





Upcoming Events

 In-Person
 Hybrid
 Virtual

Zen-Extended

MONDAY, NOVEMBER 4, 1:00 - 4:00 PM

 IN-PERSON

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.

Finding Peace in Pain: The Power of Buddhism in Cancer Treatment


MONDAY, NOVEMBER 4, 6:00 - 7:30 PM

 VIRTUAL

This program explores the intersection of Buddhism and cancer care, delving into the ancient wisdom and practices that can offer comfort and support for those facing a cancer diagnosis. Through an interview and presentation with Greg Fitzsimmons, we'll examine how Buddhist principles of mindfulness, compassion, and acceptance can help individuals navigate the emotional and physical challenges of cancer.

Nature Hike

TUESDAY, NOVEMBER 5, 3:00 - 4:00 PM

 IN-PERSON

Join us at Fort Sheridan Forest Preserve 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.

Mastering Your Skincare and Makeup Routine

THURSDAY, NOVEMBER 7, 10:30 AM - 12:30 PM


 IN-PERSON

Join Rosie Dow, Esthetician and Professional Makeup Artist, to learn 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.



Stand-Up Comedy Night: There's Something Funny About Having Cancer

TUESDAY, NOVEMBER 19, 7:00 - 8:30 PM

 IN-PERSON

Join the Cancer Wellness Center for our very first Stand-Up Comedy Night, showcasing community members impacted by cancer. This unique event will feature personal stories and experiences, blending humor and entertainment.

Whether you've been touched by cancer or simply love a good laugh, we hope this night will uplift and inspire. Come out to support our community and enjoy an evening filled with joy and camaraderie. The program is open to the public. Event will feature Anne Richardson, Marta Segal Block, Dina Lewis, and CWC participants.

Broken Tee Brewing Company
406 Green Bay Road
Highwood, IL

SCAN QR
CODE TO
REGISTER



Genetics and Breast Cancer: Understanding Risk, Prevention and Personalized Treatment

THURSDAY, NOVEMBER 7, 7:00 – 8:00 PM

 HYBRID

Genetic testing is a powerful tool in breast cancer prevention and treatment. Join us for a discussion with medical experts to understand the benefits, risks, and what results could mean for you and your loved ones.

Ask the Dietitian: Prebiotics and Probiotics

FRIDAY, NOVEMBER 8, 1:00 – 1:45 PM

 VIRTUAL

Do you have questions about diet, nutrition, or other food-related concerns? Join us to learn more about different topics each month from our Oncology Dietitian.

Grief Walk

MONDAY, NOVEMBER 11, 10:30 – 11:30 AM

 IN-PERSON

Join us for a nature meditation followed by a two-mile hike in Captain Daniel Wright Woods in Mettawa, IL along with others who have a shared understanding of grief and loss. Please wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

Introduction to Gentle Yoga for Seniors

TUESDAY, NOVEMBER 12, 11:00 AM – 12:00 PM

 IN-PERSON

Join us for this ultra-beginner's introduction to the essentials of yoga designed specifically for seniors. We will explore safe and gentle movements to invigorate the body, practice basic breathing techniques to alleviate stress and anxiety and discuss mindfulness to cultivate calm and joy in our lives.

Therapy Dog Meet and Greet


TUESDAY, NOVEMBER 12, 4:30 – 5:30 PM

 IN-PERSON

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 Hike

MONDAY, NOVEMBER 18, 11:00 AM – 12:00 PM

 IN-PERSON

Join us at Fort Sheridan Forest Preserve 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.)

Entendiendo la etapa posterior al tratamiento de cáncer

LUNES 18 DE NOVIEMBRE DE 11:00 AM – 12:00 PM

 EN PERSONA

Venga a escuchar esta plática para discutir y entender la etapa posterior al tratamiento de cáncer, así como los retos que esta implica y como enfrentarlos. Este programa es ideal para personas que están por terminar su tratamiento, aquellos que lo han terminado, así como para sus seres queridos.

Yoga for Better Sleep

MONDAY, NOVEMBER 18, 8:00 – 9:00 PM

 VIRTUAL

Studies have demonstrated that yoga can be beneficial in managing sleep difficulties and insomnia. People impacted by 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.

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

WEDNESDAY, NOVEMBER 20, 6:00 – 7:15 PM

 IN-PERSON

Join Dr. Akhil Seth in this program as he explores the various options for breast reconstruction, including immediate and delayed approaches. Dr. Seth will also share common complaints after reconstruction and options for revision, and thoughts on long-term sustainability and maintenance of breast reconstruction.

Wholeness and Healing Through Art: The Art of Collage

THURSDAY, NOVEMBER 21, 11:00 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. This month, our exploration will center on Collage, a process of transformation—combining separate images together to form a new image with fresh meaning.

Stress Reduction Class

MONDAY, WEEKLY, 1:00 – 1:30 PM

WEDNESDAY, WEEKLY, 11:30 AM – 12:00 PM

 VIRTUAL

In these weekly classes, participants will be guided through a variety of research-based stress reduction strategies. Each week, there will be a focus on different tools and techniques including progressive muscle relaxation, guided imagery, breathing, meditation, and various mindfulness exercises.



The CWC Studio: Wig Services

WEDNESDAY, NOVEMBER 13, 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

Young Women's Support Group

THURSDAYS, 12:00 – 1:30 PM

 VIRTUAL

This support group provides a safe space to connect with other young women who are navigating a cancer diagnosis, whether newly diagnosed, in treatment or making sense of post-treatment survivorship. There are issues unique to younger women who are diagnosed with cancer, such as navigating a career, raising children, dating, caring for elderly family members...whatever your life space, you will connect with others who can relate as you navigate life with cancer together.

Eligibility:

- Women ages 30 to 50 with 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 and complete a brief intake interview

Sneak Peek



Social Security Disability: Change and Confusion

THURSDAY, DECEMBER 5, 6:00 – 7:30 PM

 HYBRID

Join attorney, Jeff Rabin as he offers a comprehensive overview of Social Security disability laws and programs in an accessible, “non-legal” format. He will clarify how the Social Security Administration analyzes claims and guide attendees on preparing the strongest possible cases.

Key topics include:



- Understanding the meaning of “Total Disability” under the Social Security Act.
- Differentiating between Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).
- Identifying the three essential factors for a successful disability application.
- Knowing the critical considerations for returning to work while receiving SSDI or SSI benefits.





















Mr. Rabin will share practical advice on navigating the bureaucratic process, effectively communicating with healthcare providers, and gathering supportive evidence. This interactive session encourages audience participation, allowing for questions and discussions. Attendees will leave empowered with the knowledge needed to protect and assert their rights under the Social Security Act. Materials will be provided for note-taking, ensuring everyone can follow along and engage fully.

SCAN QR
CODE TO
REGISTER



Wellness Classes

-  In-Person
-  Hybrid
-  Virtual

MON	TUE	WED	THU	FRI	SAT
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 Vinyasa Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 	9:00 - 10:00 AM Gentle Yoga 
10:00 AM - 12:00 PM Connecting Through Knitting (November 4 & 18) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 - 11:45 AM Zentangle (November 14) 	10:00 - 11:00 AM Gentle Yoga 	
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		11:30 AM - 12:00 PM Stress Reduction Class 	2:00 - 3:30 PM Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (November 4 & 18) 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	7:00 - 7:30 PM Clase de Reducción de Estrés 		
1:00 - 1:30 PM Stress Reduction Class 					
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 					

Learn More

To read more about our Wellness Classes descriptions and to register, scan the QR code, visit www.cancerwellness.org or call our main line 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
- Young Adults ages 20-40
- Pre-Teens/Teens
- Meaning-Centered Group

GROUPS FOR SPOUSE, PARTNER, FAMILY:

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

BEREAVEMENT GROUPS:

- Spousal Loss

Multiple Myeloma Networking Group

1ST WEDNESDAY OF THE MONTH, VIRTUAL
7:00 – 8:30 PM

PRISCILLA ANDREWS, MA, LCPC

This group provides opportunities for peer support and information sharing related to the physical aspects of living with multiple myeloma. Open to patients, families, and their loved ones.

Pancreatic Cancer Networking Group

3RD TUESDAY OF THE MONTH, VIRTUAL
5:00 – 6:30 PM

GINA BALDACCI, LCSW

Group is supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families, and their loved ones.

Men's Discussion Group

2ND MONDAY OF THE MONTH, IN-PERSON
4TH MONDAY OF THE MONTH, VIRTUAL
2:00 – 3:00 PM

MARK LIVSHOTS, MA, LPC

This group is to share information relating to navigating a cancer diagnosis, specifically for men.

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.

