

**EDUCATION & NETWORKING RECURRING GROUPS**



\*For IL residents only. Please feel free to reach out to us with any questions or concerns.

**Breast Cancer Networking Group**

Virtual  
1st Wednesday of the month from 6-7:30 p.m.

**Metastatic Breast Cancer Networking**

Virtual  
1st Wednesday of the month from 5-6 p.m.

**Sista's of Hope Networking**

Hybrid - Homewood & Virtual  
3rd Wednesday of the month from 6-7 p.m.  
\*This peer led group is offered both in person and virtually for African American/Black Women with Breast Cancer.

**Bereavement Group**

**VIRTUAL** - 1st Thursday of the month from 5-6 p.m.  
**\*NEW HOMEWOOD** - 3rd Tuesday of the month from 5-6 p.m.  
\*This is a drop-in group for any adult who has lost a loved one to a cancer diagnosis.

**Blood Cancers Networking Group**

Virtual  
3rd Thursday of the month from 5-6 p.m.

**Brain Tumor Networking Group**

Mokena **\*NOT MEETING OVER SUMMER**  
2nd Thursday of the month from 6-7:30 p.m.  
Call 708-478-3529 to register.

**Caregiver's Networking Group \*NEW TIME**

Virtual  
3rd Monday of the month from 4-5 p.m.  
A caregiver support group is a gathering where individuals who are providing care to a loved one with a cancer diagnosis can connect. This group offers a safe space to discuss concerns, gain coping strategies, and access valuable resources while feeling understood and less isolated.

**Colorectal Cancers Group**

Virtual  
2nd Wednesday of the month from 10:30-11:30 a.m.

**Gynecological Cancer Networking Group**

Virtual  
3rd Wednesday of the month from 12-1 p.m.

**Head & Neck Cancers Networking Group**

Virtual  
2nd Wednesday of every month from 4-5 p.m.  
**Facilitated by: Jennifer Tracy, BSN, RN, OCN. Oncology Nurse Navigator, Cancer Institute Advocate Christ Medical Center**

**Lung Cancer Networking Group**

Virtual  
1st Wednesday of each month from 10:30-11:30 a.m.  
*The Cancer Support Center is proud to be partnering with the Cancer Wellness Center to provide the Lung Cancer Networking Group. This group provides opportunities for peer support, information sharing, and educational lectures provided by healthcare professionals.*

**Men's Networking Group \*NEW TIME**

**VIRTUAL** - Every Thursday from 12:30-1:30 p.m.  
**MOKENA** - The 3rd Monday of the month from 11-12 p.m.  
\*For any man with any type of cancer regardless of stage or treatment status.

**Multiple Myeloma Cancer Networking**

Virtual  
Last Thursday of the month from 4-5 p.m.

**Pancreatic Cancer Networking Group**

Virtual  
3<sup>rd</sup> Thursday of the month from 6-7 p.m.  
*The Cancer Support Center is proud to be partnering with the Cancer Wellness Center to provide this networking group. This group provides opportunities for peer support, information sharing, and educational lectures provided by healthcare professionals.*  
**Group is facilitated by Mark Livshots, MA, LCPC, and is generously supported by the Rolfe Pancreatic Cancer Foundation**

**Prostate Cancer Networking Group**

Virtual  
2nd Thursday of every month from 5-6 p.m.

**Patient Networking Group**

**MOKENA** - 2nd Monday of the month from 12-1 p.m.  
**HOMEWOOD** - Final Tuesday of the month from 12-1 p.m.  
\*Being diagnosed with cancer can feel like an isolating experience. Groups are a place where patients can receive support from others who truly understand. Additionally, attendants can learn more about resources and coping skills through networking with others. Unfortunately, there is not a group for every type of cancer, which is why this group provides a space for all cancer types.





## COUNSELING & STRESS MANAGEMENT

### Individual, Family & Couples Counseling In-Person or Virtual

Contact Jason Kieffer for more information.  
jkieffer@cancersupportcenter.org. \*Virtual Counseling for Illinois Residents only.  
**Please call 708-995-0368 if you have any questions.**

### Knit & Crochet Group

**HOMEWOOD** - Every Monday from 12-1 p.m.

**MOKENA** - Every Wednesday from 2-3:30 p.m.

All are welcome to join this group to work on current knit, crochet, and other projects, as well as beginners looking to learn the basics. Yarn and basic tools provided.

### Art Journaling | Virtual

Email Kelly [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to receive a prompt each Thursday in your inbox.

### Art Open Studio | Homewood

Every Wednesday from 12:30 to 2 p.m.

Join us to work on projects of your choice! Materials provided.

### Art Therapy | Homewood

Every Monday from 1:30-3 p.m.

### Art Therapy | Mokena

Every Tuesday from 2 to 3:30 p.m.

### Journeying Inward: Deep Relaxation for Well-Being & Stress Relief | Virtual

The 3rd Wednesday of the month from 3 to 4 p.m.

**\*Facilitated by Cecily Hunt.**

### Monday Meditation with Cecily | Virtual

Every Monday from 1 to 1:30 p.m.

### Tibetan Bowls | Mokena

**Select Tuesdays, from 9:30-10:15 a.m. | Call for dates**

This sound meditation creates a space of peace, well-being, harmony, and balance, and brings profound therapeutic benefits. Bring a pillow or blanket and wear loose clothing. The class is limited to 10 participants. Call 708-478-3529 to register.

### Soundbath | Homewood

1st & 3rd Thursday of the month from 12-1 p.m.

This program involves sound meditation in which you bathe your body in the healing vibrations of various ancient instruments and raise your consciousness to create a space of peace and well-being, harmony, and balance. Please bring a pillow and blanket and wear loose clothing. Please arrive early. Registration is required. For more information, please call 708-798-9171.



## FITNESS & PHYSICAL WELLNESS

### Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.

Participate in this ancient tradition done in the comfort and safety of a chair. Participants have said, "Yoga has helped me deepen awareness of body, mind, and spirit," and that this program has helped them find balance and peace in life.

### Chair Yoga with Marcela | Homewood

Every Wednesday from 2:30 to 3:30 p.m.

Chair Yoga is designed to reduce stress and address the physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation.

### Corrective Exercise to Rebuild, Strengthen & Restore | Homewood

**Select Mondays, from 12:30-1:15 p.m. | Call for dates**

In a small group setting, Roy will provide individualized attention on which corrective movements can best help reduce pain, increase flexibility and improve balance. This program will help you learn what exercises can help you move better to control or manage discomfort. No registration necessary. Presented by Roy Alfonso, Certified Fitness & Functional (CFS) & Movement Specialist.

### Get Moving, Get Fit | Mokena

Every Wednesday | 9-9:45 a.m.

This fun drop-in fitness class will focus on gentle conditioning, flexibility, and balance by moving to upbeat music. Workouts will focus on the whole body and all levels of fitness are welcome. **Presented by Marcela Puga.**

### Relaxation for All | Mokena

Every Wednesday | 10-10:30 a.m.

This class focuses on chair-based gentle stretches, relaxation, and deep breathing to manage daily stress. Stretching is crucial for maintaining muscle flexibility, reducing inflammation, and preventing joint pain and muscle damage.

### Gentle Floor Yoga Nidra with Karen

Hybrid | Mokena or Virtual

Every Tuesday from 11 a.m.-12 p.m.

This class begins with a 40-45 minute gentle yoga practice which incorporates simple flowing sequences that focus on alignment, strength, balance, and flexibility. We will follow with Nidra: a guided form of meditation that is intended to induce total physical, mental, and emotional relaxation.

### Moves That Matter Personal Training

Homewood

Every Tuesday from 2-2:45 p.m.

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management, and joint and gross stability. Roy gives each person individualized attention in a small group setting allowing you to work at your own pace. **Presented by Roy Alfonso.**

### Zumba Toning® with Lori

Hybrid | Mokena or Virtual

Every Monday from 9-9:45 a.m.

### Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11 a.m.-12 p.m.

**WE OFFER FREE WIGS, TOO! CALL TO SCHEDULE AN APPOINTMENT.**

**SCAN ME!**

