



Let's Walk this Journey Together! Mind & Body - *Education & Networking*

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 navigating your cancer diagnosis and staying connected:

Education

When you receive a cancer diagnosis, it can be overwhelming to process and even harder to understand. Learning more about your diagnosis, treatment plan options and gathering additional information can better equip you in making decisions that you feel good about.

The Cancer Support Center has a resource library at each location to help your patients gain insight on researched-based cancer information. During the COVID19 pandemic, you are unable to personally visit the library at this time, but one of our program navigators can identify books that will be useful and make them available for pick up. Simply call 708-798-9171 or email jplanis@cancersupportcenter.org

Networking

Cancer can make you feel isolated, especially during a world-wide pandemic. Having to limit contact with others can make you feel even more lost and afraid. Connecting with other individual who are experiencing cancer like you can break down those walls of isolation.

The Center provides an array of networking groups, whether for patients or a caregiver. In meeting with people who are on a similar path, you can gain a sense of comfort and companionship and learn ways to feel less isolated. We can help. Please visit our website at www.cancersupportcenter.org or call 708-798-9171 and a program navigators will provide you with the days and times of our networking groups. They include; ***Brain Tumor, Lung Cancer, Gynecological Cancer, Breast Cancer, Metastatic Breast Cancer, Blood Cancer, Caregiver's, Men's groups and more.*** Call today, and let's walk this journey together.

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.

