

The Cancer Wellness Center offers programs and services to cancer patients and their loved ones. All classes and programs are free of charge.

Upcoming Events

Virtual: Nutrition and Leukemia: Your Questions Answered

Monday, May 8, 12:00 – 1:00 pm

If you have questions about what to eat, how to address a side effect of your leukemia treatment, or seeking reassurance about whether or not you are on the right track, Lori Bumbaco, expert oncology dietitian will offer you trustworthy and meaningful information.

This program is in collaboration with Leukemia Research Foundation.

Connecting Through Knitting

Monday, May 1 & 15, 10:00 am – 12:00 pm

Drop in and join other participants who enjoy the art of knitting. Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. No experience necessary!

Bi-Weekly Writing Lab

Monday, May 1 & 15, 11:00 am – 12:30 pm

Creative and journalistic writing can both heal and calm the mind. As you explore new possibilities and realities by putting pen to paper, you are free to be as goofy or serious as you would like to be while improving this craft and your communicative abilities.

Men's Retreat

Thursday, May 4, 10:00 am – 2:00 pm

Join us for a day of hiking, art, and togetherness at Brushwood Center in Ryerson Woods, Riverwoods, IL. The retreat will be a space for men to connect more fully with themselves and others in hopes of feeling spiritually refreshed. A light, healthy lunch will be provided. Please wear comfortable clothes and appropriate outerwear for the hike. *This program is funded in part by a donation from Astellas.*

Virtual: Ask the Dietitian

Friday, May 5, 1:00 – 1:30 pm

Do you have questions about diet, nutrition, or other food-related concerns? Join us for a quick session and an opportunity to learn from our Board-Certified Specialist in Oncology Nutrition.

Theme: "What are Ultra Processed Foods and how can we eat less?"

Card Making for a Loved One

Monday, May 8, 4:30 – 5:30 pm

Create cards for someone special in your life. CWC will provide all the materials available for making a fantastic keepsake for your loved ones. All you need to bring is yourself!

Feldenkrais – Awareness Through Movement

Tuesday, May 9, 16 & 23, 11:00 am - 12:00 pm

In Feldenkrais Awareness Through Movement® classes, students will explore small, comfortable movements that can translate to improvements in mobility and wellbeing. Common benefits include increased relaxation, improved posture and flexibility, and pain relief.

In-person:  Virtual: 

Virtual Twistshop: Springtime Mandalas

Tuesday, May 9, 6:00 – 7:00 pm

“Virtual Twistshops” are wellness and art therapy focused workshops that promote healing, relaxation and emotional recovery through creative based intervention. This month we will create a Mandala representing springtime.

Men’s Hiking for Health & Happiness

Wednesday, May 10, 2:00 – 3:00 pm

Join us at Middlefork Savanna in Lake Forest for a nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. *This program is funded in part by a donation from Astellas.*

Therapy Dog Meet and Greet

Wednesday, May 10, 6:00 - 7:00 pm

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy.

Virtual: ¿Qué es la práctica de mindfulness o atención plena y para qué sirve? /What is

Mindfulness and How Can We Use It? 

Miércoles 10 de mayo de 6:00 – 6:45 pm

En esta plática se dará información sobre mindfulness y como por medio de esta práctica se puede disminuir el estrés.

Parenting and Cancer Treatment: How to do Both

Wednesday, May 10, 6:00 – 7:15 pm

Children will have the opportunity to work with our therapy dogs while adults will have a facilitated discussion with topics ranging but not limited to: supporting your children while supporting yourself, reframing parenting while in treatment, how to talking to your children about cancer and finding new ways to connect with your children.

Zentangle

Thursday, May 11 & 25, 10:00 – 11:15 am

Zentangle is an easy-to-learn, meditative and fun way to create art by drawing structured patterns. No art experience required. It is a journey of relaxing creativity.

Mahjong at CWC

Thursdays beginning May 11, 3:00 – 4:30 pm

Join other participants every week for a game of Mahjong! Mahjong can help with cognitive functioning and memory and provides many social benefits.

Virtual: Managing Fear of Recurrence

Monday, May 15, 6:00 – 7:15 pm

Fears of recurrence are a normal part of the process, but that doesn’t mean you have to sit in agony. This program will overview the emotions that can arise after treatment ends, how to manage the anxiety, and find a sense of community with others.

Virtual: Physical Therapy Perspectives: Understanding the Male Pelvic Floor

and it’s Role in Cancer Recovery 

Tuesday, May 16, 6:00 - 7:00 pm

Pelvic health specialist, Kat Nasserri, will provide an overview of pelvic floor anatomy and function, general pelvic health, and specific information on the role of Physical Therapy in recovery following pelvic cancers including prostate, bladder and bowel. *This program is funded in part by a donation from Astellas.*

In-person:  Virtual: 

Virtual: Introduction to Mindfulness

Thursday, May 18, 11:00 am - 12:00 pm

Mindfulness is an evidence-based approach to wellbeing that has a positive impact on physical and mental health. Join us in this live and interactive workshop as we explore the brain science behind mindfulness and how it can enhance your wellbeing.

Virtual: Meet the Mediterranean Diet

Monday, May 22, 1:00 – 2:30 pm

The Medi (Mediterranean) Diet is a style of eating regarded by experts as one of the best ways to reduce risk for several diseases. This program will explore the common flavors of the Medi Diet and answer the question about why it is ranked as one of the nourishing ways to eat.

Forest Therapy for Those Impacted by Cancer

Tuesday, May 23, 1:00 - 3:00 pm

Join us for a mindful, sensory forest therapy experience to re-connect to nature, ourselves and each other. We will give our thinking brains a break, and tune into our senses and notice what's around us and inside us with curiosity and compassion.

Virtual: CWC Staff Chat: Clinical Trials

Wednesday, May 24, 12:15 – 1:00 pm

Priscilla Andrews, MA, LCPC, Clinical Manager, engages in a monthly thought-provoking conversation with her fellow Clinical Team members and community partners. This month, Priscilla will be joined by Dr. Brockstein and Dr. Pfanzerter from NorthShore University HealthSystem and talk about the fundamentals of research and how clinical trials are conducted, as well as address common concerns and myths.

Topic: Clinical Trials and Cancer with Dr. Brockstein and Dr. Pfanzerter

Virtual: Off the Couch & ON YOUR FEET!

Wednesday, May 31, 10:00 - 11:00 am

"Off the couch & ON YOUR FEET!" will educate attendees on the benefits and importance of physical exercise in a fun and enjoyable way. Join Occupational Therapist, Kelly Bagdassian from City of Hope, for this interactive program.

Sad Is Not Bad: Kid's support group for coping with grief at CWC

Wednesday, May 31, June 7, 14, 21 & 28, 6:00 - 7:30 pm

Join our Certified Child Life Specialist, Elyssa Siegel, for 5 sessions aimed at helping kids cope with their grief after losing a family member to cancer. During each session, we will work on emotional expressive activities and create a safe-space to share feelings. We will provide activities focused on fostering resilience while having fun. Parents are invited to stay the first session to learn about the adult grief services offered at CWC and ask questions about Bereavement Programs Coordinator, Stephanie Aaron, MA, LCSW.

In-person:  Virtual: 

New Group: Adult Caregiver Support Group

The Adult Child Caregiver Support Group enables participants to proactively process their experiences and the emotions associated with the diagnosis. Participants can expect to have space for examining the relational dynamics and history between parent and child while acknowledging the many ways that cancer can affect one's family. Can attend every or most meetings in-person meetings, twice monthly Wednesdays from 6:00 - 7:00 pm

For more information or to join this group, Contact our Intake Line at (847) 562-4981

To learn more and to register for Programs and Classes visit www.cancerwellness.org or call our mainline number at (847) 509-9595.

Wellness Classes

* Hybrid: In-Person/Virtual

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 10:30 am	Gentle Yoga*	Chair Yoga*	Gentle Yoga*	Gentle Yoga	ALGH: Exercise for Cancer Patients (9:00-10:00) Gentle Yoga (10:00-11:00)
10:45 - 11:45 am	Healing with Energy Through Reiki				
11:30 - 12:30 pm		Breathe-in for Strength & Calm (11:00 – 11:30 am)	Strength & Conditioning*		
1:00 – 2:00 pm		Stress Reduction Class (1:15 - 2:00 pm)			
5:30 - 6:30 pm	ALGH: Stress Relief Yoga*		ALGH: Gentle Yoga*		
6:30 – 7:30 pm	Yoga Suave*				
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services
Friday, May 26, 9:00 am - 3:00 pm
 A limited number of appointments are available for a free wig and wig-fitting at the CWC studio.

To learn more and to register for Programs and Classes visit www.cancerwellness.org or call our mainline number at (847) 509-9595.

Support Services

Counseling Services

Individual
Couples
Family
Parent Consultation
Child/Teen
Nutrition

Support Groups

Cancer Support Groups at any stage of treatment/post-treatment:

Young Women to age 50
Women age 50+
Young Men to age 55
Men age 55+
Young Adults ages 20-40 (Co-Ed Group)
Parents with Cancer Diagnosis
Pre-Teens/Teens with Cancer

Groups for Spouse, Partner, Family:

Significant Others/Caregivers
Adult Child Caregivers
Parents of Children with Cancer

Bereavement Groups:

Spousal Loss
Young Widows/Widowers
Family Loss

Multiple Myeloma Networking Group

1st Wednesday of the Month, 7:00 – 8:30 pm

Priscilla Andrews, MA, LCPC

This group provides peer-to-peer information sharing related to the physical aspects of living with Multiple Myeloma.

Pancreatic Cancer Networking Group

1st Thursday of the Month, 5:30 – 7:00 pm

Roslyn Turner, LCSW

This group provides opportunities for peer support and information sharing. Group is supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families, and their loved ones.

**For more information or to register for Support Services,
contact CWC at (847) 562-4981.**

**** For more information or to register for services in Spanish, contact Nora Barquin, LCSW, at (847) 562-4980 or nbarquin@cancerwellness.org**

**** Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo del Apoyo. Mixto en español, póngase en contacto con Nora Barquin, LCSW, al (847) 562-4980 o nbarquin@cancerwellness.org**

