

WELLNESS HOUSE OF ANNAPOLIS

Quarterly Program Guide

www.annapoliswellnesshouse.org

JANUARY-MARCH 2025



Wellness House
OF ANNAPOLIS

Providing Strength & Support for those Living with Cancer

Social Offerings

Wellness House will host social get-together opportunities for members and the special people in their lives. These new offerings are different from our member social gatherings, in that we want to include people in your life who have supported you on the cancer journey, even if they are not members.

Pinked Perspective Kit Assembly

We are hosting a Pinked Perspective Kit Assembly event. Please join us for a social offering with a way to give back! Pinked Perspective will lead us in making cancer kits. We invite you to register one person to come with you who has supported your cancer journey. In-person.

January 22-1:00 -2:30 p.m.

March 19-6:00-8:00 p.m.



CONTACT US

410-990-0941

Admin@annapoliswellnesshouse.org

Registration required for every offering.

You must be a member to take part in our services.

Members have the ability to sign up through weekly emails sent out.

In-person and virtual individual & family counseling and spiritual guidance sessions are available as well as Healing Touch, Massage & Reiki sessions.

Contact us for more information.

All offerings are for adults only unless labeled a children, teen or family offering.

ALL SERVICES FREE OF CHARGE TO MEMBERS

To become a member:

Please visit our website at

www.annapoliswellnesshouse.org

- Go to Programs & Services
- Click on- Become a Member
- Submit an application

The mission of Wellness House of Annapolis is to provide support, education, and services to help individuals and families who have been touched by cancer recover their health and well-being in a home-like environment.

Wellness Offerings

These programs assist members in processing their cancer experience, enhance coping, increase overall self-care and management of stress, and support a mind-body-spirit approach to healing and well-being.

Wake-up Gentle Stretch

Join us as members are guided in a gentle morning stretch routine. This class will be led from a seated position in a chair. Please have a strap, belt, or towel available for an extra good stretch. Give your body a treat to start your week.

Instructed by Certified Yoga Instructor Leah Saliter

January 6, 13 & 27 (No class 1/20)

February 3, 10, 17 & 24

March 3, 10, 17, 24 & 31

9:30-10:15 a.m. *online*

Yoga with Kathleen

Come join Kathleen as we explore the fundamentals of yoga practice. Class will begin with centering, breathwork and gentle movement to release the day and bring awareness. Modifications will be offered in a safe and supportive environment. Final relaxation and reflection will follow. This is an all-level class designed to help reduce stress, decrease anxiety, and connect to inner peace.

Facilitated by Registered Yoga Instructor, Kathleen James

January 6, 13, 20 & 27

February 3, 10, 17 & 24

March 3, 10, 17 & 31 (No class 3/24)

11:00 a.m. -12:00 p.m. *in-person*

The Walk Within - Meditation

In this guided meditation class we will explore and uncover rich inner resources for peace, healing and inspiration. Join us every Monday as we welcome the week together inviting balance and grace into our daily experience.

Facilitated by Lisa Manning CST, LMT From Trillium Wellness

January 6, 13, 20 & 27

February 3, 10, 17 & 24

March 3, 10, 17 & 31 (No offering on 3/24)

11:30 a.m.-12:30 p.m. *online*

Candle Lit Yoga

Experience the magic of candlelit yoga with mindfulness and relaxation in the quiet comfort of candlelight. This gentle class will focus on meditative breathing, linking our breath with our movements, and promote restfulness.

Facilitated by Yoga Instructor, Kathleen James

February 11

5:30-6:30 p.m. *in-person*

Oncology Yoga

The class is designed to address the specific needs of cancer patients and survivors. The practice helps mitigate side effects, support the immune system, and meet healthcare guidelines for movement. Our goal is to provide an empowering experience to participants.

Facilitated by Stephanie Gaines-Bryant

Registered Yoga Instructor, Owner Radio Yogi Health & Fitness, LLC

January 8, 15, 22 & 29 (No class 1/1)

February 5, 12, 19 & 26

March 5, 12, 19 & 26

4:00-5:00 p.m. *online*

Yoga Nidra

Yoga Nidra is a series of mind, body, and awareness techniques that allow you to disengage from your mind by entering the space between waking and sleeping. It is an excellent tool for stress as it trains the body and mind to disconnect from stress-producing thoughts and helps to balance excess tension in the body. *Online.*

Offerings facilitated by Julia Simmons, RYT

Wednesday-5:00-6:00 pm Thursday-7:30-8:30 pm

January 8, 15, 22 & 29

January 2, 9, 16, 23 & 30

Walking Group

This group is an active social group that gathers members to meet, motivate, and support each other. It will promote mental health, emotional health, positivity, and interaction with others. For the winter months, we will meet at Annapolis Mall in the food court in front of the Chick-fil-A.

Facilitated by Wellness House Volunteers

January 3, 10, 17, 24 & 31

February 7, 14, 21 & 28

March 7, 14, 21 & 28

9:00-10:30 a.m. *in-person*

Healing Art With Christalene

Christalene Karaiskakis is well-known in our community for bringing creativity, love and light to the cancer experience. In this therapeutic art time, you may find yourself painting a positive affirmation, meditating as you create a mandala, or laughing with others as she guides you in fun interactive play.

Facilitated by Christalene Karaiskakis, Visionary Intuitive, and WH Volunteer

March 12 (No offerings in January or February)

11:00 a.m.-1:00 p.m. *in-person*

Evening Yoga (new offering!)

This gentle yoga class is designed to help you relax, stretch, and strengthen your body through slow, mindful movements and deep breathing. Perfect for all levels, it promotes relaxation and well-being while honoring your body's needs and limitations.

Facilitated by Jennifer Montgomery, certified 200hr YTT and Breathwork Facilitator

January 7, February 4 (No date in March)

5:30-6:30 p.m. in-person

Musical Journeys for Healing

Come to our monthly music gatherings and immerse yourself into the power and potential of sound to influence your healing journey. Local music therapists from Annapolis Music Therapy and live music experiences with professional musicians from the Annapolis Symphony Orchestra will also visit monthly to provide different ways to experience the healing power of music.

Facilitated by Terri Fevang, Program & Communications Director/ Therapeutic Musician and Guests

Monthly Offering with Terri

January 22, February 25 & March 25

11:00 a.m.-12:00 p.m. in-person

Sessions with Annapolis Music Therapy

January 14, February 4 & March 4

11:00 a.m.-12:00 p.m. in-person

Poetry Writing Workshop

Poetry workshop that promotes healing through writing. Everyone interested in writing poetry is invited, whether you've ever written a poem or not. This could be your first workshop or you might be an occasional attendee, or maybe you come every time. All are welcome.

Facilitated by Writers, Janice Booth and Natalie Canavor

January 7, February 18 & March 18

10:00 a.m.-12:00 p.m. in-person

Living Above Your Diagnosis

Join us in getting inspired to explore the world of well-being and positivity! The facilitators will share insights and wisdom into the art of cultivating a strong positive mindset, embracing hope, and being your best self in any circumstance.

Facilitated by Executive Director, Mary Jermann and Wellness House Member, Daniel Wellington

January 29, February 26 & March 26

11:00 a.m.-12:30 p.m. online

Emotional Freedom Technique (EFT)

Emotional Freedom Techniques (also known as EFT or Tapping) can help you. In an EFT session, you focus your thoughts on something that has upset or caused you emotional distress. Then, you gently tap on certain facial and upper body acupressure points (no needles!). This quickly and effectively reduces the emotional intensity related to that experience, thereby reducing stress levels which promotes clearer thinking and peace of mind.

Facilitated by Christine Hunt, Life Wellness Coach, Certified EFT & Matrix Reimprinting Practitioner

January 23, February 27 & March 27

4:00-5:30 p.m. online

Zentangle® Meditative Art

Zentangle® is a portable art that uses simple strokes to create patterns and beautiful designs. This elegant art form blends meditation with drawing. This method has been known to increase focus and creativity while mitigating insomnia and anxiety. No drawing experience or expertise is needed.

Basic Materials Needed: pencil, copier paper or drawing paper, Q-Tip, fine tip pen where the ink flows (ballpoint is not recommended).

Advanced Materials (if desired): Pigma Micron pen/black sizes 01 and 05, Tortillon

Facilitated by Dawn Schulman, CZT (Certified Zentangle® Teacher)

January 14, February 11 & March 11

1:00-2:30 p.m. online

Sound Meditation

Feel yourself slip into a peaceful, meditative state as the calming sound waves of crystal & Himalayan singing bowls, bells, chimes, and vocal tones surround you.

Facilitated by Stacey Johnson, Yoga & Sound Meditation Teacher

January 8, February 12 & March 12

11:00 a.m.-12:00 p.m. online

Sound Journey (New offering!)

When the body is stressed, it disrupts its harmony and rhythm. Sound vibrations and frequencies are transformative tools for restoring balance, slowing the brain into alpha/theta states, fostering relaxation and calm. Acting as an anti-depressant, the vibrations interact with the body's cells, encouraging self-healing and releasing stress. Come join us in experiencing a deeply restorative journey using a variety of sounds, connecting the mind, body, and soul. This gentle, noninvasive modality supports mental, emotional, and physical balance, bringing you back to a state of harmony and well-being.

Facilitated by Susan Richards, Personal Sound Meditation Facilitator, Reiki, Energy, and Crystal Practitioner

January 9, February 13 & March 13

6:30-7:30 p.m. in-person

Mental Health Services

Counseling services are offered at Wellness House to help cancer patients, families and caregivers navigate the functional, emotional, and spiritual adjustment necessary to maintain their quality of life during their cancer journey.

Support groups offer members dedicated space to connect and share with one another surrounding their experience of cancer. Groups are tailored to meet the needs of specific member populations and to provide tools and hope along the cancer journey.

Living with Cancer Support Group

This evening support group is for anyone who has been diagnosed with cancer at any point in their cancer experience. This group is designed for individuals with cancer to connect with one another by sharing information, challenges, celebrations, and feelings surrounding day-to-day life with cancer.

Facilitated by Virginia Barnes Ricketts, MS, LCPC

January 7, 14, 21 & 28

February 4, 11, 18 & 25

March 4, 11, 18 & 25

6:00-7:30 p.m. online

New Offering!

In-person Living with Cancer Support Group

The Wellness House of Annapolis is excited to announce that in addition to our virtual Living with Cancer Support Group, we are now able to provide an in-person option of this offering. This group is open to anyone who has been diagnosed with cancer looking to increase social support and connection as well as learn helpful tools to embrace life and decrease stress.

Facilitated by Katie Jank, LMSW, & Megan Austin, Social Work Intern

February 26 & March 26 (No group in January)

6:00-7:30 p.m. in-person

Survivors Support Group - What's Next?

If you are done with cancer treatment, what's next for you? Join us as we talk about life after cancer treatment. This is a topic-based group that will address common issues you may experience post-treatment. It's open to anyone who has completed treatment within the last 5 years.

Facilitated by Sally Sellman, LCPC, NCC, HTCP

January 15, February 19 & March 19

6:00-7:30 p.m. online

Cancer Loss Bereavement Support Group

This group is open to all members who have suffered the loss of a loved one to cancer. Individuals with a very recent loss may not be a good fit for a support group but are encouraged to contact us at admin@annapoliswellnesshouse.org to request appropriate support resources.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

January 2 & 16/ February 6 & 20/ March 6 & 20

10:00-11:30 a.m. online

Breast Cancer Support Group

A monthly support group for individuals undergoing any kind of treatment for breast cancer. Treatment includes surgery, chemotherapy, radiation, and also long-term hormone therapy. The discussion will be topic-based as determined by the needs of the group. This group is designed to help breast cancer patients learn from each other through their diverse experiences with their individual diagnoses.

Facilitated by Virginia Barnes Ricketts, MS, LCPC

January 2 & 16/ February 6 & 20/ March 6 & 20

12:00-1:00 p.m. online

Couples Therapeutic Group (New offering!)

Explore the elements of navigating cancer as a couple in this 60-minute in-person support group. Licensed therapist Sarah Weatherwax joins participants to delve deeper into topics relevant for your relationship in the cancer journey, providing a safe place to connect, share, and learn helpful tools to strengthen your partnership. To participate in the group therapy session, both partners must be present. If either partner is unable to attend, we'll look forward to seeing you at the next session.

Facilitated by Sarah Weatherwax, LMSW

January 21, February 18 & March 18

5:30-6:30 p.m. in-person

Multiple Myeloma Support Group

The Multiple Myeloma support group provides an opportunity for individuals diagnosed with Multiple Myeloma and their caregivers to get together for mutual support, education, sharing, and friendship.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

January 9, February 13 & March 13

10:00-11:30 a.m. online

Men with Cancer Support Group

This group offers men experiencing cancer an opportunity to connect with each other, normalize the challenges they face, and share strategies that work in meeting those challenges.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

January 13 & 27/ February 10 & 24/ March 10 & 24

5:30-7:00 p.m. online

Caregivers Support Group

Being a caregiver can be both an honor and a challenge. This monthly support group provides caregivers the opportunity to share their journey with other caregivers. **Facilitated by Sherry Cormier, PhD**

February 5 & March 5 (No group in January)

6:00-7:30 p.m. online

Healing with Horses

Come and experience the healing power of horses to transform, empower, and inspire. In this 90-minute group, participants will partner with Emma Rogers, Certified Equine Gestalt Coach, and Angie Burnett, Equine Specialist, to deepen their knowledge of self and harness their innate resilience. **Facilitated by Emma Rogers, LCSW-C, EGC, EOL Doula & Angie Burnett, Equine Specialist**

January 8, February 5, March 5

1:00-2:30 p.m. in-person

February 19 & March 19

3:00-4:30 p.m. in-person

Healing in Color

A support group for women of color who are impacted by cancer. This is for any stage of cancer- survivorship, metastatic, newly diagnosed, or active treatment. The goal is to empower, educate, and support one another through a safe space where women of color are able to process and express themselves. Please bring a journal and a pen.

Facilitated by Leah Saliter

January 15, February 5 & 19/ March 5 & 19 (No group 1/1)

6:00-7:00 p.m. online

The Spiritual Discovery and Discussion Group

Join intern **Minister SarahRuth Davis** as we explore together the beliefs that ground us to our sense of being. Prepare to think deeply, love deeply, and laugh together. Conversations are interfaith and encompass a wide range of spiritual expressions. Let us learn together!

Facilitated by SaraRuth Davis, Chaplain Intern

Dates & time will be shared each month through emails online

Horse Connections (New offering!)

For those members who can't get enough of horses, join Angie Burnett, Equine Specialist, and a fellow wellness house member for an intimate and relaxing opportunity to spend time grooming and enjoying Chesapeake Dressage's healing herd. Offered for two members at a time, this program allows for participants to experience the gift of connection while giving back loving affection to their equine partner.

January 7 & 28/ February 4 & 25/ March 4 & 25

10:00-10:30 a.m. in-person

Social Support Offerings

Wellness House offers a safe place for connections between people experiencing cancer as patient, caregiver, or family member. These activities and gatherings are spaces for fun times and friendship where “people just get it.”

Knitting Group

Whether you're a beginner or a seasoned knitter, this group is designed to bring together fiber enthusiasts of all skill levels. We hope to enhance knitting skills through shared learning, build meaningful connections & give and receive support for each other.

Facilitated by Mary Lynn Willard, Wellness House Volunteer

January 9 & 16/ February 6 & 20/ March 6 & 20

12:30-2:30 p.m. in-person

Prayer Circle

A non-denominational prayer time for sharing positive energy. Join in to listen and share the celebrations, cares, and concerns of our members.

Facilitated by Reverend John Crestwell

January 3, 10, 17, 24 & 31

February 7, 14, 21 & 28

March 7, 14, 21 & 28

9:30-10:00 a.m. online

Book Club

New members are always welcome!

For more info about the Wellness House Book Club, please email: admin@annapoliswellnesshouse.org.

Facilitated by Nancy Haiman & Marge Thomas, Wellness House Members & Volunteers

January 20, February 17 & March 17

6:00-7:30 p.m. online

Flower Arranging Workshop

Create a flower arrangement with the help of the Four Rivers Garden Club. Please be prepared to bring clippers with you.

February 20

11:00 a.m.-12:00 p.m. in-person

Tea Time

Members (new and established) are invited to come to the Wellness House to pour their favorite cup of tea and connect with one another. This is a time to learn more about Wellness House services, converse with other members and ask questions.

Facilitated by Jen Caughron, Volunteer & Member Manager

January 9, February 13 & March 13

2:00-3:00 p.m. in-person

Therapeutic Art-Jewelry Making

Join us to create a different piece of jewelry each month.

Facilitated by Leigh Gruber, Wellness House Volunteer

January 21, February 18 & March 18

1:00-3:00 p.m. in-person

Game Time!

Join us for a heartfelt game time where we will celebrate the observance of Valentine's Day with a special love/friendship theme. Wear your favorite Valentine color and come enjoy meeting old (vintage) friends and making new ones through friendship and laughter. Bring a “friendship thought” to share with others. There will be holiday sweets and savory treats to enjoy as we take a trip down Lovers' Lane with a memory game and perhaps a game of Valentine's Bingo, too!

Facilitated by Volunteer Donna Ruokonen

February 12

2:00.-4:00 p.m. in-person

Open House with the ASO

There is live music in the house every month, courtesy of the Annapolis Symphony Orchestra! Come to the monthly music open house and share the experience of the healing power of music with your WH family. Lite drinks and refreshments served.

January 6, February 3 & March 3

1:00-3:00 p.m. in-person

Children & Family Offerings

Wellness House child and family programs help children and adolescents who have been touched by a cancer diagnosis in their family connect and grow with peers who are experiencing similar circumstances. We offer therapeutic workshops on topics relevant to the cancer journey, special experiences for fun and community building, and ongoing therapeutic groups for children and teens.



WORKSHOPS

What is Cancer?

Children aged 5-12 are invited to a hands-on, developmentally appropriate learning experience designed to help them understand "What is Cancer." This engaging session will feature interactive activities that help them conceptualize how cancer affects their loved one's body.

Providing developmentally appropriate education to children not only helps clarify misconceptions they have about the diagnosis, but it builds trust and connection that in turn helps them cope with the challenges a family may face throughout a cancer process.

January 29

6:00-7:00 p.m. in-person

Legacy Workshop for Families

Join Meghan Siegel, Child Life Specialist, and Emma Rogers, LCSW-C in this workshop for children, teens and their caregivers to support their grief over the loss of a loved one to cancer. Participants will have the opportunity to ask questions about life after loss, learn coping strategies to increase resilience, and to join one another in the creation of a legacy project to honor the person they've lost. Breakout sessions for adults and children will be offered to allow for age-appropriate exploration with a joint creative activity to foster connection, ritual, and familial healing.

March 12

6:00-7:00 p.m. in-person



SPECIAL EXPERIENCES

Ice Skating Adventure

Join us for a special ice-skating adventure at Quiet Waters Park! Children aged 5-12 are invited to enjoy a fun evening of skating and socializing! Spots are limited.

For children & teens

February 12

6:00-7:00 p.m.



Any child, parent or guardian taking part in programs must be a member

Registration Required

410-990-0941

Have a question or concern about your child related to a program?

Please email

Meghan.S@annapoliswellnesshouse.org



GROUPS-New Offerings

Healing with Horses

Offered for the first time to Wellness House of Annapolis' younger members, this therapeutic group brings the magic of horses to inspire and connect. Offered for children ages 5-12 and teens 12 - 17 on a rotating basis, participants are invited to partner with horses to practice life skills, learn mindfulness and stress reducing techniques, and create a safe, collaborative space to grow and be seen.

Co-facilitated by Angie Burnett, Equine Specialist & Joyce Cowfer, Equine Gestalt Coach

January 15 (Ages 5-12)

February 19 (Ages 13-17)

March 19 (Ages 5-12)

5:30-6:30 p.m.

Wild Wellness Group

Wild, nature-based play is one of the most healing and therapeutic spaces for kids and teens! Wellness House is starting our 'Wilderness Wellness' program to bring the magic of Wellness House to the outdoors! This group offers a mix of play therapy, wilderness therapy and outdoor activities to support kids and teens ages 5 to 19.

Facilitated by Katie Jank, LMSW

New offering coming in April, 2024!

Adventure awaits!

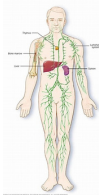


Wellness House offers individual & family counseling as well as consultations with our Child Life Specialist for help navigating challenges with your children

~Call us for more details~

Educational Workshops

These programs empower survivors, families, and caregivers by providing valuable information and practical tools to develop stronger healthier lifestyles, expand self-care, and enhance coping skills while navigating a journey through cancer.



What to know about Lymphedema and Cancer Workshop

This educational workshop introduces the lymphatic system, risks related to lymphedema, and useful strategies to help reduce the risk of lymphedema exacerbations.

January 6

6:00-7:00 p.m. online

Facilitated by Christy Asonglefac, DPT, CLT-UE, CMTPT

Learn the basic techniques to nourish your wellness through better breathing practices. Tame stress and anxiety, improve sleep quality, lower blood pressure, and build immunity with simple, accessible practices that are easily adapted to your wellness routines.

Breath Workshop



January 15

1:00-2:30 p.m. in-person

Facilitated by Gwenn Marie, Certified Breath Coach

Sex & Cancer



Explore the elements of navigating cancer and sexual intimacy in this workshop with licensed therapist Sarah Weatherwax. This workshop is designed to provide a safe, supportive space for individuals and couples affected by cancer to explore the emotional, physical, and mental impacts of a cancer diagnosis and its effects on sexual intimacy.

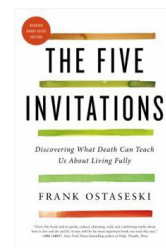
February 27

7:00-8:30 p.m. online

Facilitated by Sarah Weatherwax, LMSW

The Five Invitations Workshop Series – What Life-Threatening Illness Teaches Us About Living

Receiving a cancer diagnosis can change the way we view ourselves, our life, and our perspectives on mortality. In this four-part workshop series, Emma Rogers, End of Life Doula, will join with members to explore the impact of cancer on our ideas about life, death and how to live the richest and most fulfilling life possible. Each session will be drawing on wisdom from the book “The Five Invitations” by Frank Ostaseski, members are invited to expand their hearts and perspectives to increase acceptance, peace, and resilience in the face of a life-threatening illness.



*Each consecutive part of this series will run the third month each quarter.

March 11

6:00-7:30 p.m. in-person

Acupuncture



This workshop explores the role of acupuncture in supporting cancer patients through their treatment journey. We will examine how acupuncture can complement conventional cancer therapies such as chemotherapy, radiation, and surgery, offering both physical and emotional relief.

March Date & Time TBD



Scan Here to Donate

410-990-0941

admin@annapoliswellnesshouse.org

~All Services Free of Charge to Members~



Scan Here to listen to our podcasts