

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: Mindful Eating during the Holidays

Thursday, December 7, 11:30 am – 12:30 pm

When we are feeling overwhelmed, we often make food choices that we may later regret. In this 60-minute workshop, we will be exploring how to slow down and eat mindfully during the holidays. By developing a mindful eating practice, you will be able to make skillful food choices during the season.

Connecting Through Knitting

Monday, December 4 & 18, 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!

Zen-Extended

Monday, December 4, 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.

Celebración de fin de año

Lunes 4 de diciembre de 6:00 pm - 7:30 pm

Venga a celebrar con nosotros esta temporada festiva y el tiempo que hemos pasado practicando yoga. Va a haber rifas, regalos, y bocadillos. Venga a pasar un rato agradable y compartir con sus compañeras de yoga.

Si desea informes o registrarse para este programa llame al (847) 562-4980.

Virtual: Survivor's Guilt, Trauma and Life Beyond

Monday, December 4, 7:00 – 8:00 pm

Survivor's Guilt is often part of the cancer experience in many different ways. This webinar is open to those who are in treatment, in survivorship, and high risk. We'll explore survivor's guilt, its impact on you, and ways to process these complicated feelings. This program is in collaboration with Sharsheret.

Virtual: Multiple Myeloma Resources and Recent Updates

Wednesday, December 6, 7:00 – 8:30 pm

Join us for a presentation on resources available to patients with Multiple Myeloma through the International Myeloma Foundation and recent updates in the myeloma world, followed by a roundtable discussion about living with myeloma.

Hiking for Health & Happiness

Thursday, December 7, 10:00 – 11:00 am

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.

Young Adult Social: Holiday Hangout

Thursday, December 7, 6:00 – 8:00 pm

Join us at Pinheads Jeffery Lanes in Wheeling, IL for a Young Adult meet and greet, where we will aim to strengthen and create connections, while having some holiday fun! The evening will include bowling, social interaction, and team building activities. The event is open to all young adult cancer patient/survivors in-treatment and post-treatment (ages 20-40) and their loved ones. Food and drinks will be provided!

Virtual: Bi-Weekly Writing Lab

Monday, December 11, 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.

Pizza Night at CWC

Monday, December 11, 5:30 – 7:00 pm

Join us for a KIDS ONLY drop-off event to create AND eat your own personal pizza with our Child Life Specialist, Elyssa Siegel. We will spend our evening cooking and creating pizza masterpieces while making new friends.

Therapy Dog Meet and Greet

Tuesday, December 12, 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, December 13, 9:30 – 10:30 am

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. This hike is reserved for any male participant - those diagnosed, caregiving or bereaved.

Acupuncture Clinic

Wednesday, December 13, 10:00 – 11:00 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.

Zentangle

Thursday, December 14, 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.

Virtual: Ask the Dietitian – Nutrition and Immunity

Friday, December 15, 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.

Virtual: Your Nervous System and You

Monday, December 18, 10:30 am – 12:00 pm

At the base of all our experiences – our thoughts, emotions and behaviors – lies our autonomic nervous system. Join us for a presentation on how the nervous system shapes our experience of the world and learn ways to befriend your nervous system to understand its influence in your life.

Wholeness and Healing through Art

Monday, December 18, 10:45 am - 12:15 pm

Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Through intuitive art making we develop the capacity to trust our built-in wisdom of how best to take care of ourselves and how to be in relationship with the world around us.

Virtual: Yoga for Better Sleep

Monday, December 18, 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: 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, 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>		
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services

Friday, December 1, 9:00 am - 1:00 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**



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