

Education & Networking Groups

*For IL residents only. Please feel free to reach out to us with any questions or concerns.

Breast Cancer Groups:

Breast Cancer Networking Virtual

1st Wednesday of the month from 6-7:30 p.m.

Metastatic Breast Cancer Networking Virtual

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

Sista's of Hope Networking Hybrid

3rd Wednesday of the month from 6 to 7 p.m.

This peer led group is offered both in person and virtually for African American/Black Women with Breast Cancer.

Young Adult Breast Cancer Networking Group | Virtual

4th Tuesday of the month from 5 to 6 p.m.

Bereavement Group

Virtual

1st and 3rd Thursday of the month from 5-6 p.m.

Blood Cancer Networking

Virtual

The third Tuesday of the month from 5-6 p.m.

Brain Tumor Networking

Mokena

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

Call 708-478-3529 to register.

Caregivers Networking

Virtual

Please call either location (708) 798-9171 or (708) 478-3529 or email kfriel@cancersupportcenter.org to register

Colorectal Cancers Group

Virtual

2nd Monday of the month from 12-1 p.m.

Gynecological Cancer Networking

Virtual

3rd Wednesday of the month from 12-1 p.m.

Head & Neck Cancers Networking Virtual

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

LGBTQ+ Networking Virtual

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

Join our LGBTQ+ networking group! Connect with fellow LGBTQ+ individuals at any stage of the cancer journey, fostering intersectional support. Whether in treatment or post-treatment, this group offers a platform to build community, share coping strategies, and discover new resources.

Lung Cancer Networking Virtual

Last Wednesday of the month from 12-1 p.m.

Men's Discussion Group

Virtual

Every Thursday from 12:30 to 1:30 p.m.

Multiple Myeloma Cancer Networking Virtual

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

Prostate Cancer Networking

Virtual

Last Thursday of the month from 5 to 6 p.m.

Cancer Support & Networking

In person

Homewood: Last Tuesday of the month; 12-1 p.m.

Mokena: 3rd Monday of the month; 2-3 p.m.

Being diagnosed with cancer can be a very isolating experience. Groups are a place where patients can receive support from others who truly get it in addition to learning more about resources and coping skills by networking with others. This is a group is for anyone with any type of cancer.

Young Adult Networking Group

Virtual

2nd Tuesday of the month from 5 to 6 p.m.

For those between 18-40ish years of age.

Counseling & Stress Management

Individual, Family, and Couples Counseling | In-Person or Virtual

Contact Jason Kieffer for more information.

jkieffer@cancersupportcenter.org *Counseling sessions must take place in Illinois. **Please call 708-995-0368 if you have any questions.**

Knit & Crochet Group

HOMWOOD - Every Monday from 12-1 p.m.

MOKENA - Every Wednesday from 2-3:30 p.m.

All are welcome to come join this group to work on current knit, crochet, and other projects, as well as beginners who are looking to learn the basics. Yarn and basic tools provided.

Afternoon BINGO | Homewood

1st & 3rd Thursdays from 1:30-2:30 p.m.

Bring your lunch, or a snack, and play Bingo! The games will start promptly at 1:30pm and end at 2:30pm. There will be prizes for the winners.

Art Journaling | Virtual

Email Kelly kfriel@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

Art Open Studio | Homewood

Every Wednesday from 1 to 2:30 p.m.

Join us to work on projects of your choice! Materials provided.

Art Therapy | Homewood

Every Monday from 1:30 to 3 p.m.

Art Therapy | Mokena

Every Tuesday from 2 to 3:30 p.m.

April: Spring Art

May: Reflective Art

Journeying Inward: Deep Relaxation for Well-Being & Stress Relief | Virtual

Third 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.

Tibetan Bowls | Mokena

Please call 708-478-3529 for more information.

Experience a transformative sound meditation for peace, well-being, harmony, and balance with therapeutic benefits. Bring a pillow or blanket, wear loose clothing. Limited to 9 participants.

Soundbath | Homewood

Every Thursday of each month from 12 to 1 p.m.

Immerse yourself in sound meditation, bathing your body in healing vibrations from ancient instruments to foster peace, well-being, harmony, and balance. Bring a pillow, blanket, and wear loose clothing.

Fitness & Physical Wellness

Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.

Experience the ancient tradition of chair yoga for body, mind, and spirit awareness in the comfort and safety of your chair. Participants find balance and peace in life through this program.

Gentle Floor Yoga Nidra with Karen Hybrid | Mokena or Virtual

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

Join our class starting with a 40-45 minute gentle yoga practice emphasizing alignment, strength, balance, and flexibility. Followed by Nidra, a guided meditation inducing total relaxation.

Gentle Yoga with Marcela | Homewood

Every Wednesday from 2:30 to 3:30 p.m.

Reduce stress and address cancer's physical side-effects with Gentle Yoga. The class includes breath work, gentle stretches, seated and standing poses using a chair or wall, relaxation, and meditation.

Moves That Matter Personal Training With Roy | Homewood

Every Tuesday from 2 to 2:45 p.m.

Join this class to release tension, enhance flexibility, improve posture, coordination, injury prevention, pain management, and joint stability. Roy provides individualized attention in a small group setting, allowing you to work at your own pace.

Yoga Relax and Restore with Marcela: Chair/Floor | Mokena

Every Thursday from 2:30 to 3:30 p.m.

Yoga with Marcela promotes healing and well-being, focusing on range of motion, mobility, strength, and balance. Learn a slow yoga and stretching routine in class, applicable for encouraging drowsiness and tranquility before bedtime, reducing daily anxiety, and promoting deep relaxation for a calm sense.

Zumba Toning® with Lori Hybrid | Mokena or Virtual

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

Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11 a.m. to 12 p.m.

Wig Boutique

*By Appointment Only

The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those undergoing chemo and experiencing hair loss.

Contact us via email or by phone at 708-798-9171 or 708-478-3529 to schedule a fitting.