

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: Breast Reconstruction: Understanding Your Options for Revision, Delayed Reconstruction, and Maintenance

Wednesday, January 31, 6:00 – 7:00 pm

Women who have a mastectomy or lumpectomy to treat or prevent breast cancer may choose breast reconstruction following their initial surgery. In this program, Dr. Akhil Seth will provide an overview of breast reconstruction options including in the immediate and delayed setting. He will also share common complaints after reconstruction and options for revision, and thoughts on long-term sustainability and maintenance of breast reconstruction.

Navigating Grief with Expressive Arts

Wednesday, January 3, 10, 17, 24 & 31, 4:00 – 5:30 pm

Join our expressive arts-focused networking group designed for individuals who have lost a loved one to cancer. During each session, participants will engage in a selected expressive arts activity as well as have time to discuss their experiences, stressors, and share positive coping and self-care strategies. This group meets weekly.

Zentangle

Thursday, January 4 & 25, 10:00 – 11:15 am

Join us at the Cancer Wellness Center for Zentangle, an easy-to-learn, meditative and fun way to create art by drawing structured patterns. It is a journey of relaxing creativity. No art experience required.

Virtual: Ask the Dietitian - Nutrition for Your Mood and Mind

Friday, January 5, 1:00 – 1:45 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.

Connecting Through Knitting

Monday, January 8 & 22, 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!

Virtual: Bi-Weekly Writing Lab

Monday, January 8 & 22, 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.

Acupuncture Clinic

Wednesday, January 17, 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: Yoga for Better Sleep

Monday, January 22, 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.

Virtual: Introduction to Mindfulness

Tuesday, January 23, 30, February 6, 13, 20 & 27, 10:00 – 11:15 am

In this 6-week foundations course, we will engage in evidence-based mindfulness practices to learn how to incorporate mindfulness into our daily lives through formal and informal practice. This class is for beginners and those wishing to renew or deepen their practice in community.

Therapy Dog Meet and Greet

Tuesday, January 23, 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.

Waukegan Library: Family Yoga

Thursday, January 25, 5:00 – 6:00 pm

Family Yoga is a practice that includes yoga poses, breathing, a short meditation and creative expression to end. All levels are welcome. Come and enjoy this time together moving, breathing, and just being in a calming and welcoming environment.

Virtual: Give Me Your Hand - A Look at Suffering from a Jewish Perspective

Monday, January 29, 12:00 – 1:00 pm

Join Rabbi Joseph Ozarowski for a conversation and discussion about human suffering. Through the lens of Torah and the Talmudic Tradition, we will explore some sources about suffering and Judaism.

Expressive Arts Networking Group for Caregivers

Wednesday, January 31, 6:00 – 7:30 pm

This networking group is 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. This group meets weekly.

In-person:  Virtual: 

Now Recruiting: Food and Fitness for Wellness

Tuesdays from 4:00 – 5:00 pm starting January 23, 2024

Cancer and treatments can sometimes result in side effects that may make pursuing a healthy lifestyle difficult. For some individuals, weight gain from treatment might be an overlooked side effect creating unique challenges.

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines the expertise about the mind, body, and nutrition specific for cancer survivorship. Participants will be offered support from professionals and peers while navigating the best ways to modify habits and behaviors to improve their overall health and wellness.

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

Tuesdays from 6:00 – 7:30 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 the 2nd and 4th Tuesdays of each month, from 6:00 - 7:30 pm

****Optional in-person meetings will be held quarterly.**

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

Now Recruiting: Loss of an Adult Child Support Group

1st and 3rd Wednesday from 1:00 – 2:00 pm

The Loss of an Adult Child Support Group offers the opportunity to meet twice a month with other bereaved parents who lost an adult child to cancer. The group strives to create a supportive environment for individuals to share their grief and emotions while fostering mutual understanding and empathy.

Eligibility

- Individuals who have experienced the death of an adult child to cancer.
- Can attend twice monthly, in-person group sessions on Wednesdays from 1:00 to 2:00 pm.

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

Now Recruiting: Spirituality Discussion Group

2nd and 4th Monday from 2:00 – 3:00 pm

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		
1:00 – 2:00 pm		Advanced Mindfulness			
2:00 – 3:30 pm				Mahjong at CWC	
5:30 - 6:30 pm	ALGH: Stress Relief Yoga*		ALGH: Gentle Yoga*		
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services

Friday, January 12, 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**



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