



Phone Consultations & Zoom Meetings

Please call 708-798-9171 to schedule

We offer individual counseling and nutrition consultations:

Resource Navigation with one of
our Program Navigators

jplanis@cancersupportcenter.org

Individual Art Therapy
for all ages

kkopale@cancersupportcenter.org

Nutrition Consultation with
Chris Rosandich

crosandich@cancersupportcenter.org

Individual Therapy with one of
our clinicians for all ages

jkieffer@cancersupportcenter.org

VIRTUAL WEEKLY PROGRAMS

www.cancersupportcenter.org

Monday Meditation w/ Cecily • *Mondays 1-1:30 PM*

Art Therapy • *Mondays 2-3 PM*

Survivor Support Group • *Tuesdays 10-11 AM*

Gentle Yoga w/ Karen • *Tuesdays 12:30-1:30 PM*

Moves that Matter • *Tuesdays 2:30-3:15 PM*

Open Studio • *Wednesdays 2-3 PM*

Men's Group • *Thursdays 12:30-1:30 PM*

Chair Yoga w/ Cecily • *Thursday 2-3 PM*

Zumba Gold w/ Lori • *Fridays from 8-9AM (9-10AM in Sept.)*

The Cancer Support Center gives strength, guidance and support to anyone living with a cancer diagnosis, as well as to their loved ones.

Locations in Homewood & Mokena, Illinois