




Upcoming Events

 In-Person
 Hybrid
 Virtual

Mindful Self-Compassion Series

TUESDAY, APRIL 2, 9, 16, 23, 30, MAY 7, 14, 21, 28, JUNE 4
10:00 – 11:00 AM

 VIRTUAL

In this 10-week foundations course, we will engage in evidence-based practices to learn how to incorporate mindful self-compassion into our daily lives through formal and informal practice. This class is for individuals who wish to learn or deepen their mindful self-compassion practice with the support of class community. Attendance at all sessions is highly encouraged.

Navigating Grief with Expressive Arts

WEDNESDAY, APRIL 3, 10, 17 & 24, 4:00 – 5:30 PM

 IN-PERSON

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.

Expressive Arts Networking Group for Caregivers


WEDNESDAY, APRIL 3, 10, 17 & 24, 6:00 – 7:30 PM

 IN-PERSON

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.

Sad Isn't Bad

WEDNESDAY, APRIL 3, 10, 17 & 24, 6:00 – 7:30 PM

 IN-PERSON

The Center is offering a 4-week grief program for children ages 6-12. 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. Dinner will be provided. Attendance is required at all sessions.

AYAs Take Chicago: Arts and Rec

THURSDAY, APRIL 4, 6:00 – 10:00 PM

 IN-PERSON

Over 20 organizations come together to host the 3rd Annual AYAs Take Chicago at Sarabande Chicago! This year, the event will focus around arts and self-care. Come join us for a night of food, music, and connection with people who get it! Open to people diagnosed with cancer between the ages of 15 - 39 and their loved ones.



Panel Discussion: Psychedelics and Cancer

THURSDAY, APRIL 25, 6:30 – 7:30 PM

 VIRTUAL

Join us for a discussion on the therapeutic use and potential of psychedelics for cancer patients. Topics will include current research on the use of psychedelics for cancer-related distress, proposed legislation to legalize therapeutic use of plant medicine in Illinois, and more.



SCAN QR CODE
TO REGISTER

Ask the Dietitian: Nutrition to Support Energy and Reduce Fatigue

FRIDAY, APRIL 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.

Nourishing Your Body with Smoothie Bowls

MONDAY, APRIL 8, 12:00 – 1:00 PM



Join Lori, our oncology dietitian, and Lindsay, owner of Bright Bowls to learn more about how smoothie bowls can help in your overall cancer protective plan. During this interactive program, you will have a chance to see how smoothie bowls are created and even taste a sample!

Therapy Dog Meet and Greet

TUESDAY, APRIL 9, 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

Finding Peace: A Discussion with Death Doulas

TUESDAY, APRIL 9, 6:00 – 7:00 PM



Understanding how to prepare for our own mortality or how to support a loved one facing end of life can be deeply comforting. Join us for a virtual panel discussion featuring experienced death doulas. This informative and compassionate program will provide a safe space to gain clarity on the role of a death doula and how they can support you or your loved ones through the end-of-life process.

Acupuncture Clinic

WEDNESDAY, APRIL 10, 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. Mini treatment will be offered.

Men's Hiking for Health & Happiness

WEDNESDAY, APRIL 10, 2:00 – 3:00 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. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved)

Wholeness and Healing Through Art

THURSDAY, APRIL 11, 11:00 AM – 12:30 PM



Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Using cray-pas and watercolors, we will create images through play, experimentation, and follow what brings us energy and satisfaction.

Grief Walk

MONDAY, APRIL 15, 10:00 – 11:00 AM



Join us at Middlefork Savanna in Lake Forest, IL on a 2-mile outdoor path as we decrease grief-related rumination through nature and meditation. Please wear appropriate shoes and attire for the weather.

Yoga for Better Sleep

MONDAY, APRIL 15, 8:00 – 9:00 PM



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

The Role of Physical Therapy in Treating Chemotherapy-Induced Neuropathy

WEDNESDAY, APRIL 17, 6:00 – 7:15 PM



In this presentation, our presenter will discuss the common causes for chemo-induced peripheral neuropathy (CIPN), risk factors, preventative measures and treatment options.

Ask the Dietitian: The Top 10 Questions about Cancer Nutrition Questions

MONDAY, APRIL 22, 1:00 – 2:00 PM



Join Lori Bumbaco, Board-Certified Specialist in Oncology Nutrition as she answers the most frequently asked questions about cancer related nutrition.

Viniyoga

THURSDAY, APRIL 25, 9:30 – 10:30 AM



The "Viniyoga of Yoga" is a systematic application of yoga that involves the integration of yoga asana (the poses), the transition of yoga asana, breathing, chanting, relaxation, and meditation. In this group class, each of the yoga tools will be explored and we will discuss the value of an ongoing, personalized, yoga practice.

Stepping Up To Wellness 5K Run/Walk

SUNDAY, APRIL 28, 7:30 - 11:00 AM

 IN-PERSON

Join us at the beautiful Independence Grove in Libertyville for our 2024 Stepping Up To Wellness Run/Walk! We are excited to gather TOGETHER to enjoy family, friends and fun, while raising valuable funds to support the important work of the Cancer Wellness Center.

Hiking for Health & Happiness

MONDAY, APRIL 29, 11:00 AM - 12:00 PM

 IN-PERSON

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.



The CWC Studio: Wig Services

FRIDAY, APRIL 5, 9:00 AM - 3:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC studio. A variety of high-quality, synthetic wigs of many hair colors and textures are available. These services will be provided by professionals from Hair Response.

NOW RECRUITING

JOIN US

Meaning Centered Discussion Group

WEDNESDAYS, IN-PERSON STARTING APRIL 24 THROUGH JUNE 12, 10:30 AM - 12:00 PM

This 8-week topic driven discussion group aims to aid participants in their discovery, reconnection, maintenance, and enhancement of sense of meaning in life while living with cancer. It will facilitate and optimize coping through a greater understanding of sources of meaning that can be used after a cancer diagnosis. Through the group experience, it will promote a supportive environment among participants faced with similar challenges.

Each session will be focused on a new topic and will include exercises and concepts for the group to discuss. Handouts and simple assignments will be encouraged between sessions to prepare for follow up discussions. We encourage participants who are available and willing to commit to all eight weeks to register.

Eligibility:

- Open to all participants at any stage of prognosis/diagnosis.

Young Women's Group

TUESDAYS, VIRTUAL FROM 7:00 - 8:30 PM

Our virtual young women's group provides a safe space to share experiences for those with a cancer diagnosis or supporting someone who is diagnosed.

Eligibility

- Open to women ages 30 - 50
- Can attend every or most weekly virtual meetings on Tuesdays from 7:00 - 8:30 PM

If you have interest in any of our support groups, contact our Intake Line at (847) 562-4981.

Pediatric Cancer Patient Meetup

SATURDAY, APRIL 20, 11:00 AM - 12:30 PM

Join our Child Life Specialist, Elyssa Siegel, 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.

****April 20: Pediatric Patient Meet Up will be a fun, video-game edition!**

Eligibility:

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

For more information, please contact our Child Life Specialist at esiegel@cancerwellness.org.

To register for this meet up, visit www.cancerwellness.org

Stepping Up To Wellness 5K Run/Walk

SUNDAY, APRIL 28, 7:30 - 11:00 AM

START YOUR TEAM

JOIN A TEAM




REGISTER


















DONATE



SCAN QR CODE
TO REGISTER

Wellness Classes

 In-Person
 Hybrid
 Virtual

MON	TUE	WED	THU	FRI
9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:15 AM Chair Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 
10:00 - 12:00 PM Connecting Through Knitting (April 1 & 29) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:00 - 11:15 AM Zentangle (April 4 & 18) 	10:00 - 11:00 AM Gentle Yoga 
10:45 - 11:45 PM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	2:00 - 3:30 PM Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 
11:00 - 12:30 PM Bi-Weekly Writing Lab (April 1, 15 & 29) 		6:30 - 7:30 PM Waukegan: Yoga Suave 	7:00 - 7:30 PM Clase de Reducción de Estrés 	
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 				

Gentle Yoga uses physical postures, breath work and meditation to bring your mind and body back into a balanced state.

Healing With Energy Through Reiki allows you to experience Reiki energy through a guided group healing meditation and breathwork, helping to reduce stress and promote relaxation.

Strength and Conditioning utilizes strategies and techniques that will help you build strength and flexibility. Using equipment such as bands and weights is encouraged.

Yoga Suave es la yoga que utiliza posturas físicas, trabajo de respiración y meditación para devolver la mente y el cuerpo a un estado de equilibrio.

Chair Yoga is a gentle class that incorporates breathing exercises, stretching, yoga postures, and final relaxation, all while using a stable chair.

Zentangle an easy-to-learn, meditative and fun way to create art by drawing structured patterns.

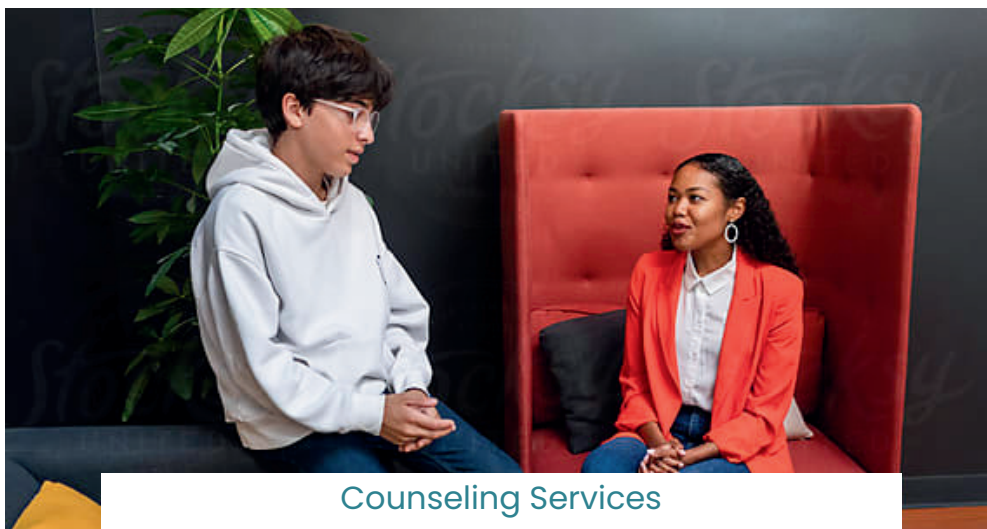
Stress Relief Yoga is focused on quiet stillness, strength, flexibility, alignment, and balance.

Bi-Weekly Writing Lab is where 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.

Connecting Through Knitting
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!

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

Support Services



Counseling Services

- Individual
- Family
- Child/Teen
- Couples
- Parent Consultation
- Nutrition

Support Groups

CANCER SUPPORT GROUPS AT ANY STAGE OF TREATMENT/POST-TREATMENT:

- Young Women to age 50
- Women age 50+
- Men age 55+
- Young Adults Group ages 20-40
- Pre-Teens/Teens with Cancer
- Spirituality Discussion

GROUPS FOR SPOUSE, PARTNER, FAMILY:

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

BEREAVEMENT GROUPS:

- Spousal Loss
- Loss of an Adult Child

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 our Intake Coordinator

Alana Lebovitz, MSW

(847) 562-4981

alebovitz@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

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