago, IL, Room 1051

Women of Color Connections Group	21	19	16	11:00 am - 12:30 pm
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OSF Little Company of Mary: 2800 West 95th St, Evergreen Park, IL, Cancer Center Library Room S1145

Women's Support Group	21	19	16	4:00 - 5:15 pm
Caregiver Support Group	21	19	16	5:30 - 6:45 pm

SUPPORT GROUPS & COUNSELING

APRIL MAY JUNE 2026



ONLINE GROUPS

Support Groups

Cancer Support Group	Wednesdays	7:00 - 8:30 pm
Caregiver Support Group	Wednesdays	6:30 - 8:00 pm
Living with Metastatic Breast Cancer	Tuesdays	10:00 - 11:30 am
Living with Recurrent or Metastatic Cancer	Fridays	10:00 - 11:30 am
Men's Support Group	Tuesdays	12:00 - 1:30 pm
Women's Support Group	Tuesdays	2:00 - 3:30 pm

Bereavement Groups

	April	May	June	
Bereavement Support Group	Tuesdays			5:00 - 6:30 pm
Connections for Those Who Have Lost a Parent	2	7	4	6:30 - 8:00 pm
Transitions Alumni	28	26	23	5:00 - 6:30 pm
Young Adults Bereavement <i>both in-person and online</i>	4	2	6	9:30 - 11:00 am

Diagnosis Specific & Peer Connection Groups

	April	May	June	
Brain Tumor	23	28	25	3:00 - 4:30 pm
Breast Cancer	13, 27	11	8, 22	6:30 - 8:00 pm
Breast Cancer Hormone Therapy	23	28	25	5:15 - 6:15 pm
Colon/Rectal Cancer	13			7:00 - 8:30 pm
Gynecologic Cancers	9	14	11	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	21	19	16	7:00 - 8:30 pm
Lung Cancer	20	18	15	3:00 - 4:30 pm
Lymphoma & Leukemia	9	14	11	7:00 - 8:30 pm
Melanoma	28	26	23	7:00 - 8:30 pm
Metastatic Prostate Cancer	21	19	16	3:00 - 4:30 pm
Multiple Myeloma	16	21	18	6:30 - 8:00 pm
Pancreatic Cancer	14, 28	12, 26	9, 23	3:00 - 4:15 pm
Prostate Cancer	8, 22	13, 27	10, 24	9:30 - 11:00 am
Sarcoma Cancers	18	16	20	11:00 am - 12:30 pm
Death Café Alumni	7	5	2	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	14	12	9	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color, UIH MSHC partnership	20	18	15	6:30 - 8:00 pm
Young Adults with Breast Cancer Connections <i>both in-person and online</i>	27		22	9:00 - 10:15 am

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 Hinsdale, Illinois 60521
 Phone 630.323.5150 | wellnesshouse.org

Individual consultations and short-term counseling are available. To schedule an appointment, contact Nevada Bennett: 630.323.5150 nbennett@wellnesshouse.org





CHILD & FAMILY

For Information:

Contact
abarber@wellnesshouse.org
or 630.654.5115.

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

IN PERSON GROUPS |

Support Groups

Groups for children, teens and parents to receive peer support and explore their feelings as they navigate a cancer diagnosis.

Toddler Talk: Parent & Tot Connections	Apr 2, May 7, Jun 4	10:00 - 10:45 am	Ages 2-5
Teen Group	Apr 8, 22, May 13, 27, June 10, 24	5:15 - 6:45 pm	Ages 12-18
Kids Group	Wednesdays	4:30 - 6:00 pm	Ages 6-11
Kids Group Parents	Wednesdays Apr 8, May 13, Jun 10	4:30 - 5:30 pm	Parents
Brave Teens	Apr 6, 20, May 4, 18, Jun 1, 15	6:45 - 7:45 pm	Ages 12-18
Brave Kids	Apr 1, 15, May 6, 20, Jun 3, 17	5:15 - 6:45 pm	Ages 6-11
Monthly Parent Workshop	Mondays Apr 27, Jun 22	7:00 - 8:00 pm	
Parent Podcast Club	Tuesdays May 12, Jun 9	6:00 - 7:00 pm	

Bereavement

Supportive peer groups for children, teens, and parents who are grieving the loss of a loved one due to cancer.

Turtles	Mondays	5:30 - 6:30 pm	Ages 6-12
Teen Turtles	Apr 20, May 18, Jun 15	4:30 - 5:30 pm	Ages 13-19
Tiny Turtles	Apr 13, 27, May 11, 25, Jun 8, 22	4:30 - 5:30 pm	Ages 3-6
Bereaved Solo Parents with Young Children/Teens	Tuesdays Apr 14, May 12, Jun 9	7:00 - 8:30 pm	Parents
Parenting Tiny Turtles	Tuesdays Apr 13, Jun 8	4:30 - 5:30 pm	Parents

Wellness Classes

Stress Management

Kids Art

5:30 - 6:15 pm
Apr 1: Bloom & Brush
May 6: Color Outside the Lines
Jun 3: Sunshine Creations

Stress Free Saturday for Kids & Families

Apr 11, May 9, Jun 13
10:00 - 11:00 am

Kids Music & Sing Along

April 8
5:30 - 6:15 pm

Exercise

Kids Yoga

5:30 - 6:15 pm
Apr 22: Garden of Movement
May 27: Brave, Strong & Balanced
Jun 24: Summer Energy Flow

Yoga & Sound Under the Stars

Apr 18, May 16, Jun 20
11:00 am - 1:00 pm

Storybook Creations for Teens

April 20
6:45 - 7:15 pm

Nutrition Classes

Date Night: Couples Cooking Class

April 16, May 4, June 8

5:30 - 7:00 pm

Bring a spouse, friend, or family member for a memorable night of cooking, laughter, and connection! You'll prepare delicious, nourishing recipes, bond with your loved one, and connect with others!

To register, contact Jamie Shifley at 630.654.5196 or jshifley@wellnesshouse.org.



For questions or to schedule a consultation contact
Lexie Barber, MS, CCLS
at abarber@wellnesshouse.org



SPECIAL EVENTS

**Superhero Day****Tuesday, April 14 | 4:00 - 6:00 pm**

Join us at Wellness House for an epic Superhero Party hosted by Holiday Heroes! Families will enjoy themed crafts, interactive activities, and the chance to meet a favorite superhero up close. Come dressed as your favorite hero (or just as you are!) and celebrate the strength, bravery, and superpowers that live within each of us.

**Mind Body Fest Kids Corner****Saturday, May 16 | 9:30 am - 2:30 pm**

Mind Body Fest will feature relaxation and fun for the whole family! Special programming for kids will be offered throughout the day to help them learn skills to relax, express themselves, and participate alongside their family.

Hope Social Kids Corner**Thursday, June 4 | 5:00 - 7:00 pm**

Join us as we celebrate the power of community with food, games and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together. A special "Kids Corner" will be available for kids to join in on the fun!

**Self Care Retreat with Simply From the Heart****Saturday, May 9 | 10:30 am - 12:00 pm**

Join us for a gentle and restorative Self-Care Retreat in partnership with Simply From The Heart, created especially for families impacted by cancer. In honor of Mother's Day, this gathering is dedicated to celebrating and uplifting mothers and female caregivers — those who are with us today and those we carry in our hearts.

**Wellness House Kickball Classic****Thursday, June 25 | 5:00 - 6:30 pm**

Join us for a fun-filled Father's Day Kickball Classic as we celebrate dads and male caregivers in families impacted by cancer. This special event is a relaxed way to spend time together and recognize the important role male caregivers play in their families — whether they are here with us today or remembered with love.

PARTNER PROGRAMS

Family Coping Skills & Movement**Monday, April 27, June 22
4:30 - 5:30 pm**

Join us for an evening of stress management techniques and gentle family yoga- all ages are welcome!
*Program Location: UIH Mile Square
1220 S. Wood St., Chicago, IL 60608*

Family Art & Exercise Fun

Contact Jadyn Chipman for Information at jchipman@wellnesshouse.org or 630-654-5116.

Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

*Program Location: UIH Mile Square
1220 S. Wood St., Chicago, IL 60608*

Coping through Creativity with Kesem**Saturday, April 18
2:00 - 4:00 pm**

Contact abarber@wellnesshouse.org or 630-654-5115 to learn more or to register
Wellness House collaborates with Kesem- University of Chicago, to provide a morning of activity, connection, and games for children, while parents/caregivers are invited to enjoy a concurrent program focused on relaxation for themselves. Snacks and fun will be had!

*Program Location: McKinley Park Branch
Chicago Public Library
1915 W 35th St, Chicago, IL 60609*

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Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

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 Lexie Barber at abarber@wellnesshouse.org or 630-654-5115.

APOYO GRATUITO PARA EL CÁNCER

Para obtener más información, comuníquese por correo electrónico.



Contáctenos

Para obtener más información, llame al 630.654.7217 o igarciaperez@wellnesshouse.org

Consulta de Consejero

Home of Hope

Para programar una cita de terapia, llame a Ima Garcia Perez 630-654-7217.

Wellness House ofrece sesiones de terapia para personas afectadas por el cáncer, como las personas diagnosticadas con cáncer, los cuidadores o los miembros de la familia.

Consulta de Pelucas



Home of Hope

Para programar una cita de peluca de Wellness House llame a 630.654.7217.

Recomendaciones personalizadas para el estilo, color, ajuste y cuidado de la peluca con uno de nuestros expertos. Reciba una peluca sin ningún costo si tiene pérdida de cabello debido a su tratamiento de cáncer.

Apoyo

Grupo de apoyo para personas viviendo con cáncer

Cada miércoles | 5:00 - 6:15 p.m. | En persona y en línea

DIRECCIÓN: 131 N. County Line Rd., Hinsdale, IL 60521

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 se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente. Este grupo tocará diferentes temas de cáncer en diferentes secciones.

Psicoterapia Centrada en el Significado

Jueves 2 de abril al 21 de mayo | 3:30 - 4:30 p.m. | en línea

La Psicoterapia Centrada en el Significado fue diseñada por Memorial Sloan Kettering Cancer Center para ayudar a las personas con el cáncer crear y mantener el significado de sus vidas. Contacte a Ima García Pérez si tiene preguntas o para registrarse: igarciaperez@wellnesshouse.org o 630-654-7217.

Ejercicio

Yoga en español

Cada jueves | 6:00 - 7:00 p.m. | en línea

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Yoga en español

Sábado | 10:00 - 11:00 a.m. | en línea

En asociación con ALAS-Wings

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Nutrición

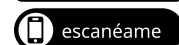
Cocinar para el cáncer

4 de abril, 6 de junio | 10:30 a.m. -12:00 p.m. | en línea

2 de mayo | 10:30 - 12:00 p.m. | en persona

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

Obtenga más información
sobre Wellness House



WELLNESS HOUSE PARTNER NETWORK

Wellness House offers programs onsite at our partner locations throughout metro Chicago. We offer classes and events on nutrition, exercise, support and counseling, information, and educational programs that best serve the people in the immediate community.



Mile Square Health Center

1220 S Wood St
Chicago, IL 60608

To view all classes at Mile Square Health Center, visit wellnesshouse.org/uihealth



RUSH Cancer Center

1520 W. Harrison St.
Chicago, IL 60607

To view all classes at RUSH Cancer Center, visit wellnesshouse.org/rush



Loyola Medicine

Cardinal Bernardin
Cancer Center
2160 S. 1st Ave
Maywood, IL 60153

To view all classes at Loyola Medicine, visit wellnesshouse.org/Loyola



OSF Little Company of Mary

Cancer Center Library,
Room S1145
2800 West 95th Street
Evergreen Park, IL 60805

To view all classes at OSF Little Company of Mary, visit Wellnesshouse.org/osflittlecompanyofmary



Hope and Healing Cancer Clinic and Advocates for Community Wellness

Visit one of our other partners throughout the Chicagoland area

Partnership programs are listed throughout the guide and are held at many of the sites listed below. Please note that participants need not be patients of these hospitals in order to attend the groups and classes.

To schedule an appointment for Unique Boutique services at our main location in Hinsdale, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

Appointments are limited provided at no cost.