



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.

Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator.

Metastatic Breast Cancer Networking Group | Virtual

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

Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator

Sista's of Hope Networking Group

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.

This is a virtual group for any adult who has lost a loved one to a cancer diagnosis.

Caregiver's Networking Group

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.

Caring for a Child with Cancer: Parent Support Group

This group is specifically for parents who are caring for a child who has been diagnosed with cancer and is currently or has been treated for cancer. This group provides a space for parent caregivers to talk with other parents facing similar circumstances. Please email mbonke@cancersupportcenter.org to learn more about this group.

Blood Cancers Networking Group

Virtual

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

Brain Tumor Networking Group

Mokena

2nd Thursday of the month from 6-7:30 p.m.

Call 708-478-3529 to register.

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.

Lung Cancer Networking Group

Virtual

1st Wednesday of each month from 10:30-11:30 a.m.

*Offered in collaboration with Cancer Wellness Center.

Men's Networking Group

Virtual ***NEW TIME**

1st and 3rd Thursdays of every month from 12-1 p.m.

Multiple Myeloma Cancer Networking

Virtual

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

Pancreatic Cancer Networking Group

Virtual

3rd Thursday of every month from 6-7 p.m.

The Cancer Wellness Center is proud to be partnering with the Cancer Support Center to provide the Pancreatic Cancer Networking Group. This group provides opportunities for peer support, information sharing, and educational lectures provided by healthcare professionals. **Group is facilitated by Michelle Hernandez, LCSW, and is generously supported by the Rolfe Pancreatic Cancer Foundation.**

****Program time/dates are subject to change. Calendars are up to date on our website and posted weekly on Facebook.**

SCAN ME!





RECURRING PROGRAMS

SEPTEMBER - NOVEMBER 2026

To register for in-person programs, please call either office. To register for virtual programs, please visit our website.



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.

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.

Soundbath | Homewood

1st Friday of the month from 12-1 p.m.

Experience a sound meditation using ancient instruments to promote deep relaxation, balance, and well-being. Please bring a pillow and blanket, wear loose clothing, arrive early. Call 708-798-9171 to register.

Facilitated by Leslie Susralski.

Tibetan Bowls | Mokena

Select Tuesdays | 9:30-10:15 a.m.

September 15th & 29th | October 13th & 27th | November 10th & 17th

This sound meditation promotes deep relaxation, balance, and well-being with powerful therapeutic benefits. Please bring a pillow or blanket, wear loose clothing, and note that space is limited to 10 participants.

Call 708-478-3529 to register. **Facilitated by Jayne Hayes.**

YOGA PROGRAMS

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. **Facilitated by Cecily Hunt.**

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. **Facilitated by Marcela Puga.**

Gentle Floor Yoga Nidra with Karen

Hybrid | Mokena or Virtual

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

This class features a 40-45 minute gentle yoga flow focused on alignment, strength, balance, and flexibility, followed by Yoga Nidra—a guided meditation for deep physical, mental, and emotional relaxation. **Facilitated by Karen Fitzgerald.**



FITNESS & PHYSICAL WELLNESS

Corrective Exercise to Rebuild, Strengthen & Restore

Select Mondays, September 21st, October 19th, November 30th 12:30-1:15 p.m. | Homewood

In a small group setting, Roy provides guidance on corrective movements to reduce pain, improve flexibility, and enhance balance. Learn exercises to move better and manage discomfort and issues including Plantar fasciitis, intermittent knee, shoulder, lower back, and hip pain as well as neck discomfort. **Presented by Roy Alfonso, CFS & Movement Specialist.**

Chair Fitness for Lymphedema & Neuropathy

Select Mondays from 2:30-3:30 p.m.

Mokena | September 14th & 21st & October 5th & 19th

Homewood | November 2nd, 9th, 16th & 30th

This 45-minute chair-based class uses gentle movement and breathing exercises to improve circulation, mobility, lymphatic flow, and nerve health. Designed to help reduce stiffness and discomfort, it's suitable for all fitness and mobility levels. **Call 708-478-3529 to register. Facilitated by Marcela Puga.**

Core Stability for Prostate Cancer Survivors

Select Fridays September 25th, October 30th & November 20th 9:30-10:15 a.m. | Homewood

Core Stability for Prostate Cancer Survivors helps men safely rebuild strength, stability, and confidence after treatment. Sessions include gentle exercises, breath-work, pelvic floor activation, & functional movements to improve posture, mobility, & overall well-being. **Call 708-478-3529 to register.**

Facilitated by Marcela Puga.

Moves That Matter Personal Training

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

This class focuses on releasing tension, improving flexibility and posture, and supporting injury prevention and pain management. Small-group instruction allows for individualized guidance at your own pace. **Facilitated by Roy Alfonso.**

Tai Chi and Qigong | Homewood

1st and 2nd Wednesday of the month | 10-11 a.m.

Tai Chi and Qigong use slow movements, deep breathing, and meditation to improve balance, reduce stress, relieve pain, and boost immunity. Safe for most people.

Facilitated by Bill Gray.

Zumba Toning® with Lori

Hybrid | Mokena or Virtual

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

Facilitated by Lori Stanton.

Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11:00 a.m.-12:00 p.m.

Facilitated by Denise Camin.

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