



WELLNESS HOUSE

Our doors are open and waiting for you and your family to join us at one of our many programs and classes!

We realize that cancer affects the entire family and want to help each of you find ways to ease your stress.

We'll talk with you about ways you can deal with the challenges you and your family are facing as a result of a cancer diagnosis.

PROGRAMS & EVENTS FOR THE WHOLE FAMILY JULY / AUGUST / SEPT 2009

Cancer Survivors: Key Advocates for a Better Future

Julia Rowland, PhD, Director, Office of Cancer Survivorship of the National Cancer Institute

THURSDAY, JULY 30, 7 - 8:30 P.M. **Registration required**

Advances in early detection, treatment, and supportive care have turned cancer into a curable illness for more of those diagnosed, and a chronic illness for many. As their numbers have increased, cancer survivors and their caregivers have played a key role in raising awareness about the human cost of illness. This presentation will review some of the key contributions patients and advocates have made in changing the landscape of cancer survivorship, as well as the challenges we yet face, to enhance not just the length but also the quality of life of those living with, through and beyond cancer.



Advances in Colorectal Cancer Treatment

Gerry Bohac, MD, Assistant Professor, Gastrointestinal Oncology, Rush University Medical Center

THURSDAY, AUGUST 27, 7 - 8:30 P.M. **Registration required**

Dr. Bohac will share the latest research and treatment information available for colorectal cancer.

Survival Skills in the Healthcare System

Joan Cantwell, RN, MA, CJEA

SATURDAY, AUGUST 29, 10 - 11:30 A.M. **Registration required**

Recent diagnosis? New patients and family members, come and empower yourself with a primer on how to successfully navigate the healthcare system to your best advantage!

Life Over Cancer

Keith Block, MD, Medical Director, Block Center for Integrative Cancer

Treatment, Director of Integrative Medical Education at the University of Illinois College of Medicine

THURSDAY, SEPTEMBER 17, 7 - 8:30 P.M. **Registration required**

Dr. Block will share strategies for individually-tailored cancer care to help patients boost their biology and enhance treatment effectiveness while reducing side effects. He will discuss his newly published book *Life Over Cancer*.

Program Hours

MON – THURS, 9a.m. – 8:30p.m.

FRIDAY, 9a.m. – 5p.m.

SATURDAY, 9a.m. – 12p.m.

Our calendar is published quarterly and is also available online and in your physicians office. You will find registration information throughout the calendar. Programs are offered to you at no charge through the support of our donors. Free parking is available in the lot or on the street.

Wellness House will be closed July 3, 4 and September 7 in honor of Independence Day and Labor Day



Welcome to Wellness House. We are a community based organization that offers resources and support for people who have cancer and those who care about them. Wellness House exists to improve the quality of life for those who are affected by cancer and its treatment.

<p>Welcome to Wellness <i>Call or drop by Welcome to Wellness</i></p>	<p>MONDAYS at 5:30 p.m. THURSDAYS at 10 a.m.</p>	<p>Informal orientation meeting providing an overview of programs, tour of facility and chance to meet staff and other participants. This meeting is an opportunity for newcomers to learn more about the ways to benefit from Wellness House.</p>			
<p>Individual/Family Orientation</p>	<p><i>Contact Wellness House</i> at 630.323.5150</p>	<p>If Welcome to Wellness is not convenient, schedule an individual or family appointment to learn more about programs and services.</p>			
<p>Look Good, Feel Better Sponsor: American Cancer Society</p>	<p>THURS - July 16, Mon - Aug 17 & THURS - Sep 17 from 6 - 8 p.m. <i>Registration required</i></p>	<p>Spend an evening with others in active treatment learning how to manage hair, nail, and skin changes due to cancer treatment. Please RSVP with complexion type.</p>			
<p>Wellness House Library Our library is available for all and carries a variety of books, audiotapes and CDs. Open during regular hours.</p>					
<p>Wellness Tune-ups <i>Call to schedule a 30-minute session with a trained practitioner. Limit one appointment every 2 weeks.</i></p> <table border="0" style="width: 100%;"> <tr> <td data-bbox="92 1003 535 1121"> <p>Massage Therapy Session Light, fully clothed massage for relaxation and muscular relief. Physician consent is needed.</p> </td> <td data-bbox="535 1003 852 1121"> <p>Healing Touch Session Energy-based techniques to help reduce stress, pain and fatigue.</p> </td> <td data-bbox="852 1003 1529 1121"> <p>Reiki Session Japanese form of energy healing with similar results to Healing Touch.</p> </td> </tr> </table>			<p>Massage Therapy Session Light, fully clothed massage for relaxation and muscular relief. Physician consent is needed.</p>	<p>Healing Touch Session Energy-based techniques to help reduce stress, pain and fatigue.</p>	<p>Reiki Session Japanese form of energy healing with similar results to Healing Touch.</p>
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ESSENTIALS for coping with cancer

Welcome to Essentials, a place to learn about and discuss the essential elements of taking care of yourself and effectively responding to your diagnosis of cancer. Please register in advance for each or all of the Essentials components.

<p>Essentials for Mind</p>	<p>TUESDAY, July 7 7 - 8:30 p.m. <i>Registration required</i></p>	<p>Learn the best sources for information about your diagnosis, treatment, and experimental trials; insurance issues; and strategies to get the best care from your medical team. We will also discuss strategies involving your mind to help you manage stress during the challenges of cancer.</p>
<p>Essentials for Body</p>	<p>TUESDAY, August 4 7 - 8:30 p.m. <i>Registration required</i></p>	<p>A great deal of research has been conducted about nutrition. We will discuss the fundamentals that research has taught us as well as strategies you can use if your usual ways of eating are interrupted by treatment. We will also discuss physical activity and exercise as one of the most potent ways you can support yourself during cancer and beyond.</p>
<p>Essentials for Spirit</p>	<p>TUESDAY, September 1 7 - 8:30 p.m. <i>Registration required</i></p>	<p>However you define spirit and faith, we will discuss the importance of making room for the ways you practice and express it during your time with cancer. We will address barriers to spirit like stress and depression and how to manage them.</p>

Call **630.323.5150** to register for a program or go to **wellnesshouse.org** for more information

July, August, September Educational Programs

Each quarter our program team strives to pack our educational features with a wide array of information. From healthy food choices to caregiver and counseling support, our hope is to offer you options that will help you cope with the challenges presented by cancer. If new programs become available after the calendar is printed, we will make sure they are available at our front desk and at wellnesshouse.org.

<p>Bach Flower Essences Terry Moro, LMT, NCTMB, Wellness and Massage Training Institute</p>	<p>THURSDAY, July 16 7 - 8:30 p.m. Registration required</p>	<p>How are flower extracts used in the art of healing? Beyond their beauty, Terry will teach us about the homeopathic practice of promoting well-being through flower power!</p>
<p>Managing the Side Effects of Chemotherapy Amaryllis Gil, MD, & Gina Chorley, NP, Elmhurst Memorial Healthcare</p>	<p>TUESDAY, July 14 7 - 8:30 p.m. Registration required</p>	<p>Join Dr. Gil and Gina Chorley for a discussion about the common side effects of chemotherapy and strategies to effectively manage them.</p>
<p>The Role of Individual & Martial Counseling in Cancer Care Mekhala Samsi, PhD, Health Psychology Fellow, Loyola University Medical Center</p>	<p>TUESDAY, July 21 7 - 8:30 p.m. Registration required</p>	<p>Join psychologist Mekhala Samsi in understanding the available counseling therapies that may boost recovery for the person diagnosed as well as family members affected by a loved one's cancer.</p>
<p>Consider the Source! Healthy Food Sources Chef Paul Virant, Vie Restaurant, Western Springs</p>	<p>SATURDAY, August 1 10 - 11:30 a.m. Registration required</p>	<p>Restaurant owner and award-winning chef Paul Virant will introduce us to his philosophy about food and consumer-supported agriculture, a new way of choosing healthy food sources for our own cooking and dining.</p>
<p>Update on Vitamin D Julie Fulton, RD, LDN, NSCA-CPT, Mint Condition Wellness and Training Center</p>	<p>TUESDAY, August 18 7 - 8:30 p.m. Registration required</p>	<p>Research has recently proliferated on the wonders of this special vitamin. Nutritionist Julie Fulton will update us on findings that shed light on the essential role of Vitamin D in overall health and cancer.</p>
<p>Coping with Caregiver Stress Paula Pohlhammer, MSMFT, LCPC, The Family Institute of Northwestern</p>	<p>THURSDAY, September 24 7 - 8:30 p.m. Registration required</p>	<p>Calling all family caregivers! Come learn how family members and close friends can balance their own needs amidst the cancer experience in order to provide the best help to their loved one with cancer.</p>
<p>Tax Law Facts: Get Current! Robert Cosentino, Attorney at Law</p>	<p>SATURDAY, September 26 10 - 11:30 a.m. Registration required</p>	<p>Come learn the specifics of how changes to tax legislation will affect estate planning in the current era.</p>
<p>Introduction to Interventional Oncology Michael Sichlau, MD, Vascular and Interventional Radiology</p>	<p>TUESDAY, September 29 7 - 8:30 p.m. Registration required</p>	<p>Learn about the emerging field of Interventional Oncology that uses imaging technology to treat localized cancers in ways that are minimally or non-invasive. Join Dr. Sichlau as he explains how these targeted treatments are utilized in cancer care.</p>

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HEALTHY LIVING

Nutrition		
<p>CANCER SURVIVORSHIP SERIES</p> <p>Managing Weight Gain Post Treatment</p>	<p>WEDS, Sept. 2, 9, 16 6:30 - 8:00 p.m.</p> <p>Registration required</p> <p>Contact Mary Sinclair at 630-654-5114 for more information</p>	<p>This 3-week committed series is designed to enhance cancer recovery and survivorship. It offers strategies and support to those concerned about weight gain following the completion of cancer treatment. The process will include self-evaluation, personal goal-setting and a mind-body-spirit plan in order to help achieve and maintain a healthy weight.</p>
<p>COOKING DEMONSTRATION</p> <p>Cooking Up Wellness</p> <p>Julie Fulton, RD, LD, CPT Mint Condition Wellness Training Center</p>	<p>SAT, July 11, Aug 8 & Sept 12 2nd Saturday of month 10:30 a.m. - 12 noon</p> <p>Registration required</p>	<p>Join Julie Fulton, registered and licensed dietitian, for our monthly cooking class designed to introduce participants to new ideas and suggestions for how to create healthy meals that are both nutritious and taste good.</p>
<p>COOKING DEMONSTRATION</p> <p>A Meal Can Heal</p> <p>Julie Fulton, RD, LD, CPT Mint Condition Wellness Training Center</p>	<p>TUES, July 28, Aug 25 & Sept 22 4th Tuesday of month 6:30 - 8 p.m.</p> <p>Registration required</p>	<p>Learn how to prepare a good-for-you, heal-the-body meal that includes functional foods that contain minerals, vitamins, antioxidants, and phytochemicals. Tasting included.</p>

Exercise – A medical release is required for all participants, contact Mary Sinclair, EdD at 630.654.5114		
<p>Exercise for Getting Well (I)</p>	<p>T / TH 10:30 - 11:30 a.m.</p> <p>Registration required</p>	<p>Gentle exercise class for people experiencing physical difficulties due to cancer treatment, with focus on improving fitness for daily living.</p>
<p>Exercise for Staying Well (II)</p>	<p>M / W 10:30 - 11:30 a.m. T / TH 8:30 - 9:30 a.m. T / TH 9:30 - 10:30 a.m. M / W 5:30 - 6:30 p.m. SAT 8:30 - 9:30 a.m.</p> <p>Registration required</p>	<p>Self-paced aerobic exercise followed by instructor-led exercises for increasing strength, flexibility and balance. For anyone affected by cancer interested in improving health through regular exercise habits.</p>
<p>Exercise for Managing Weight (III)</p>	<p>W 9:30 - 10:30 a.m.</p> <p>Registration required</p>	<p>Class for post-treatment survivors desiring to overcome weight gain associated with cancer treatment. Includes increased duration of cardiovascular exercises and intensity of strength training.</p>
<p>Exercise PLUS</p>	<p>Pilates M 9:30 - 10:30 a.m. Balance Ball F 9:30 - 10:30 a.m.</p> <p>Registration required</p>	<p>30 min. of self-paced, cardiovascular warm-up and workout followed either by 30 min. of gentle, beginner level Pilates or 30 min. of Balance Ball workout.</p>
<p>Pink Ribbon Fitness</p>	<p>SAT 9:30 - 10:30 a.m.</p> <p>Registration required</p>	<p>Customized exercises for breast cancer survivors.</p>

Mind/Body Movement		
<p>Beginning Yoga</p>	<p>M 6:30 - 7:30 p.m. TH 9:30 - 10:30 a.m. F 10:30 - 11:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Learn gentle, restorative yoga postures.</p>
<p>Tai Chi</p>	<p>WED 9:30 - 10:30 a.m. 2nd & 4th Wed of month, May 13, 27 & June 10, 24</p> <p>Drop-ins welcome</p>	<p>This ancient form of movement and exercise leads to harmony of mind and body while increasing control and balance.</p>
<p>Qi Gong</p>	<p>TH 6 - 7:30 p.m. F 9 - 10:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Learn a set of calming movements to enhance strength and circulation. Newcomer Intro – for first 1/2 hour of class.</p>

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FAMILY MATTERS (children and parent programming)

Family Matters is a comprehensive educational and supportive program for children, teens, and parents experiencing cancer in the family. The program helps to normalize and validate the feelings that children have during the cancer experience. Group and individual opportunities are available.

Parent Consultations – One on one consultations are offered in person or on the phone to assist parents with common concerns that arise when talking to children about cancer. Please contact Betsy Rubenstein at 630-543-5118 to schedule an appointment.

Family Wellness is a new and exciting Family Matters program for the entire family with children up to age 18. Families experiencing cancer will come together once a month and participate in wellness activities. See *Wellness Through Cooking* below, our first family activity.

Summertime Activities		
Kids Kamp	July 13 - 17 or August 3 - 7 10 a.m. - 12 p.m. <i>Registration required</i>	Join us for a week long camp for kids aged 5-12 years old. The camp is a chance to engage in activities to build confidence and to have fun! Children can sign up for the week in July or the week in August. For more information, please call Kristine at 630-654-5112.
Summerfest!	THURSDAY, August 20, 6 - 8 p.m. <i>Registration required</i>	Join us for a fun family celebration as the summer winds down. This party is open to all ages
Monthly Groups		
Wellness Through Cooking For the entire family! NEW!	WEDNESDAY, Sept 16 5:30 - 7 p.m. <i>Registration required</i>	Join us for a fun evening with Cheryl Brookhouzen, Executive Pastry Chef, and Erica Tomei, Lead Pastry Cook, of the Marriott Hotel in Chicago. Families will learn about the healthy benefits of dark chocolate, get to sample chocolate from all over the world, and prepare delicious chocolate treats.
Kids Club	TUESDAY, Sept 22 5:30 - 7 p.m. <i>Registration required</i>	A monthly drop in group that encourages kids to learn about cancer, ask questions in a safe environment, and meet other kids who have cancer in the family. Children may attend as many months as they wish with no commitment. A parent group meets at the same time as an opportunity for networking.
Family Time	TUESDAY, Sept 29 5:30 - 7 p.m. <i>Registration required</i>	Join us for this monthly group for families impacted by pediatric cancer. Children with cancer, their siblings, and their parents will meet in separate groups to talk about and learn to cope with the family changes that happen as a result of cancer. This is also a great opportunity for kids to meet other kids going through the cancer experience.
Weekly Groups		
Kids Group	Please contact Betsy Rubenstein, LCSW, MSW, for current dates and times at 630.543.5118 <i>Registration required</i>	Weekly support group for children ages 6-12 who have a family member with cancer. Meets for 8 weeks. Through expressive arts and discussion, kids have opportunity to connect with others in a similar situation. Simultaneous parents group is offered.
Teen Talk	Please contact Betsy Rubenstein, LCSW, MSW, for current dates and times at 630.543.5118 <i>Registration required</i>	Weekly support group for teens, ages 13-17, who have a family member with cancer. Provides teens opportunity to connect with one another and discuss the impact cancer has on them.

EXPRESSIVE ARTS

Flute Circle	TUESDAYS, 10 - 11 a.m. <i>Drop-ins welcome</i>	Learn to play the Native American flute and how to express yourself through music. No experience necessary.
Garden Walk	TUESDAYS, July 14, August 11 & Sept 8 1 - 3 p.m. <i>Registration required</i>	Take time to enjoy some of Hinsdale's finest gardens. Join expert gardener Susan Beard on her popular garden walk and enjoy the sweet smell of summer flowers.
Awaken Now: An Introduction to the Mandala Claudia McFarlane, MA	MONDAY, July 13, 6 - 8 p.m. or THURSDAY, July 23, 12 - 2 p.m. <i>Registration required</i> No art experience necessary	Come learn about the mandala, a sacred art practice using the circle as a tool for deep meditation and insight. Combining this with <i>A New Earth, Awakening to Your Life's Purpose</i> , by Eckhart Tolle we will explore the awakening process and your intention for emotional and spiritual healing through art, music and journaling.
Mandala: Awaken Now (Six Week Class) Claudia McFarlane, MA	MONDAYS, August 3 - September 14 6 - 8 p.m. <i>Registration required</i> No art experience necessary	Combined with the teachings of Eckhart Tolle's <i>A New Earth, Awakening to Your Life's Purpose</i> , we go beyond discussion into direct experience of learning how to stay in the present moment and experience a sense of well being. Learn how to use the mandala as a simple "hands on" technique.

STRESS MANAGEMENT

Mind/Body		
Guided Imagery	TUESDAYS, 11:30 a.m. - 12:30 p.m. <i>Drop-ins welcome</i>	Learn how to use the power of imagination to reduce stress and deal with pain and symptoms.
Meditation	WEDNESDAYS, 9 - 10 a.m. <i>Drop-ins welcome</i>	Discover ways to experience peace and serenity to facilitate healing of your mind, body and spirit.
Healing through Mindfulness Please contact Linda Kengott, MA, LCP for more information.	August 31-Dec 21 1st and 3rd Mondays <i>Registration required</i>	All of us want to live a calmer, more peaceful existence. Learn how to find the center within through ongoing mindfulness and experience your capacity to live deeply and fully.
Healing Through Mindfulness 2	May 4 - August 17 7 - 8:30 p.m. 1st and 3rd Mondays <i>Drop-ins welcome</i>	Healing Through Mindfulness 2 is modeled on the Mindfulness-Based Stress Reduction Program established by Jon Kabat-Zinn at the U of Mass Medical School. This program is designed to provide a community of learning and practice in the cultivation of mindfulness and present moment awareness.
Healing Touch Group Experience	THURSDAYS, July 9, Aug 13 & Sept 10 9 - 10 a.m. 2nd Thursday of month <i>Registration required</i>	Learn practical, energy-based techniques for self care of mind, body and spirit.
Mind-Body Saturday <i>Strategies for Inner Harmony and Self-Healing</i>	SATURDAYS, July 11, Aug 8 & Sept 12 9:30 - 10:30 a.m. 2nd Saturday of month <i>Drop-ins welcome</i>	Experience the benefits of techniques connecting you directly with your own inner wisdom and healing potential. through approaches like guided imagery and meditation will be used.
Wellness through Deep Hypnosis	SATURDAYS, July 18, Aug 15 & Sept 19 10 a.m. - 12 noon 3rd Saturday of month <i>Registration required</i>	Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Space is limited.

Bereavement Groups		
Bereavement drop-in <i>(for recently bereaved)</i>	TUESDAYS, 5 - 6 p.m. <i>Drop-ins welcome</i>	Losing someone you love can seem overwhelming, but you're not alone. Supportive environment to be heard.
Transitions For loss of spouse, call Michael Williams Psy D. (630.654.5117) For loss of parent, sibling or adult child, call Marta Quist (630.654.5191)	<i>Registration required</i>	Committed bereavement support groups to develop techniques to help you cope. Groups meet every other week.
Transitions Networking <i>(for graduates of Transitions or Turtles)</i>	TUES, July 28, Aug 25 & Sept 22 5 - 6:30 p.m. <i>Drop-ins welcome</i>	Join other adults who have completed the Transitions or Turtles bereavement support groups at this monthly group to continue to support one another.
Turtles	Please contact Betsy Rubenstein, LCSW, MSW, for current dates and times at 630.543.5118 <i>Registration required</i>	Weekly bereavement support group for children ages 6-12. Meets for 8 weeks. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. Simultaneous parents group is offered.
Time Out! For Teens	Please contact Betsy Rubenstein, LCSW, MSW, for current dates and times at 630.543.5118 <i>Registration required</i>	Weekly bereavement support group for teens, ages 13-17, who have lost a family member to cancer. Provides teens an opportunity to connect with others and explore the impact of the loss.

Call **630.323.5150** to register for a program or go to **wellnesshouse.org** for more information

SUPPORT & NETWORKING

Weekly Support Groups		
<p>Cancer Support Group</p> <ul style="list-style-type: none"> Groups for people with cancer, call Michael Williams, Psy D. at 630.654.5117 Groups for family caregivers, call Marta Quist, MSMFT at 630.654.5191 	<p>WEDNESDAYS, 7 - 8:30 p.m.</p> <p>Registration required</p>	<p>Ongoing 8-week support group for people with cancer and their family caregivers to improve coping skills. Two separate groups meet at the same time.</p>
<p>On the Mend</p>	<p>TUESDAYS, Sept 1 - October 20 7 - 8:30 p.m.</p> <p>Registration required</p>	<p>Join this 8-week support group if you've recently completed cancer treatment. Consider this group to learn more about the new challenges and emotions of recovery. Please contact Linda Kengott at 630-654-5109 for more info.</p>
<p>Living with Metastatic Breast Cancer</p> <p><i>Supported by a grant from the Chicagoland Area Affiliate of the Susan G. Komen Breast Cancer Foundation</i></p>	<p>TUESDAYS, 10 - 11:30 a.m.</p> <p>Registration required</p>	<p>Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future. Please contact Linda Kengott at 630-654-5109 for more info.</p>
<p>Reflecting on Spirituality and Cancer</p>	<p>WEDNESDAYS 10:15 - 11:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Join others to explore aspects of your spirituality and ways it both affects and is affected by the cancer experience. (Not affiliated with any formal religion).</p>
<p>Women Connected from the Start</p>	<p>THURSDAYS, 10:30 a.m. - 12 p.m.</p> <p>Drop-ins welcome</p>	<p>Support group for women regarding the physical changes and emotional transitions associated with new and continuing treatment. Contact Marta Quist MSMFT at 630.654.5191 to learn more.</p>
<p>Managing Recurrent and Metastatic Cancer</p>	<p>FRIDAYS, 10 - 11:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Weekly group focusing on issues regarding recurrent and metastatic cancer.</p>

Monthly Networking Drop-in Groups		
<p>Individual networking groups give people an opportunity to meet with others experiencing the same type of cancer and their caregivers. The purpose is to exchange information and offer encouragement and support. All groups meet separately. Drop-ins welcome</p>	<p>Multiple Myeloma meets Thursdays, July 9, August 13 and Sept 10 from 7 - 8:30 p.m.</p> <p>Ovarian Cancer meets Thursdays, July 9, August 13 and Sept 10 from 7 - 8:30 p.m.</p> <p>Lymphoma meets Thursdays, July 9, August 13 and Sept 10 from 7 - 8:30 p.m.</p> <p>Carcinoid meets Saturday, July 18, August 15 and Sept 19 from 10 - 12 p.m.</p> <p>Pancreatic meets Thursdays, July 16, August 20 and Sept 17 from 7 - 8:30 p.m. <i>Sponsored by the Rolfe Foundation</i></p>	
<p>Couples on the Journey</p>	<p>TUES, July 14, Aug 11 & Sept 8 7 - 8:30 p.m.</p> <p>Drop-ins welcome</p>	<p>Attend this brand new networking group designed for couples meeting the challenges of cancer. Connect with other couples, exchange relationship strategies, information & encouragement.</p>
<p>Parent to Parent</p>	<p>WEDS, July 8, Aug 12 & Sept 9 10 - 11:30 a.m.</p> <p>Drop-ins welcome</p>	<p>Join other parents who are experiencing cancer in the family. Share practical tips and support one another. Open to parent who has cancer, a spouse or parent or both parents.</p>
<p>Cancer as a Turning Point: Networking Group</p>	<p>TUES, July 28, Aug 25 & Sept 22 7 - 8:30 p.m.</p> <p>Drop-ins welcome</p>	<p>Cancer brings many challenges and the demand for adjustment. Come to this new group based on Lawrence LeShan's book "Cancer as a Turning Point" to share and learn ideas that can give a powerful hand in shaping your response to cancer's challenges.</p>
<p>Just for the Guys... Can we talk? Michael Williams, PsyD</p>	<p>TUESDAYS, July 21, Aug 18 & Sept 15 (3rd Tuesday of month) 7 - 8:30 p.m.</p> <p>Drop-ins welcome</p>	<p>Calling all men (only)! If you are supporting a spouse or girlfriend who is dealing with cancer, join Michael for a discussion focusing on strategies for better communication and managing stress.</p>

Thank you so much to our generous grantors

