




Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

Ask the Dietitian: Salt

FRIDAY, MAY 1, 1:00 – 1:45 PM CST

 VIRTUAL

Do you have questions about diet, nutrition, or food-related concerns? Join us each month to explore a variety of topics with our Board-Certified Specialist in Oncology Nutrition.

Nature Hike: Hike The 606

MONDAY, MAY 4, 10:00 – 11:00 AM

 IN-PERSON

Join us for a two mile hike. We will do an out and back hike on the eastern 1 mile of “The 606”. This is a paved urban trail with a narrow rubber shoulder on which you can also walk. Please wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

Cómo Lidar con el Estrés de un Diagnóstico de Cáncer

MIÉRCOLES 6 DE MAYO, 6:00 – 7:00 PM CST

 VIRTUAL

Recibir un diagnóstico de cáncer puede resultar abrumador. En este programa, aprenderá estrategias prácticas y basadas en evidencia para ayudarle a manejar el estrés y afrontar emociones difíciles con mayor calma y resiliencia.

Treatment’s Done, Now What?

FRIDAY, MAY 8, 12:00 – 1:30 PM CST

 VIRTUAL

The transition from treatment to survivorship is an important—and often overlooked—part of the cancer journey. Whether you have recently completed treatment or are preparing for it to end, this program helps participants understand the emotional and physical realities of life after cancer treatment. Learn how the nervous system responds to stress, explore common post-treatment experiences, and gain practical tools for navigating survivorship with greater understanding and confidence.



Living with Loss: Navigating Non-Death Grief in Cancer Treatment

WEDNESDAY, MAY 27, 1:00 – 2:00 PM CST

 VIRTUAL

A cancer diagnosis brings more than just physical challenges—it often leads to losses that impact mental and emotional well-being. In this lecture, Stephanie Aaron, LCSW will explore the often-overlooked grief experienced by cancer patients and caregivers, focusing on the emotional and psychological losses that accompany a cancer diagnosis. She will explore how these non-death losses can impact one's life and offer strategies for managing grief during a cancer journey.

This program is offered in collaboration with Advocate Cancer Survivorship Center.

SCAN QR
CODE TO
REGISTER



Pediatric Cancer Meet-Up (Ages 4-7)

SATURDAY, MAY 9, 10:00 – 11:30 AM

 **IN-PERSON**

Pediatric patients and their siblings ages 4-7 are invited to join us for an interactive morning of games, arts and crafts, and fun! This welcoming social event provides young children with the opportunity to make friends, express themselves creatively, and connect with others who share similar experiences—all in a comfortable and supportive environment.

Personal Values BINGO

MONDAY, MAY 11, 2:00 – 3:00 PM

 **IN-PERSON**

In this workshop, you will learn the role of Acceptance and Commitment Therapy (ACT) in developing psychological flexibility, being present, and taking committed actions towards your goals. You will practice identifying and applying the personal values that are most meaningful to you. Following this self-exploration, we will play a group game of personalized BINGO that will further connect you to your identified values.

Grief Walk


MONDAY, MAY 11, 10:00 – 11:00 AM

 **IN-PERSON**

Research shows that outdoor activities like hiking may be beneficial for both physical health and mental well-being. Join us at Middlefork Savanna for a two-mile hike through natural terrain. This program is for anyone who has lost a loved one to cancer within the last 5 years.

Therapy Dog Meet and Greet

TUESDAY, MAY 12, 4:00 – 5:00 PM

 **IN-PERSON**

Join us for a relaxing and enjoyable meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. This informal monthly program offers you the opportunity to interact with the dogs, learn about their training, and watch them show you their special skills.

Beauty Within: Self-Care, Skincare and Makeup

WEDNESDAY, MAY 13, 10:30 AM – 12:30 PM

 **IN-PERSON**

Learn the essentials of self-care, skincare, and makeup. In this workshop, we will explore the fundamentals of skincare routines, the science behind healthy skin, and makeup techniques to enhance your natural beauty. You will gain practical skills for creating a personalized routine that supports your well-being and boost your confidence.

Wholeness and Healing Through Art:

Mixed Media

THURSDAY, MAY 14, 10:30 AM – 12:30 PM

 **IN-PERSON**

Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Embrace the process of play and experimentation as you follow what energizes and satisfies you. This judgment-free environment allows you to reconnect with your senses and imagination, fostering a deep connection between your body, heart, and mind.

This program is generously sponsored by [Team Schladt Foundation](#).

Finding Flavor without Highly Processed Foods


MONDAY, MAY 18, 1:00 – 2:30 PM

 **IN-PERSON**

If you're trying to boost flavor while avoiding highly processed, store bought ingredients, the good news is this: real, whole ingredients can taste way better, you just need the right techniques and combinations. This program focuses less on restriction and more on unlocking natural flavor. Join us in our demonstration kitchen to explore simple and delicious ways to swap out highly processed choices for fresh options you can enjoy and feel good about.

Restorative Yoga and Reiki Workshop

TUESDAY, MAY 19, 1:00 – 2:15 PM

 **IN-PERSON**

This restorative yoga class combines the calming benefits of gentle yoga with the soothing support of Reiki. Participants will be guided through classic restorative poses designed to encourage natural alignment and deep relaxation. While resting in these poses, participants will receive hands-on Reiki, a form of energy therapy that enhances the natural healing system of the body and creates a sense of well-being.

What is Mindfulness?

TUESDAY, MAY 26, 2:00 – 3:00 PM CST

 **VIRTUAL**

Mindfulness refers to being aware of what is actually happening within and around us in the present moment without judging or evaluating your experience. Join us for an interactive workshop where we will explore the neuroscience of mindfulness and its impact on wellbeing. Participants will be guided through a mindfulness practice and invited to engage in reflection and discussion.

Individualized Services

To schedule appointments for these services, contact the Center at 847.509.9595



The CWC Studio: Wig Services

WEDNESDAY, MAY 13, 9:00 AM - 5:00 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.



Acupuncture Treatment

FRIDAY, MAY 15, 9:00 - 11:30 AM

Wondering if acupuncture is right for you? Complimentary one hour individual treatments are available with Dr. Zahava Berkowicz and the IMMA team at IMMA Acupuncture and Wellness. Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress.



Newly Diagnosed Consultation

Designed for individuals recently diagnosed with cancer, this two-session consultation provides targeted support in processing your diagnosis, navigating the medical system, and addressing early emotional and logistical needs.

Consultas para personas con recién diagnosticadas

El diagnóstico de cáncer produce muchos sentimientos que podrían ser difíciles de manejar. Una consejera experimentada puede platicar contigo para ayudarte a lidiar con tus miedos y ansiedades sobre tu diagnóstico de cáncer.

Sneak Peek

Introduction to Canasta: 4-Week Series

TUESDAY, JUNE 9, 10:00 - 11:30 AM

 IN-PERSON

Join us for a 4-week series to learn how to play American Canasta, a fun, engaging, and social card game that's perfect for players of all skill levels. Whether you're a beginner or looking to refresh your skills, this program offers a fun and interactive way to sharpen your cognitive abilities and improve your memory. Card decks will be provided. Open to all skill levels.

Program Dates: June 9, 16, 23, 30

Introduction to Mahjong: 6-Week Series

THURSDAY, JUNE 11, 2:30 - 4:00 PM

 IN-PERSON

Explore the exciting game of Mahjong! Join us for a 6-week series to learn and play this exciting game. Perfect for beginners, this class will guide you through the fundamentals of the game. In the first two classes, we'll cover the rules, strategies, and the unique nature of Mahjong. By the end of the series, you'll be ready to join our ongoing weekly drop-in group, where you can practice and enjoy the game with fellow enthusiasts.

Program Dates: June 11, 18, 25, July 2, 9, 16

Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

Spousal Loss Bereavement Group

2ND AND 4TH WEDNESDAY, MONTHLY, IN-PERSON, 10:00 – 11:15 AM
STEPHANIE AARON, LCSW

Starting May 13, the Spousal Loss Bereavement Group offers the opportunity to meet twice a month with other bereaved partners and spouses. The group strives to create a supportive environment for individuals to share their grief and foster mutual understanding.

Eligibility:

- Individuals who have experienced the death of their partner/spouse to cancer within the last year
- Can attend in-person group sessions on the 2nd and 4th Wednesday of each month from 10:00 - 11:15 am

NOW RECRUITING FOR JULY

Strategies for Ongoing Sleep Problems

MEGAN MCMAHON, PHD, AND GABRIELLE WOLK, PSYD

Starting in July, this 4-session group is for people affected by cancer who are having ongoing trouble falling asleep, staying asleep, or feeling rested. Participants will receive guidance and support to try structured sleep-related practices between sessions, with the goal of improving sleep over time.

The group is based on Cognitive Behavioral Therapy for Insomnia (CBT-I), a well-researched, non-medication approach recommended for long-term sleep problems. To get the most benefit, participants are expected to attend all sessions.

Eligibility:

- Individuals who have completed treatment within the past 5 years or their spouses/partners
- Have experienced ongoing difficulty with sleep for 3 weeks or longer

New to the Center? Start here

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

(847) 562-4980

nbarquin@cancerwellness.org



Peer-to-Peer Support

BECOME OR RECEIVE A MENTOR ANGEL
WITH CANCER WELLNESS CENTER
& IMERMAN ANGELS

Become a Mentor:

Offer guidance and support, using your experiences to inspire hope.

Find a Mentor:

Imerman Angels connects you with a Mentor Angel who understands your experience.

Scan QR code to learn more.



Support Services

Counseling Services

Our counseling services provide expert support to help patients and loved ones process complex emotions, improve family communication, manage anxiety and grief and find stability during an uncertain time.

- Individual Counseling
- Family Counseling
- Bereavement
- Couples Counseling
- Child & Teen Support

Support Groups

Facilitated by licensed mental health professionals, our support groups create a safe space to share with others who understand, helping you feel less alone while learning practical coping strategies. Groups meet weekly or twice monthly, in-person or virtually.

FOR PATIENTS & SURVIVORS

- Young Women's
- Women 50+
- Men's
- Early-Stage Breast Cancer

FOR CAREGIVERS

- Significant Others/Caregivers
- Adult Child Caregivers
- Spousal Loss

TOPIC-FOCUSED:

- Meaning-Centered
- Women's Body Image
- Support for Anxiety

Peer Connection Groups

These monthly, drop-in gatherings offer a supportive space to share practical tips and real-life insights, help you learn from others' experiences and connect with people who truly understand. Groups meet monthly (in-person or virtual) and last 60-90 minutes.

DIAGNOSIS-SPECIFIC:

- Brain Tumor
- Lung Cancer
- Multiple Myeloma
- Pancreatic Cancer

DEMOGRAPHIC-BASED:

- Men's Group
- Young Adult Group
- Spousal Loss

FOR CHILDREN & TEENS:

- Pediatric Cancer Meet-Up

Nutrition Counseling

Our board-certified oncology dietitian provides personalized, evidence-based guidance to help you maintain strength, manage treatment side effects like appetite changes and digestive challenges, and develop sustainable eating habits for long-term health.






Ready to Connect?


















Call 847.562.4981
or visit cancerwellness.org
to learn more.

You don't have to carry this alone—
there's a community waiting for you.

All programs are free of charge.

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 AM - 12:00 PM Connecting Through Knitting (May 4 & 18) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (May 7 & 21) 	10:00 - 11:00 AM Gentle Yoga 
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		4:00 - 4:30 PM Gentle Practices for Stress Relief 	2:00 - 3:30 Mahjong at CWC 	10:15 - 11:15 AM Waukegan Library: Gentle Yoga 
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (May 4 & 18) 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 		
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 				

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