

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

Evening of Survivorship

Wednesday, November 29, 6:00 – 8:00 pm

Join us for a virtual evening of exploring cancer survivorship. The evening will begin at 6:00 pm with welcoming remarks from Dr. Sigrun Hallmeyer on the importance of care in survivorship. Participants will then have the opportunity to attend various breakout sessions based on their interest.

Virtual: Ask the Dietitian – Healthy Eating During the Holidays

Friday, November 3, 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.

Healthy Eating During the Holidays

Monday, November 6, 12:00 – 1:00 pm

It can be challenging to navigate the stress of eating your favorite traditional holiday foods as part of an overall cancer protective lifestyle. Join the dietitian to learn how the holidays don't need to sabotage your healthy diet habits, and simple strategies to savor holiday food with confidence. Program is in collaboration with Cancer Wellness Center, Sharsheret, Israel Cancer Research Fund, and Norton & Elaine Sarnoff Center for Jewish Genetics. Attendees are encouraged to join us at 11:30 am for a meet and greet with all of the organizations.

Feldenkrais - Awareness Through Movement

Tuesday, November 7, 14 & 28, 10:00 – 11:00 am

In Feldenkrais Awareness Through Movement® classes, students will explore small, comfortable movements that can translate to improvements in mobility and wellbeing.

In this 3-week series, our focus will be on what can be learned by bringing attention to our movements rather than effort and achievement.

Cooking Demo with Chef Anita

Tuesday, November 7, 6:00 – 8:00 pm

This is the time of year when sharing good food with family and friends is especially meaningful. Whether you are the host or an invited guest, bringing a dish of tasty bites is sure to please. Join Chef Anita Brown for a demonstration and tasting of quick, delicious appetizers and sweets fit for any holiday get together.

Kids Night Out

Tuesday, November 7, 6:00 – 8:00 pm

Drop off your kids and enjoy a night out. Kids will enjoy a fun night of eating pizza, making a yummy dessert, working on STEM kits and other hands-on activities. This is a great opportunity to connect with other kids.

Creating Lotus Flowers

Thursday, November 9, 10:00 am – 12:00 pm

Lotus flowers are associated with the human soul, gods and goddesses, and are featured in ancient stories and legends. In this class, participants will create a beautiful lotus flower from locally sourced, reclaimed plastic drill gauges.

Connecting Through Knitting

Monday, November 13 & 27, 10:00 am – 12:00 pm

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

Virtual: Bi-Weekly Writing Lab

Monday, November 13 & 27, 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.

Hiking for Health & Happiness

Monday, November 13, 11:00 am – 12:00 pm

Join us at Ryerson Woods Forest Preserve in Riverwoods, 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.

Skincare & Makeup Session

Tuesday, November 14, 10:30 am – 12:30 pm

In this session you will learn from a licensed esthetician how to tackle skin changes and challenges during and after cancer treatment. While your skin goes through a lot during treatments there are tips for getting that glow back.

Therapy Dogs Meet and Greet

Tuesday, November 14, 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.

Men's Hiking for Health & Happiness

Wednesday, November 15, 10:00 – 11:00 am

Join us at Ryerson Woods Forest Preserve in Riverwoods, 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)

Acupuncture Clinic

Wednesday, November 15, 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.

Virtual: Preparing for Palliative and Hospice Care

Wednesday, November 15, 12:00 – 1:00 pm

Challenging and emotional conversations become the norm after a cancer diagnosis, so it's essential to surround yourself with a broad team to educate and guide you while also making you feel comfortable and supported. Join Rolfe Pancreatic Cancer Foundation and Cancer Wellness Center in a candid discussion with Dr. Martha L. Twaddle, the Medical Director for Palliative Medicine and Supportive Care at Northwestern Medicine – Lake Forest Hospital.

Zentangle

Thursday, November 16 & 30, 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.

In-person:  Virtual: 

Pruebas de detección del cáncer cervicouterino y los servicios que ofrece la organización Equal Hope

Lunes, 20 de noviembre, 1:00 – 2:00 pm Venga a aprender información muy importante sobre los exámenes para detectar el cáncer cervicouterino y los servicios que ofrece la organización Equal Hope. Este evento se llevara a cabo en la Biblioteca Publica de Waukegan.

Virtual: CWC Staff Chat Series – Understanding Your Nervous System During Cancer

Wednesday, November 29, 12:15 – 1:00 pm

In this month's CWC Staff Chat, our very own program host, Priscilla Andrews, will be interviewed by the Center's Clinical Director, Dr. Megan McMahon. Tune in to learn about our nervous system and explore strategies to regulate ourselves when in distress while coping with cancer or cancer in the family.

Virtual: Holistic Health

Thursday, November 30, 5:00 – 6:00 pm

Holistic health is a way of looking at your health as a whole, not just parts and symptoms. Join Dr. Frances Baxley, NorthShore University HealthSystem, to learn how to apply these practices to your own well-being.

Virtual: Yoga for Better Sleep

Thursday, November 30, 8:00 – 9:00 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 for a relaxing bedtime yoga routine.

In-person:  Virtual: 

Now Recruiting: Pediatric Cancer Networking Group

Saturday, December 2, 12:00 – 1:30 pm

Join our Child Life Specialist, Elyssa Siegel, on Saturday, December 2, 12:00 - 1:30 pm for lunch and an opportunity to socialize with other kids in treatment/post treatment. This group is purely social and designed to create connections with other kids.

Eligibility

- Open to school-aged children who have a cancer diagnosis (newly diagnosed, in-treatment or post-treatment)

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

Now Recruiting: Significant Other Support Group

Tuesdays from 1:00 - 2:30 pm

The Significant Other Support Groups offers the opportunity to meet weekly with other caregivers. Themes that often come up in group are how you care for yourself while caring for someone you love, the emotional impact of the diagnosis, managing stress, identifying your support system, communication with loved ones and healthcare team.

Eligibility

- Spouses/partners and family members who are a primary caregiver for someone with a cancer diagnosis
- Can attend weekly, in-person group sessions on Tuesday from 1:00 to 2:30pm

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

Now Recruiting: Parents of Children with Cancer Support Group

Thursdays from 11:00 – 12:30 pm

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.

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

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*	Virtual: Chair Yoga	Gentle Yoga*	Virtual: Gentle Yoga	Virtual: ALGH: Exercise for Cancer Patients (9:00-10:00) Gentle Yoga (10:00-11:00)
10:15 - 11:15 am		Canasta at CWC (10:00 – 11:30 am)			Waukegan Library: Gentle Yoga
10:45 - 11:45 am	Virtual: Healing with Energy Through Reiki		Virtual: 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					
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services

Friday, November 17, 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**



215 Revere Drive, Northbrook, IL 60062