



Education & Networking Programs

ADJUSTING TO LIFE AFTER LOSS

APRIL 9TH, 16TH, & 23RD | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be challenging when expectations and fading support complicate grief. This three-week workshop explores grief myths, key influences, and ways to build support. Attend all sessions or choose the topics most relevant to you.

HOW TO COPE WITH GRIEF AND LOSS

MONDAY, APRIL 6TH | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be difficult, especially for families. You may wonder, "Is this normal?" or "How long should grief last?" This program explores common grief reactions, how to get support, and how to support loved ones who are also grieving. **Presented by Jason Kieffer, LCPC.**

MEETUP FOR INDIVIDUALS GENETICALLY PREDISPOSED TO CANCER:

(BRCA OR OTHER KNOWN MUTATIONS) *EVENING PROGRAM

TUESDAY, APRIL 14TH | 5-6:30 P.M. | MOKENA

Join us for an opportunity for conversation, learning, and linking to others in this unique community. This event is a networking opportunity to meet other individuals with a BRCA mutation and discuss unique concerns that come with being a person with a genetic predisposition for certain cancer types. The event will include a panel discussion with Cancer Support Center Counselor and medical professional. Food will be provided.

Please RSVP by April 6th to kfriel@cancersupportcenter.org or by calling either center location.

CARE FOR THE CAREGIVER: **THE REST WORKSHOP *EVENING PROGRAM**

THURSDAY, APRIL 30TH | 6-7:30 P.M. | MOKENA

Rest is part of caregiving. Join us as we explore practical self-care tools that support mental, physical, and emotional well-being. Participants will learn realistic, sustainable strategies for implementing rest in ways that can be started the very same week. You'll have the opportunity to exchange ideas with other caregivers and walk away with a personalized rest plan that fits your life without interfering with your other responsibilities.

Presented by Alexis Hudson, CIT.

HEALING SKIN, HEALING SPIRIT

TUESDAY, MAY 5TH | 4-5 P.M. | HOMEWOOD

This interactive skincare class educates and empowers participants undergoing treatment or in survivorship. Participants learn how to safely care for their skin, manage treatment-related changes, and embrace self-care as part of their healing journey.

Presented by Micki V.

COPING WITH "SCANXIETY"

WEDNESDAY, MAY 20TH | 4-5 P.M. | VIRTUAL

Scans are an important part of the treatment process but often cause a lot of worry for the patient and their loved ones. This is a very common reaction. Join us as we talk through various ways to cope while awaiting the results of an upcoming scan. **Presented by Jason Kieffer, LCPC.**





Counseling & Stress Management

RECYCLED ART WORKSHOP

THURSDAY, APRIL 9TH | 12-1:30 P.M. | MOKENA

Local artist Pam Biesen's home studio, "TinkerTown USA", is where whimsical *Robot figurines* come to life from recycled treasures. In partnership with the Frankfort Art Association, Pam invites you to explore the magic of found-object art in a lively, hands-on 90-minute workshop. Learn her techniques, spark your imagination, and create your own one-of-a-kind piece in this fun and inspiring creative experience.

SCULPTED STEMS: **PIPE CLEANER FLOWERS**

WEDNESDAY, MAY 13TH | 4:30-6 P.M. | MOKENA

Discover how to create beautiful spring flowers using simple pipe cleaners in this fun workshop. Bring your creativity and enjoy a burst of springtime crafting.



CHILD AND FAMILY PROGRAMS

Available support includes individual support, counseling and art therapy groups, school workshops, staff training and workshops.

Email kfriel@cancersupportcenter.org to start the steps for child & teen support.

PARENTS' NIGHT OUT (**WITH PAINT!**)

TUESDAY, APRIL 7TH | 5-6:30 P.M. | MOKENA

Join us for a relaxing Parents' Night Out designed for families impacted by cancer. Connect with others who understand your journey and unwind with a fun, creative, and accessible art activity that's all about taking a breath and enjoying the moment.

Email mbonke@cancersupportcenter.org or call (708) 478-3529 to register.

MONTHLY TWEEN ART MEETUP

SELECT MONDAYS | 4:30-5:30 P.M. | HOMEWOOD | MARCH 23RD, APRIL 20TH, MAY 18TH

SELECT TUESDAYS | 4:30-5:30 P.M. | MOKENA | MARCH 31ST, APRIL 28TH, MAY 19TH

Explore new art techniques and creative themes each month with guidance from an Art Therapist. This group offers a supportive space for self-expression, peer connection, and gentle emotional processing. Open to kids ages 8-15 who have been impacted by cancer.

Please call either location or email mbonke@cancersupportcenter.org to register.