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We invite you to join us throughout our 30th year to celebrate, mourn, honor and build upon the layers that have brought us here— to continue to be the pearl, THE source of hope, help and strength that changes the lives of every person impacted by cancer.

"As a pearl is formed, its layers grow a rich iridescence. It begins to glow. The oyster has taken what was at first an irritation and intrusion and used it to enrich its value. Pearls represent the best in us: something beautiful that comes from within, shaped by life’s toughest journeys. A pearl represents your strength. You will come out even stronger and glowing brighter in the end."

With Gratitude,

Kathleen Daly, ATR, LCPC
Executive Director
How it all started

On March 23, 1993, Cancer Support Center was officially incorporated thanks to the tireless efforts of 6 incredible women.

On July 26th, 1994, The Village door was officially open for business at 18100 Martin Avenue in Homewood, Illinois.

In July of 1996, The Cancer Support Center moved to the building it’s called home for the last 20+ years in Homewood, Illinois.
Event Highlights

Our Annual Fall Walk brought a lot of smiles and cheer!

Homewood IL | October 16, 2022

We hosted our annual Pink-A-Boo walk on Sunday, October 16 in Homewood. Over 400 people from the community came out to show their support and to honor their loved ones! It was a tremendous success, raising over $75,000 that will go toward providing free resources and educational programs to anyone impacted by cancer. Thank you so much for your continued support over the years, The Center appreciates you!

We were making spirits bright!

Wiley’s Grill | Flossmoor, Illinois

Our Holiday Spirits Celebration was a huge success thanks to support of sponsors and the community! The Cancer Support Center was able to raise more than $15,000 with this event and we wouldn’t be able to do it without your continued support!

We are especially grateful for our presenting sponsor, Specialized Staffing Solutions.
Counseling & Stress Management

Special Programs

Vision Board Workshop
January 11, 12-1 pm | Homewood
Join us for a creative start to the new year. Envision what you would like to see, feel, remember, and do. Through craft and collage, we will create a board of inspiration for your aspirations, big or small. Call 708-798-9171 or email kfriel@cancersupportcenter.org to register.

Watercolor Art Workshop
February 15, 12-1 pm | Homewood
We will learn & practice techniques used when using the watercolor medium. Paper, paint, & brushes will be supplied. Any skill level is welcome as we experiment with the art of watercolor. Please call 708-798-9171 or email kfriel@cancersupportcenter.org to register.

Closed Bereavement Group
In addition to our ongoing virtual drop-in bereavement group we offer a closed bereavement group. A closed group is one that has select participants, and is not marketed or open to the general public. We start a waitlist for these groups and begin the process of creating the group once we have 5 participants on this group. Dates and times of this group are TBD based on attendees’ preferences. If you are interested in learning more about this group or getting on the waitlist please contact Jason Kieffer jkieffer@cancersupportcenter.org

*Consulting may only be for residents of Illinois. Please register if you have any questions.

Anniversary Art Show
March 16, 4:30-6:30 pm | Homewood
Join us for an evening of Art and celebration as we enjoy a show of works created by members of our center and kick off The Cancer Support Center’s 30th Anniversary week. Light refreshments will be provided. Please call 708-798-9171 to register and email kfriel@cancersupportcenter.org for information on how to submit your artwork.

Navigating Relationships for Young Adults Living with Cancer (18-40ish)
March 22, 6-7 pm | Virtual
From the cringe comments made by acquaintances to the friendships that grow stronger, living with cancer impacts all relationships, for better or worse. Join us as we discuss navigating boundaries, interactions with acquaintances, and developing thriving relationships while living with cancer as a young adult.

Art Themes for Monday and Tuesday Art Groups:
Monday 1:30-3 pm Homewood | Tuesday 2-3:30 pm Mokena

January: Painting
Join us this month as we create artworks using acrylic paints. We will learn the basics of mixing colors and techniques for paint application.

February: Altered Books
This month we will create upcycled art using old books! We will use collage, painting, and multimedia to turn these discarded books into new works of art.

March: Organic Art
Join us to make art utilizing natural materials such as leaves, flowers, and other organic materials.
Cooking for One or Two: Healing Herbs and Spices  
**Wednesday, January 18, 10:30-12 pm | Mokena**

Cooking with herbs and spices adds tremendous flavor to any dish. Chef Marcia and Chris will share tips and tricks on the best way to work with your favorite spices and why they are so healthy for us.

Cooking with Chef Marcia: Hearty Soup and Sandwich Combos  
**Tuesday, January 24, 10:30-12 pm | Homewood**

Hooray, it is soup season!! Rebecca Katz states in her amazing book, “The Cancer Fighting Kitchen” that soup is like a culinary hug. What better way to stay warm in the winter than with a bowl of warm soup, plus adding healthy nutrients to your diet and keeping your food budget in check. Chef Marcia will show us simple ways to make the best soup and pair it with the tastiest sandwiches.

Presented by: Culinary Chef Marcia Kuchta.

Cooking for One or Two: The World’s Oldest Legume—Lentils  
**Wednesday, February 15, 10:30-12 pm | Mokena**

It’s possible to eat fresh, home-cooked meals, even if you live alone or with one other person. Join Chris as she shares tips, tricks, and recipes to make cooking fun, easy, and healthy.

Cooking with Chef Marcia: The Best Comfort Foods  
**Tuesday, February 7, 10:30-12 pm | Homewood**

A recent study in the journal of Psychological Science reports that turning to comfort foods can improve your mood. Data from this research showed that consuming foods that are associated with good thoughts and warm feelings not only improves a sense of well-being, they also decrease loneliness. Chef Marcia will explore fabulous recipes that can help you increase feelings of happiness while nourishing your body. Presented by Culinary Chef Marcia Kuchta.

Eating Well for 2023: Healthy Living 4 Week Series  
**Thursdays, 1-2:15 pm, February 2, 9, 16 and 23 | Homewood**

Are you ready to make healthy lifestyle changes in 2023? New research finds that by working together, it can dramatically increase our motivation to achieve our goals. Healthy Living, a 4-week small group program can be attended virtually or in-person. You will receive advanced nutrition information, goal setting strategies and small group support that can help trigger new behaviors, guide your focus and help you sustain healthy practices in life. Facilitated by Chris Rosandich, MS, Nutrition Educator.

Women’s Wellness: Increase Energy, Support Digestion & Improve Mood  
**Thursday, March 2, 1:15-2:30 pm | Homewood**

We know a balanced eating plan is a cornerstone for health. Since women have unique health care needs, one important goal is to make sure a woman's diet includes iron-rich foods, folate, calcium and vitamin D. Chris will review the best strategies to increase energy, support digestion and improve mood with diet.

Cooking for One or Two: Chicken Tinga Tacos | Guest Marilu Flores Joins Us to Cook!  
**Wednesday, March 8, 10:30-12 p.m. | Mokena**

It’s possible to eat fresh, home-cooked meals, even if you live alone or with one other person. Join Chris and Marilu as they shares tips, tricks, and recipes to making amazing tacos that are easy, tasty and healthy.

Cooking with Chef Marcia: Healthy Spring Dinners/chopped salads  
**Tuesday, March 21, 10:30-12 pm | Homewood**

Chef Marcia and Nutrition Educator Chris Rosandich will demonstrate how to make a simple but remarkable chopped salad. It is possible to eat fresh, home-cooked meals, even if you live alone or with one or two other people. Join Chris and Chef Marcia as they demonstrate tips, tricks, and recipes to make the perfect chopped salad.
Chemobrain: Is it Real?
January 18, 5-6 pm | Virtual
This presentation will look at some of the suspected causes of chemobrain and offer helpful tips on how to overcome it. People who have not had cancer can suffer from this process as it is a cognitive dysfunction or loss of thinking, remembering, or reasoning affecting daily functions. Presented by Peggy Kupres RN, BSN, MA, CN-BN, Breast Navigator and Survivorship Coordinator, Advocate South Suburban Hospital.

Understanding Neuropathy: How to Function When You Can’t Feel
February 23, 3-4 pm | Virtual
Join ReVital Cancer Rehabilitation Center Manager Karyn Holtz as she discusses the importance of neuropathy issues following and during cancer treatment. You will learn common symptoms to look out for, how cancer rehab can help, and how to recognize and manage your own symptoms. Presented by Karyn Holtz, PT, MHS, CLT

Intimacy and Cancer
February 6, 12-1 pm | Homewood & Virtual
We will discuss concerns, myths, and realities of intimacy & life with cancer. We will share, listen, & learn together in a safe & open space. Facilitated by Clinical Intern Milo Crosswhite.

Essential Oils for Enhanced Health
Wednesday, February 22, 10:30-12 pm | Mokena
Essential oils contain the true essence of the plant from which they were derived. They are packed with healing compounds that can help boost mood, improve sleep, kill bacteria and help reduce anxiety, pain and stress. Jayne and Chris will discuss all of the fabulous uses from: aromatherapy, household cleaning products, insect repellent and natural remedies for physical discomfort and well-being. Presented by Jayne Hayes and Chris Rosandich.

Spring Cleaning Using Toxic-Free Products & Essential Oils
Thursday, March 9, 10-11:30 pm | Homewood
Wednesday, March 22, 11-12:30 pm | Mokena
We use products every day on our bodies and in our homes that contain ingredients that are harmful. We will explore the environmental working group’s (EWG) “guide to healthy cleaning” for healthier alternatives and also review the wonderful benefits of using essential oils in your home. Presented by Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner.
JANUARY - MARCH 2023

Fitness/Physical Wellness Programs

Pain Management Workshops—Roy Alfonso: Neck and Shoulder
Monday, January 23, 2-3 pm | Homewood
The neck and shoulder are connected via muscles and other tissue. Learn some of the mechanics that cause neck and shoulder pain and how to avoid having pain. This interactive workshop is not for those currently being treated for neck and shoulder pain or if you’ve had cervical fusion or shoulder replacement. To register call 708-9171 or click the link below.

Pain Management Workshops—Roy Alfonso: Back & Hip
Monday, February 13, 2-3 pm | Homewood
Most of us will have back pain at some point in our lives. Learn some of the mechanics that cause back pain and how to avoid having pain. This interactive workshop is not for those being treated for back pain or if you've had spinal fusion. To register call 708-798-9171 or click the link below.

Lymphedema
March 15, 1-2 pm | Virtual
Lymphedema is an ongoing side effect that many women and men experience after some types of cancer treatment. In this presentation we will learn about what lymphedema is, how to prevent it, and how it is treated. There will be a special focus on breast cancer and lymphedema, but all diagnoses are welcome. Presented by Doctor of Physical Therapy, Lauren Mansell.

Pain Management Workshops—Roy Alfonso: Knee & Leg
Monday, March 20, 2-3 pm | Homewood
This is a small class in which participants will receive personalized movements to help with knee and leg pain. The instructor will give each individual specific movements based on their presenting issues. Registration is required and space is limited. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist. Please call 708-798-9171 to register in person.

Healthy Lifestyle 8-week Program

Fitness: Tuesdays 12:30-1:30 pm | Jan. 10, 17, 24, 31 | Feb. 7, 14, 21, 28
Nutrition: Wednesdays 12:30-1:30 pm | Jan. 11, 18, 25 | Feb. 1, 8, 15, 22 | March 1
Healthy Lifestyle is an 8-week program designed to help support, empower and challenge you towards achieving your goals. Each week you will meet either online or in-person for one hour with a nutrition educator and one hour with a fitness instructor. By committing yourself weekly to this program, you will be encouraged through instruction and group support to create healthy habits and strive towards optimal health. You will learn advanced nutrition information and fitness methods that are designed to teach you safe and effective ways to improve your health and vitality. This is the perfect time to focus on a healthier you! Ask how you can earn incentives by attending this program. Facilitated by Chris Rosandich, MS, Nutrition Educator and new personal trainer, Amanda McLaughlin CPT.

Bi-lingual Yoga & Tibetan Bowls (at UCM Cancer Center—New Lenox)
Every Wednesday from 5:30 p.m. to 6:45 p.m.
Yoga instructor, Marcela Puga, will focus on the alignment and biomechanics of the body to avoid pain and injuries and has designed this course to reduce stress and address the physical side effects of cancer. Tibetan Bowls with Leslie is a sound meditation that creates a space of peace, well-being, and balance that brings profound therapeutic benefits. Join us for this combo program in the 2nd floor lobby, bring a pillow or blanket, and wear loose clothing.

2nd-floor lobby of UCM Cancer Center: 1850 Silver Cross Boulevard, New Lenox, IL 60451
Recurring Programs

Education & Networking Groups

- **Bereavement Group** (VIRTUAL)
The 1st and 3rd Thursday of the month from 5 to 6 p.m.

- **Blood Cancer Networking Group** (VIRTUAL)
The last Thursday of the month from 4 to 5 p.m.

- **Brain Tumor Networking Group** (MOKENA)
The 2nd Thursday of the month from 6 to 7:30 p.m.

- **Breast Cancer Networking Group** (VIRTUAL)
The 1st Wednesday of the month from 6 to 7:30 p.m.

- **Caregivers Networking Group** (VIRTUAL)
The 3rd Tuesday of the month from 5 to 6 p.m.

- **Colorectal Cancers Group** (VIRTUAL)
The 2nd Monday of the month from 12 to 1 p.m.

- **Gynecological Cancer Networking Group** (VIRTUAL)
The 3rd Wednesday of each month from 12 to 1 p.m.

- **Lung Cancer Networking Group** (VIRTUAL)
The last Wednesday of each month from 12 to 1 p.m.

- **Men’s Discussion Group** (VIRTUAL)
Every Thursday from 12:30 to 1:30 p.m.

- **Metastatic Breast Cancer Group** (VIRTUAL)
The 1st Wednesday of each month from 5 to 6 p.m.

- **Mother’s Grief Group** (VIRTUAL)
The last Thursday of each month from 3 to 4 p.m.

- **Sista's of Hope Networking Group** (HYBRID)
The third Wednesday of every month from 6 to 7 p.m.

- **Young Adult Breast Cancer Networking Group** (VIRTUAL)
The fourth Tuesday of each month from 5 to 6 p.m.

- **Young Adult Networking Group** (VIRTUAL)
The second Tuesday of each month from 5 to 6 p.m.
Recurring Programs

Counseling & Stress Management

- **Art Journaling (VIRTUAL)**
  Email Kelly at kfriel@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

- **Art Open Studio (HYBRID/Homewood or Virtual)**
  Every Wednesday from 1 to 2:30 p.m.

- **Art Therapy (HYBRID/Homewood or Virtual)**
  Every Monday from 1:30 to 3 p.m.

- **Art Therapy (HYBRID/Mokena or Virtual)**
  Every Tuesday from 2 to 3:30 p.m.

- **Journeying Inward: Deep Relaxation for Well-Being & Stress Relief (VIRTUAL)**
  The third Wednesday of each month from 3 to 4 p.m.

- **Monday Meditation with Cecily (VIRTUAL)**
  Every Monday from 1 to 1:30 p.m.

- **Tibetan Bowl (MOKENA)**
  Call for more information.

- **Soundbath (HOMEWOOD)**
  Every Thursday from 12:00 to 1:00 p.m.

- **Individual, Family, and Couples Counseling (HYBRID/ Either location or Virtual)**
  For more information, contact Jason Kieffer at jkieffer@cancersupportcenter.org

Fitness & Physical Wellness

- **Chair Yoga with Cecily (VIRTUAL)**
  Every Monday from 12 to 1 p.m.

- **Gentle Floor Yoga Nidra with Karen (HYBRID/Mokena or Virtual)**
  Every Tuesday from 11 a.m. to 12 p.m. This class begins with gentle yoga that focuses on alignment, strength, and balance followed by a guided meditation intended to induce further relaxation.

- **Moves That Matter (HYBRID/Homewood or Virtual)**
  Every Tuesday from 2 to 3 p.m. This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management and joint and gross stability.

- **Gentle Yoga with Marcela (HYBRID/Homewood or Virtual)**
  Every Tuesday from 12 p.m. to 1 p.m.

- **Yoga for Healthy Movement (MOKENA)**
  Every Thursday from 12 p.m. to 1 p.m.

- **Zumba Toning ® with Lori (HYBRID/Mokena or Virtual)**
  Every Monday from 9 to 9:45 a.m.
  Zumba Toning ® offers a new way to tone your muscles in a fun, easy-to-follow Latin-inspired dance cardio class.

- **Zumba Gold with Denise (HYBRID/Homewood or Virtual)**
  Every Monday and Wednesday from 11 a.m. to 12 p.m.

Body Image Programs

The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those experiencing hair loss. Contact us via email (csc@cancersupportcenter.org) or by phone at 708-798-9171 or 708-478-3529 to schedule a fitting.
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<td>12:30-1:30p: Men’s Discussion Group</td>
<td>12:30-1:30p: Men’s Discussion Group</td>
</tr>
<tr>
<td>1:30-3p: Art Therapy Organic Art</td>
<td>2-3:30p: Art Therapy Organic Art</td>
<td>5:30-6:45: Programs @ UCM Silver Cross</td>
<td>5:30-6:45: Programs @ UCM Silver Cross</td>
<td>6-7:30p: Brain Tumor Networking</td>
</tr>
<tr>
<td>13-9:45a: Zumba Toning w/ Lori</td>
<td>11-12p: Gentle Floor Yoga w/ Nidra</td>
<td>12-1p: Gynecological Networking Group</td>
<td>All Day: Art Journaling</td>
<td>12-1p: Sound Bath</td>
</tr>
<tr>
<td>11-12p: Zumba Gold</td>
<td>12-1p: Yoga for Healthy Movement</td>
<td>1-2p: Lymphedema</td>
<td>12-1p: Yoga for Healthy Movement</td>
<td>12-1p: Yoga for Healthy Movement</td>
</tr>
<tr>
<td>12-1p: Gentle Chair Yoga w/ Cecily</td>
<td>2-3p: Moves that Matter</td>
<td>1-2:30p: Open Studio</td>
<td>12:30-1:30p: Men’s Discussion Group</td>
<td>12:30-1:30p: Men’s Discussion Group</td>
</tr>
<tr>
<td>1-1:30p: Colorectal Group</td>
<td>2-3:30p: Art Therapy organic art</td>
<td>3-4p: Journeying Inward</td>
<td>3-4p: Mother’s Grief Group</td>
<td>3-4p: Mother’s Grief Group</td>
</tr>
<tr>
<td>1:30-3p: Art Therapy organic art</td>
<td>5-6p: Young Adult Group</td>
<td>5:30-6:45: Programs @ UCM Silver Cross</td>
<td>5-6p: Caregiver Support Group</td>
<td>5-6p: Sista’s of Hope Support Group</td>
</tr>
<tr>
<td>2-3:30p: Knee &amp; Leg Pain Workshop</td>
<td>11-12p: Zumba Gold</td>
<td>11-12p: Zumba Gold</td>
<td>All Day: Art Journaling</td>
<td>4:30-6:30p: Art Show</td>
</tr>
<tr>
<td>9-9:45a: Zumba Toning w/ Lori</td>
<td>11-12p: Gentle Floor Yoga w/ Nidra</td>
<td>11-12p: Zumba Gold</td>
<td>12-1p: Sound Bath</td>
<td>5-6p: Bereavement Group</td>
</tr>
<tr>
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<td>5:30-6:45: Programs @ UCM Silver Cross</td>
<td>1-2p: Lymphedema</td>
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</tr>
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<td>6-8p: Sista’s of Hope Support Group</td>
<td>5-6p: Bereavement Group</td>
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<td>5-6p: Bereavement Group</td>
<td>5-6p: Bereavement Group</td>
</tr>
</tbody>
</table>
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