

# WELLNESS HOUSE OF ANNAPOLIS

## Quarterly Program Guide

[www.annapoliswellnesshouse.org](http://www.annapoliswellnesshouse.org)

OCTOBER-DECEMBER 2024



Wellness House  
OF ANNAPOLIS

*Providing Strength & Support for those Living with Cancer*



### Wellness House Friendsgiving

November 21  
5:00-7:00 p.m.

Join us for an adult member social gathering to share good food & conversation.  
Bring a dish to share!

Light refreshments available.

## New Offerings!

### Healing with Horses (Newly expanded)

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. Connect with fellow members and ground yourself in the here and now with the wisdom of horses. **Facilitated by Emma Rogers, LCSW-C, EGC, EOL Doula & Angie Burnett, Barn Manager**

October 2, November 6 & December 4

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

### Musical Journeys for Healing

Join us and explore the magical and healing powers of music! Come to our monthly music gatherings and immerse yourself into the power and potential of sound to influence your healing journey. This innovative offering is facilitated by Program and Communications Director, Terri Fevang, who is also a professional therapeutic musician. Terri creates a unique space where members can experience the power of sound and music by engaging your whole body in the listening process to help you understand and feel the reason and science behind the music experience. High-fidelity audio and noise cancellation headphones work their magic by sealing you in, eliminating distractions, and letting you dive deep into the individual rhythm of your body, mind, and spirit. We will also host quarterly events with local music therapists and live music experiences with professional musicians from the Annapolis Symphony Orchestra. **Facilitated by Terri Fevang, Program & Communications Director & Therapeutic Musician & Guests**

#### Monthly Offering with Terri

October 22, November 26 & December 19-11:00 a.m.-12:00 p.m. in-person

#### Sessions with Annapolis Music Therapy

November 5 & December 3-11:00 a.m.-12:00 p.m. in-person

\*Annapolis Symphony Orchestra dates will be announced through email

## CONTACT US

410-990-0941

[Admin@annapoliswellnesshouse.org](mailto: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](http://www.annapoliswellnesshouse.org)

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

# Weekly Support Groups & Offerings

## Wake-up Gentle Stretch

Join us as members are guided in a gentle morning stretch routine focused on shaking off the stiffness of the night and the extended periods of limited movement many of us have been recently experiencing. 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

October 7, 14, 21 & 28

November 4, 11 & 18 (No class on 11/25)

December 2, 9, 16, 23 & 30

9:30-10:15 a.m. [online](#)

## 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

October 1, 8, 15, 22 & 29

November 5, 12, 19 & 26

December 3, 10, & 17 (No group on 12/24 & 12/31)

6:00-7:30 p.m. [online](#)

## 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

October 4, 11, 18 & 25

November 1, 8, 15 & 22 (No group on 11/29)

December 6, 13, 20 & 27

9:30-10:00 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. As we move into traditional poses, 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

October 7 (No class on 10/14, 10/21 & 10/28)

November 4, 11, 18 & 25

December 2, 9, 16 & 23 (No class on 12/30)

11:00 a.m. -12:00 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. The use of props assists in helping members develop stability and flexibility and to provide a safe practice. The use of vinyasa flow form of yoga synchronizes breath and movement with the intention of deepening concentration. Mindful breathing is incorporated, which is vital to supporting both the lymphatic and nervous systems. Our goal is to provide an empowering experience to participants.

Facilitated by Stephanie Gaines-Bryant

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

October 2, 9, 16, 23 & 30

November 6, 13, 20 & 27

December 4, 11 & 18

4:00-5:00 p.m. [online](#)

## 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 in nature. We will meet at Quiet Waters Park in Annapolis.

Facilitated by a Wellness House Volunteer

October 4, 11, 18 & 25

November 1, 8, 15, & 22 (No group 11/29)

December 6, 13 & 20 (No group 12/27)

9:00-10:30 a.m. [in-person](#)

## 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. Your body goes to sleep while your mind retains a wakeful awareness. No prior yoga or meditation experience is required. This practice is best done lying on your back in your bed. Have a pillow for your head and a blanket to cover you. Those who practice Yoga Nidra report decreases in insomnia, depression, anxiety, PTSD, and chronic pain. We all need to relax.

Offerings facilitated by Julia Simmons, RYT

Wednesday

5:00-6:00 pm [online](#)

October 16, 23 & 30

November 6, 13, 20 & 27

Thursday

7:30-8:30 pm [online](#)

October 17, 24 & 31

November 7, 14 & 21

December 5

# Monthly Offerings

## Poetry Writing Workshop

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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**

**October 8, November 19 & December 17**

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

## Sound Meditation

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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**

**October 9, November 13 & December 11**

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

## Book Club

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New members are always welcome!

For more info about the Wellness House Book Club, please email: [admin@annapoliswellnesshouse.org](mailto:admin@annapoliswellnesshouse.org).

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

**October 21, November 18 & December 16**

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

## Living Above Your Diagnosis

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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**

**October 23, November 20 & December 18**

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

## Tea Time

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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**

**October 10, November 14 & December 12**

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

## Therapeutic Art-Jewelry Making

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Join us to create a different piece of jewelry each month. **Facilitated by Leigh Gruber, Wellness House Volunteer**

**October 22, November 19 & December 17**

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

## Emotional Freedom Technique (EFT)

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This is not just another support group. The difference is that you get immediate, long-lasting emotional and physical relief from the kinds of things that you are struggling with, such as: stress and anxiety, fear and uncertainty, aches, and pains; feeling helpless, pressured, or confused; the medical system, lack of trust...and more. If peace of mind is preferable to the above, 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. Learn more about why EFT is so effective, and experience the results for yourself, in this monthly group program.

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

**October 24, November 21 & December 5**

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

## **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**

**October 3 & 17, November 7 & 21 & December 5 & 19**  
**12:30-2:30 p.m. in-person**

## **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)**

**October 8, November 12 & December 10**  
**1:00-2:30 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**

## **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**

**October 9, November 13 & December 11**  
**11:00 a.m.-1:00 p.m. in-person**

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# Support Groups

## **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](mailto:admin@annapoliswellnesshouse.org) to request appropriate support resources.

**Facilitated by Sally Sellman, NCC, LCPC, HTCP**

**October 3 & 17/November 7 & 21/ December 5 & 19**  
**10:00-11:30 a.m. online**

## **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**

**October 16, November 20 & December 18**  
**6:00-7:30 p.m. on-line**

## **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**

**October 3 & 17/ November 7 & 21/ December 5 & 19**  
**12:00-1:00 p.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**

**October 14 & 28/ November 11 & 25/ December 9 & 23**  
**5:30-7:00 p.m. online**

~Turn to next page for more support groups~

## 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

October 2, November 6 & December 4

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

## 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

October 2 & 16, November 6 & 20 & December 4 & 18

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

## 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

October 10, November 14 & December 12

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

# Children & Family Offerings

## Special Experiences

Special Experiences are fun, community-based events designed to connect our members to one another and rejoice in the experience of life! Whether out in the community or at The Wellness House, our special experiences bring members together to play, celebrate, and appreciate the good.

### Pumpkin Patch

For children, teens & family

October 19

1:00-3:00 p.m.

At Knightongale Farm



### Friendsgiving

For children & teens

November 13

6:00-7:30 p.m.

At Wellness House

For ages 5 & up

More information will be shared through email

### Holiday Party

For children, teens & family

December 11

6:00-7:30 p.m.

At Wellness House



## Teens Connect

Teens' Connect is a support group for teens ages 12-17, who are interested in connecting with other teens going through similar life experiences. This group offers a relaxed, supportive environment to get to know each other through virtual games, build coping skills and talk in a positive, safe space.

Facilitated by Kellie Matters, MS, CCLS

October 30, November 21 & December 19

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

### "Time in" Breath Workshop

Children ages 5 and up along with their guardians are invited to join Certified breath worker Gwenn Marie and Child Life Specialist Meghan Siegel as they explore various skills to nourish wellness and connection. Through the power of breath, participants will discover how to reduce tension and co-regulate their emotions as a family. Learn to utilize your breath as an any time, any place method for calm, connection, and renewal.



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



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

### Registration Required

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

Please email

Meghan.S@annapoliswellnesshouse.org

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~

410-990-0941

# Quarterly Offerings

## SoulCollage® for Healing & Renewal



“Symbols are the language of the soul. They give us a way to communicate with our True Self, opening doors of transformation.” ~Carl Jung

You are invited to an Autumn session of SoulCollage®, a wonderful art activity that can lead to healing and renewal. The process created by Seena Frost involves selecting images from magazines and/or personal collections, in which you trust your own intuition to create an image on a 5”x 8” card that will speak to your own healing and that will touch you at a soul level. SoulCollage® is a thought-provoking way to explore life’s questions and tap inner knowing through art and sharing with others.

Materials will be provided.

**October 16**

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

**Facilitated by Dr. Katherine Johnson, PCC**

## Candlelit 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. Closing class with a longer Shavasana [relaxation] and guided visualization, you will head home feeling rested.



**October 29**

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

**Facilitated by yoga instructor, Kathleen James**

## Game Time!



The great American holiday -Thanksgiving- is celebrated on the 4th Thursday of November, and families all across the United States of America will gather to share a feast, friendship, family, football and fun! And we will do the same at Wellness House! You will have the chance to participate in silly games like Thanksgiving Charades, Turkey Feather Races, Thanksgiving Bingo, Turkey Hand Drawing, and Roll-A-Turkey Dice Game in addition to sharing what we are truly grateful and thankful for. Those who wish to do so may bring a shareable portion of their favorite homemade Thanksgiving dessert with a copy of the recipe.

**November 13**

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

Get ready to gobble, gobble away at the November Game Time.

**Facilitated by Wellness House Member & Volunteer, Donna Ruokonen**

Join Emma Rogers, Licensed Clinical Social Worker, for an exploration of the impact of Grief Around the Holidays. Many of us are facing loss, the weight of expectations, challenging transitions, and a spiritual heaviness that can change our experience of the holiday season. In this workshop, participants will have the opportunity to identify “what’s different” about the holidays since beginning their cancer journey and how to reframe, re-imagine, and reconnect with themselves and others at this significant time. Learn practical ways to cope with holiday stress and tools for creating more meaning and fulfillment this season.

## Grief Around the Holidays



**November 19**

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

**Facilitated by Emma Rogers, LCSW-C, EGC, EOL Doula**

## Flower Arranging Workshop



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

**November 21**

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



Scan Here to Donate

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.

**410-990-0941 ~ admin@annapoliswellnesshouse.org**

**~All Services Free of Charge to Members~**



Scan Here to listen to our podcasts