

Welcome to the Cancer Wellness Center

Through supportive care and education, the Center seeks to improve the emotional and physical well-being of people affected by cancer.



Connect with the CWC Community at:
www.cancerwellness.org or (847)509-9595

welcome

TO THE CANCER WELLNESS CENTER

For over 30 years, Cancer Wellness Center has been dedicated to improving the lives of individuals impacted by a cancer diagnosis.

The Center's services are available **free of charge** to patients, survivors and their loved ones, as well as those who are bereaved. By offering a variety of

programs and services, the Center seeks to empower those affected by cancer to enhance the quality of their lives. The Center's programming, including supportive care, education and wellness programs, are provided by a clinical staff of licensed mental health professionals, as well as professional volunteers who donate their time and expertise.



New to the Center? Start here

To connect to programs and services at the Center, please contact Katie Hull, LCSW, Clinical Associate and Intake Coordinator to complete a brief intake interview. Katie can be reached at (847) 562-4981 or khull@cancerwellness.org.

Stay Connected:

Stay in touch and receive notifications when new programs and services are available. Subscribe to our email list (QR Code) or follow us on social media



Testimonials

“ During the chaos that arrives along with a cancer diagnosis, it was such a relief to come to the Center...the expertise and the peace of mind were right there, and I didn't have to search for it.”

TRACY, CWC PARTICIPANT

“ Aside from a second opinion, the very next call you should make is to the Cancer Wellness Center because **it's that important.**”

KATHY, CWC PARTICIPANT

“ I feel so grateful that I have been given the tools to live intentionally during this very difficult time and I think it is important that all of you who do the work you do be reminded of why you do it.”

CWC PARTICIPANT

Follow us:



FACEBOOK
[@cancerwellnesscenter](https://www.facebook.com/cancerwellnesscenter)



INSTAGRAM
[@cancerwellnessctr](https://www.instagram.com/cancerwellnessctr)

Education: Lectures & Workshops

Lectures & Workshops provide a wide array of educational and experiential opportunities. All topics are selected to help those with cancer and their loved ones successfully navigate the varied challenges that cancer presents.

Programs aim to:

- **enhance emotional well-being**
- **improve decision making**
- **strengthen communication with your healthcare team**
- **implement and support healthy lifestyle habits**

To learn more and to register for Education Programs visit www.cancerwellness.org. Currently all programs are offered virtually.



Wellness: Mind Body Health

Mind Body Health Classes & Workshops provide a holistic approach to a healthy lifestyle for those whose life has been impacted by a cancer diagnosis.

These classes are designed to:

- **strengthen the body and mind**
- **encourage peaceful living**
- **improve the quality of life during times of stress**

To learn more and to register for Wellness Programs visit www.cancerwellness.org. Currently all classes are offered virtually.



Support: Counseling & Groups

From initial diagnosis through treatment and beyond, the Support Services available at the Center are designed to reduce distress by providing participants with opportunities to process the mental and emotional impact of a diagnosis and learn ways to cope with a cancer diagnosis more effectively. All services are currently offered virtually.

- **Counseling** is available for individuals, families, couples and children/teens.
- **Support groups** are available for cancer survivors (survivors defined as newly diagnosed, in treatment and post-treatment), family members and bereaved.
- **Nutritional Consultation** is available for those currently in treatment or within two years post-treatment.

For more information or to connect to these services, please contact Katie Hull, Clinical Associate and Intake Coordinator, at (847) 562-4981 or khull@cancerwellness.org.



Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo de Soporte Mixto en español, póngase en contacto con Melissa Avila, MS, MA, LPC, NCC (847)562-4991 o mavila@cancerwellness.org

welcome guide

(847) 509-9595

www.cancerwellness.org

Northbrook

215 Revere Drive
Northbrook, IL 60062

Hours

Currently all programs are held virtually.

Grayslake

Wildwood Presbyterian Church
18630 W. Old Gages Lake Road
Grayslake, IL 60030

Hours

Currently all programs are held virtually.

Get Involved

Did you know?

- CWC welcomes over 1,400 participants and provides over 12,000 hours of service each year.
- 78% of every dollar given to the Center directly funds programs and services for participants.
- Our annual budget relies 100% on generous funding from individuals, grants, foundations and corporations.

You can make a difference. Whether you (or your business) host a fundraiser, join a leadership board, or volunteer to help, every little thing you do can make the difficult path of cancer just a little easier for participants.

A variety of events raise critical funds to ensure we can continue to offer our programs and services – **free of charge.**

CWC Annual Fundraisers:

- Stepping Up to Wellness Run/Walk - Spring
- Barbara Demovsky Pritikin Memorial Library Luncheon – Summer
- CWC Golf Outing – Summer
- Better Together Benefit – Fall
- CWC Day of Fun – Fall

Thank you to our Generous Program Supporters:

Counseling services and support groups made possible in part by:

Bears Care
Butler Family Foundation
Charles & M.R. Shapiro Foundation
Edmond and Alice Opler Foundation
Harvey L. Miller Supporting Foundation of the Jewish Fed.

Healthcare Foundation of Highland Park
The Lisa Klitzky Foundation
New Trier Township
Rolfe Pancreatic Cancer Foundationn

Cancer Wellness Center Grayslake made possible in part by:

Wildwood Presbyterian Church

General program supporters:

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