

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: Managing Cancer-Related Pain

Tuesday, September 12, 6:00 – 7:00 pm

Join Karyn Holtz PT MHS CLT as she discusses one of the most frequently reported side effects of cancer treatment – pain. She shares many ways that you can take control of your pain and regain quality of life.

Acupuncture Clinic

Wednesday, September 6, 10:30 – 11:30 am

Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress. This is a great opportunity to see what acupuncture is all about and ask any questions to discover if this is the right healing modality for you. Mini treatment will be offered.

Yoga for Better Sleep

Wednesday, September 6, 7:00 – 8:00 pm

Studies have demonstrated that yoga can be beneficial in managing sleep difficulties and insomnia. People impacted with cancer can particularly benefit from improved sleep quality when utilizing yoga prior to going to bed. Join us from the comfort of your home or in-person at the Center for a relaxing bedtime yoga routine.

Zentangle

Thursday, September 7 & 21, 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.

Hiking for Health & Happiness

Thursday, September 7, 3:00 – 4:00 pm

Join us at Middlefork Savanna in Lake Forest, IL 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.

Virtual: Ask the Dietitian – Cancer Protective Choices While Dining Out

Friday, September 8, 1:00 – 1:30 pm

Do you have questions about diet, nutrition, or other food-related concerns? Join us to learn more about different topics each month from our Board-Certified Specialist in Oncology Nutrition.

Plant Power: Introduction to Plant Proteins

Monday, September 11, 1:00 – 2:00 pm

Learn more about the power of plants and how to incorporate more healthy plant-based protein into your diet to support a healthy diet. Spanish translation will be available. Habrá interpretación en español. Program will be held at Waukegan Public Library.

Virtual: Intermediate Mindfulness Practice

Tuesdays, September 12, 10:30 – 11:30 am

This weekly class is for experienced practitioners of mindfulness and for those who have taken the “Introduction to Mindfulness” series at CWC.

Virtual Twistshop: Connecting & Healing

Tuesday, September 12, 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 make a "Lyrical Collage" by exploring Connection and Healing.

Virtual: CWC Staff Chat Series – Living with Cancer as a Child, Teen or Young Adult

Wednesday, September 13, 12:15 - 1:00 pm

Priscilla Andrews, MA, LCPC, Clinical Manager, engages in monthly thought-provoking conversation with her fellow Clinical Team members and community partners. Join Priscilla, Stephanie, Dominique, and Elyssa as they address the unique needs and challenges children, teens and young adults experience while living with a cancer diagnosis.

Zen- Extended

Wednesday, September 13, 1:00 - 4:00 pm

Master the art of Zentangle in this extended meditative workshop. We will be creating a tile that is slightly more involved than what is done in a typical class. You must have attended a minimum of (6) Zentangle classes at CWC in order to participate. Light snacks will be provided.

Men's Hiking for Health & Happiness

Wednesday, September 13, 2:00 - 3:00 pm

Join us at Captain Daniel Wright Woods in Mettawa, IL 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 hike is reserved for any male participant - those diagnosed, caregiving or bereaved)

Caregivers Expressive Arts: Peer-Led Support Group

Wednesday, September 13, 4:30 - 6:00 pm

This is a non-clinical, peer-led group for caregivers and supporters of loved ones who have been diagnosed with cancer. During each group, participants will engage in expressive arts as well as have time to discuss their experiences, stressors, and share positive coping and self-care strategies.

Presented by: Jacque Lueken, Masters in Social Work candidate at Loyola University Chicago

Virtual: Bi-Weekly Writing Lab

Monday, September 18, 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.

Introduction to Canasta

Tuesday, September 19, 26, October 3, & 10, 10:00 - 11:30 am

Playing card games, like canasta, can help improve cognitive functioning and memory. Join us for a four-week session to learn canasta, a fun and versatile card game. Card decks will be provided.

Therapy Dogs Meet and Greet

Tuesday, September 19, 4:30 - 5:30 pm

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. Enjoy hands-on interaction with the dogs and watch them show off their skills.

¿Qué es el melanoma y como puede detectarse y prevenirse? / What is melanoma and how can it be detected and prevented?

Miércoles, 20 de septiembre, 6:00 - 6:45 pm

Venga a informarse sobre que es el melanoma y como se puede prevenir.

Presentado por David J. Winchester, M.D., FACS El Dr Winchester es cirujano oncólogo de City of Hope.

Virtual: What's Stress got to do with it?

Wednesday, September 27, 12:00 – 1:00 pm

In this program, participants will learn about common and normal feelings while experiencing a stressful situation, like cancer, and explore methods and exercises that can help reduce physical feelings of stress.

Presented by: Joce Oliyapurathu, LMSW, CWEL, Swedish Hospital

In-person:  Virtual: 

Now Recruiting: Parents of Children with Cancer Support Group
Thursdays from 11:00 – 12:30 pm, starting September 7

This group provides the opportunity to connect with other parents who are navigating parenthood and relationships, while also caring for a child with cancer. The group allows space for processing and normalizing emotions, experiences, questions and challenges.

Eligibility

- Parents of pediatric/school-aged children who have a cancer diagnosis (in-treatment or post-treatment)
- Can attend virtual group sessions on Thursdays, starting September 7 from 11:00 am - 12:30 pm

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

Now Recruiting: Spirituality Discussion Group

The Spirituality Discussion Group offers the opportunity to examine various readings, lectures, exercises, and film as a means of expanding our knowledge of the connection between our emotional and spiritual states. The materials discussed will span across all practices of spirituality or religion with the hope of adopting and adapting newfound wisdom in our everyday lives. This groups meet for 6 weeks with a two-week break before resuming. Participants can re-enroll or conclude participation at that time.

Eligibility

- Open to patients/survivors, caregivers, and bereaved participants.

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

Now Recruiting: Co-Ed Young Adult Support Group
1st and 3rd Thursday from 7:00 – 8:00 pm, starting October 5

This group provides a safe and understanding space to connect with peers who comprehend the rollercoaster of emotions, uncertainties, and unique challenges that come with being a young adult navigating the cancer experience. This group allows space for processing and normalizing emotions, addressing the distinctive hurdles faced by young adults, discussing independence, questions and challenges. Your journey is important, and our support group is here to walk it with you!

Eligibility

- Young Adults (ages 18-40) navigating the cancer experience who are in-treatment or post-treatment
- Can attend virtual group sessions the 1st and 3rd Thursday of each month, starting October 5 from 7:00 PM - 8:30 PM

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

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)
10:15 - 11:15 am					Waukegan Library: Gentle Yoga
10:45 - 11:45 am	Healing with Energy Through Reiki	Strength & Conditioning*			
2:00 – 3:30 pm				Mahjong at CWC	
5:30 - 6:30 pm	<i>ALGH: Stress Relief Yoga*</i>		<i>ALGH: Gentle Yoga*</i>		
6:30 – 7:30 pm	Yoga Suave (Waukegan Public Library)				
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services

Friday, September 8, 9:00 am - 3:00 pm

The CWC Studio offers services that provide solutions for hair loss occurring as the result of a cancer treatment. Services include wig selection, fitting & styling, head shaving and a wig care tutorial.

Please call (847) 509-9595 for an appointment and to confirm eligibility.

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

3rd Tuesday of the Month, 5:00 – 6:30 pm

Gina Baldacci, 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**

