



## Let's Walk this Journey Together! Mind & Body - *Counseling & Stress Management*

The Cancer Support Center believes medical oncology care coupled with our comprehensive integrated psychosocial and wellness care programs can greatly enhance and improve a cancer patient or survivors quality of life and their ability to fully stand up to their cancer and partner with their medical team. Even now during the COVID19 pandemic, The Center stands together with cancer survivors and their families using a combination of virtual/online/telehealth oncology support and wellness programs. ***Always free of charge***, we offer programming in five areas - Counseling/Stress Management, Fitness/Physical Wellness, Nutrition & Diet, Education and Networking, and Body Image. Here is how we address coping with stress with our counseling options:

### Counseling

You may be feeling overwhelmed. Perhaps you are struggling to get up in the morning to face another day of treatment. You may be coping with unwanted emotions like fear and anger, sadness and depression. All of these worries and concerns can hinder your ability to focus and function. Cancer can sometimes be too much to handle.

The Center can provide you with counseling with a licensed and certified therapist. In these counseling sessions, which are currently being offered virtually, you can share how you feel, the ways you've been struggling and learn coping skills that can help manage worry and concern. ***Always free of charge***, we also provide counseling for families, children and couples. Call 708-798-9171 to schedule an individual session and begin to get the support you need.

### Stress Management

If you are feeling overwhelmed, talking with other individuals who are in a similar situation can provide comfort and relief. Learning new stress management skills and techniques can help significantly reduce your stress level. We have groups to help you with that!

- Survivor Support Group is held virtually every Tuesday at 10am
- Men's Group on Thursday at 12:30pm
- Art Therapy Group on Mondays or Wednesdays at 2pm
- Online Meditation Mondays at 1pm

Visit our website at [www.cancersupportcenter.org](http://www.cancersupportcenter.org) or call 708-798-9171 to register for these classes.

Here are the days & times that each CSC office is open for in-person information and staffed with a licensed therapist for walk-in support:

Homewood CSC – 2028 Elm Road	Mokena CSC – 19645 S. LaGrange Rd
Mondays: 9-12 Tuesdays: 12-3 Thursdays: 9-12	Mondays: 12-3 Tuesdays: 9-12 Thursdays: 9-12

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

