




Upcoming Events

 In-Person
 Hybrid
 Virtual

Ask The Dietitian: Plant Proteins


FRIDAY, FEBRUARY 7, 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

MONDAY, FEBRUARY 10, 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.

Zen-Extended

MONDAY, FEBRUARY 10, 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.

Family Self-Care Night


TUESDAY, FEBRUARY 11, 4:00 - 5:30 PM

 IN-PERSON

Join us for an evening of self-care where children who are experiencing cancer in the household will connect with peers and community members. Children and their caregivers will participate in various fun activities, try out gentle yoga poses, interact with therapy dogs from Rainbow Animal Assisted Therapy, and enjoy hot chocolate.

Therapy Dog Meet and Greet

TUESDAY, FEBRUARY 11, 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.



Building Motivation: Your Path to Positive Change 2 Week Series

THURSDAY, FEBRUARY 13, 20, 1:00 - 2:00 PM

 VIRTUAL

Ready to make a meaningful change this year?

Join us for this 2-week series as Priscilla discusses ways to build and sustain the motivation needed to achieve your goals.

Whether you're aiming to lose weight, break a negative habit, or cultivate a healthier lifestyle, this workshop will provide you with practical strategies and achievable steps to set you on the right path.

Take the first step toward lasting change!

SCAN QR
CODE TO
REGISTER



Yoga for Better Sleep

WEDNESDAY, FEBRUARY 12, 8:00 – 9:00 PM CST

 VIRTUAL

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.

Men's Hike

MONDAY, FEBRUARY 17, 11:00 AM – 12:00 PM

 IN-PERSON

Join us at Ryerson Woods Forest Preserve - Brushwood Center in Riverwoods, 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).

Ancient Self-Care Techniques

TUESDAY, FEBRUARY 18, 10:00 – 11:00 AM


 IN-PERSON

In this one-hour program, esthetician Rosie Dow will explore each ancient self-care modality, explaining their therapeutic effects. Discover how Gua Sha releases tension, how Dry Brushing stimulates circulation, and how Abhyanga nourishes both body and soul.

Stand-Up Comedy Workshop: There's Something Funny About Having Cancer 7-Week Series

MONDAY, FEBRUARY 24, MARCH 3, 10, 17, 24, 31, APRIL 7,

6:00 – 8:00 PM

 IN-PERSON

During this 7-week workshop, we'll review comedian sets about difficult topics, including cancer, and learn joke structure and types of jokes. You will write and practice your own sets while receiving feedback to hone and perfect your set. Following the workshop, participants are invited to perform their sets at a Comedy Night at 28 Mile on April 8.

Overly Informed: How to Navigate Cancer-Specific Information Online

TUESDAY, FEBRUARY 25, 12:30 – 1:00 PM CST

 VIRTUAL

Navigating numerous, sometimes contradictory medical information that comes up from searches on Google and other sites can quickly become overwhelming. Jacob Seiden will provide individuals with help, support, and direction on how to find and examine sources of helpful and accurate information using the internet.

Wholeness and Healing Through Art: Mixed Media

TUESDAY, FEBRUARY 25, 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 drawing and using watercolors.


Now Recruiting



A 5-month hybrid group combining mind, body, and nutrition to support your overall wellness after cancer

Food and Fitness for Wellness

TUESDAY, FEBRUARY 11, 4:00 – 5:00 PM

 HYBRID

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines 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.

This program is especially for those who completed treatment between January 2020 and January 2025. This is a committed program, requiring participants to meet weekly for 5 months.

Program will be available hybrid with options to attend virtually on Zoom or in-person at Cancer Wellness Center (215 Revere Drive, Northbrook, IL 60062).

Facilitated by:

Lori Bumbaco, MS, RDN, CSO, LDN
Oncology Dietitian

Gabrielle Wolk, PsyD
Clinical Associate

Call our intake line at 847.562.4981 for more information or to join this group.

Join our information session on Tuesday, February 4, 4:00 – 4:30 pm

Individualized Services

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



Acupuncture Treatment

FRIDAY, MARCH 7, 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.



The CWC Studio: Wig Services

WEDNESDAY, FEBRUARY 12, 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.

Now Recruiting

For more information or to join these groups, contact our Intake Line at 847.562.4981

Spousal Loss Bereavement Group

IN-PERSON, 1ST AND 3RD WEDNESDAY, 10:00 – 11:15 AM

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 1st and 3rd Wednesday of each month from 10:00 -11:15 am

Adult Child Caregiver Support Group

VIRTUAL, 1ST AND 3RD WEDNESDAY, 6:00 – 7:00 PM

The Adult Child Caregiver Support Group enables participants to proactively process their experiences and the emotions associated with a parent's cancer diagnosis. Participants can expect to have space for examining the relational dynamics and history between parent and child while acknowledging the many ways that cancer can affect one's family. As an adult child caregiver, the crucial role you play in your parent's cancer care means it is just as important to prioritize your own self-care and mental well-being.

Eligibility:

- Open to adults of any age who have a parent with a cancer diagnosis
- Can attend virtual group sessions on the 1st and 3rd Wednesday of each month from 6:00 – 7:00 pm

Young Adult Co-Ed Discussion Group

VIRTUAL, 2ND THURSDAY OF EACH MONTH, 7:00 – 8:00 PM

The Young Adult Co-Ed Discussion Group provides a virtual opportunity for information sharing related to navigating a cancer diagnosis and survivorship. Join other Young Adults ages 20 to 40 who have experienced a cancer diagnosis to connect about navigating cancer and discuss topics such as medical treatments, managing symptoms and side effects, navigating the healthcare system, life post-treatment and more.

Eligibility:

- Young adults ages 20 to 40
- From diagnosis through 5 years post-treatment
- Open to people with any cancer diagnosis

Save the Date!

STEPPING UP TO WELLNESS RUN/WALK

SUNDAY, APRIL 27, 2025




INDEPENDENCE GROVE, LIBERTYVILLE



















5K Run/Walk and 1 Mile Family Walk



Co-Chairs: Monette Leva & Ellen Razzoog

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 	
10:00 AM - 12:00 PM Connecting Through Knitting (February 3 & 17) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (February 6 & 20) 	10:00 - 11:00 AM Gentle Yoga 	
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	12:00 - 12:30 PM Stress Reduction Class 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (February 10 & 24) 			2:00 - 3:30 PM Mahjong at CWC 		
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 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
- 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

Young Adult Co-Ed Discussion Group

2ND THURSDAY OF THE MONTH, VIRTUAL
7:00 – 8:00 PM

SABRINA LEVITAS, MA, LPC

Group for young adults ages 20 to 40 with a cancer diagnosis, in-treatment or post-treatment. Opportunity for peer support and information sharing related to having cancer at a young age.

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
6:30 – 8:00 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.

