




Upcoming Events

 In-Person
 Hybrid
 Virtual

Men's Hike

MONDAY, JANUARY 6, 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).

Ask The Dietitian: Immune Health

FRIDAY, JANUARY 10, 2:00 PM - 2:45 PM CST

 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 Board-Certified Specialist in Oncology Nutrition.

Nature Hike

MONDAY, JANUARY 13, 1:00 - 2:00 PM

 IN-PERSON

Join us at Half Day Forest Preserve in Vernon Hills, 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.

Introduction to Feldenkrais: Awareness Through Movement - 3-Week Series


TUESDAY, JANUARY 14, 21, 28, 10:00 - 11:00 AM

 IN-PERSON

In Feldenkrais Awareness Through Movement® classes, students will explore small, comfortable movements that can translate to improvements in mobility and well-being. During this 3-week series, our focus will be on what can be learned by bringing attention to our movements rather than effort and achievement.

Therapy Dog Meet and Greet

TUESDAY, JANUARY 14, 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.



Supporting Cancer-Related Distress through Psychedelic-Assisted Therapy

TUESDAY, JANUARY 28, 6:00 - 7:30 PM CST

 VIRTUAL

This webinar will provide an overview of psychedelic-assisted therapy, focusing on substances such as Psilocybin, LSD, MDMA, Ayahuasca, and specifically Ketamine, which is currently legal for therapeutic use. Participants will learn about the role these substances play in supporting individuals facing cancer-related distress, with a focus on current research in cancer and palliative care.

The session will explore the therapeutic process, including the preparation, session structure, and integration phases of psychedelic-assisted therapy. Attendees will gain a deeper understanding of how psychedelic-assisted therapy is used to address common emotional challenges associated with a cancer diagnosis.

SCAN QR
CODE TO
REGISTER



Yoga for Better Sleep

WEDNESDAY, JANUARY 15, 8:00 – 9:00 PM CST

 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.

Mastering Your Skincare and Makeup Routine

THURSDAY, JANUARY 16, 10:30 AM – 12:30 PM

 IN-PERSON

Join Rosie Dow, Esthetician and Professional Makeup Artist, as she shares expert guidance on how to care for your skin during and after treatment. Rosie will also offer valuable tips on enhancing your lashes, eyebrows, and overall makeup techniques to help you look and feel your best.

Pathways to Progress: Advances in Gynecologic Cancer Treatment

TUESDAY, JANUARY 21, 6:00 – 7:00 PM CST

 VIRTUAL

Join us for an insightful session on the latest breakthroughs and promising therapies in the treatment of ovarian, endometrial, and cervical cancers. Gynecologic Oncologist, Dr. Tilley Jenkins Vogel, will guide you through new treatment options, including immunotherapy, discuss the evolving landscape of gynecologic oncology, and what the future holds for better patient outcomes in 2025.

Meal Planning 101

MONDAY, JANUARY 27, 1:00 – 2:30 PM CST

 HYBRID

In this workshop, our oncology dietitian, Lori Bumbaco, will guide you through a simple, effective approach to meal planning. You'll learn how to create your own meal plan, plus discover practical meal ideas that are not only nutritious but also easy to prepare—perfect for you and your family.

Introduction to Mindfulness – 6-Week Series

TUESDAY, JANUARY 28, FEBRUARY 4, 11, 18, 25, MARCH 4
12:00 – 1:15 PM CST

 VIRTUAL

Each 75-minute class will include an introduction to specific mindfulness practices, a period of guided meditation, group discussion, and opportunities to ask questions. Through this series, we will explore ways to embody mindfulness while bringing presence, clarity, and wisdom to our moment-by-moment experiences in our daily lives.


Sneak Peek



Our 18-week virtual sessions focused on the mind, body, and nutrition for cancer survivorship

Food and Fitness for Wellness

TUESDAY, FEBRUARY 11, 4:00 – 5:00 PM

 HYBRID

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.

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.

Individualized Services

To schedule appointments for these services, contact our Intake Line at 847.562.4981



Acupuncture Treatment

FRIDAY, JANUARY 24, 9:00 – 10:30 AM

Wondering if acupuncture is right for you? Complimentary individual treatments are available with Dr. Zahava Berkowicz 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, JANUARY 22, 9:15 AM – 4:15 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.



NEW LOCATION

Wig Studio: Ascension Resurrection Hospital

WEDNESDAY, JANUARY 29, 10:00 AM – 1:00 PM

A limited number of free wig and wig-fitting appointments are available at Wig Studio: Ascension Resurrection Hospital. A variety of high-quality, synthetic wigs of many hair colors and textures are available. Our caring volunteer will guide you through the process of selecting a wig that makes you feel comfortable and confident.

Now Recruiting

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

Significant Other/Caregiver Support Group

VIRTUAL, WEEKLY TUESDAYS, 7:00 – 8:30 PM

Cancer is a family illness impacting the lives of those who love someone with a cancer diagnosis. In a Significant Other Group, you have an opportunity to meet with other primary caregivers to discuss how to care for yourself while caring for someone else.

Eligibility:

- Family member or friends who is in a primary caring or caregiving role for a loved one at any stage of cancer diagnosis/treatment/post-treatment
- Can attend virtual meetings weekly on Tuesdays from 7:00 – 8:30 pm

Significant Other/Caregiver Support Group

IN-PERSON, WEEKLY TUESDAYS, 1:00 – 2:30 PM

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- Can attend in-person meetings weekly on Tuesdays from 1:00 – 2:30 pm

Young Women Support Group


VIRTUAL, WEEKLY THURSDAYS, 12:00 – 1:30 PM




















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:

- Young Women ages 30 to 50 with a cancer diagnosis - newly diagnosed, in-treatment or post-treatment
- Can attend virtual group sessions weekly on Thursdays from 12:00 – 1:30 pm

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 (January 6 & 27) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 - 11:45 AM Zentangle (January 9 & 23) 	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 (January 6 & 27) 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 			
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
- 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
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.



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