

# WELLNESS HOUSE OF ANNAPOLIS

## Quarterly Program Guide

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

JANUARY-MARCH 2026



Wellness House  
OF ANNAPOLIS

*Providing Strength & Support for those Living with Cancer*

## Social Offerings

Wellness House will be hosting several social gatherings designed for both our members and the special people in their lives. These new events differ from our regular member-only socials, as they are intended to include guests—family, friends, and loved ones—who have provided support throughout the cancer journey, even if they are not Wellness House members themselves.

### Bingo, Brushes & Bubbly Night

Join us for an evening of Bingo, Painting and Cheer at Wellness House! Get out of the house and enjoy good company and fun. We will be joined by Donna Ruokonen, our Game Time facilitator, who will guide us in a few games of Bingo. You will also have a chance to get creative on a pre-drawn canvas, all while enjoying some bubbly or a non-alcoholic cocktail.

Facilitated by Wellness House Staff & Donna Ruokonen, volunteer

February 26

5:00-7:00 p.m.

Registration Required

Members can invite one non-member guest



## New Offering!

**A return of an Offering with a new name!**

**Horse Time!**

Spend some time with the retired horses of Chesapeake Dressage Institute behind the Wellness House. We will give them nose pets and carrot treats!

Facilitated by Angie Burnett, Barn Manager

January 12, February 9 & March 9

1:00-1:30 PM

## 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.

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

No children are allowed on premises during adult-only offerings.

**ALL SERVICES FREE OF CHARGE TO MEMBERS**

TO BECOME A MEMBER:  
PLEASE VISIT OUR WEBSITE AT  
[WWW.ANNAPOLISWELLNESSHOUSE.ORG](http://WWW.ANNAPOLISWELLNESSHOUSE.ORG)

### Individual Services Available:

- Individual & Family Counseling
- Advanced Illness Doula Consults
- Spiritual Guidance Sessions
- Healing Touch, Massage & Reiki Sessions
- Life Coaching Sessions
- Music Therapy Sessions

Call us for more information.

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 help process the cancer experience, as well as enhance coping, increase overall self-care and management of stress, while supporting 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 Leah Saliter, Certified Yoga Instructor

January 12, 19 & 26 (No class 1/5)

February 2, 9 & 23 (No class 2/16)

March 2, 16, 23 & 30 (No class 3/9)

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

## Yoga with Kathleen

Come join Kathleen in a gentle yoga-flow class and discover how soft movement, breath and relaxation can replenish your energy and soothe your soul. Centering breathwork and warm-up stretches will bring you to the present moment, followed by a gentle movement of postures designed to release tension foster flexibility and create a peaceful state of mind. Modification will be offered in a safe and support environment.

Facilitated by Registered Yoga Instructor, Kathleen James

Monday's-11:00 a.m. -12:00 p.m. in-person

January 5, 12, 19 & 26 & February 2, 9 & 23 (No class 2/16) & March 2, 9, 16, 23 & 30

Wednesday's-10:00 -11:00 a.m. in-person

February 11, 18 & March 11, 18 & 25 (No class 2/25 & 3/4)

Please sign up for only 1 offering each week so that everyone who wants to participate has the opportunity.

## 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 5, 12, 19 & 26

February 2, 9, 16 & 23

March 2, 9, 16, 23 & 30

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

## 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 and the art of cultivating a strong positive mindset, embracing hope, and being your best self in any circumstance.

Facilitated by CEO, Mary Jermann and Wellness House Member, Daniel Wellington

January 7, February 4 & March 4

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

## 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 7, 14, 21 & 28

February 4, 11, 18 & 25

March 4, 11, 18 & 25

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.

Offerings facilitated by Julia Simmons, RYT

Wednesday's-5:00-6:00 p.m. online

January 7, 14, 21 & 28 & February 11

Thursday's-7:30-8:30 p.m. online

January 8, 15, 22 & 29 & February 12

Sessions are 7-8 weeks long with breaks in between.

## Walking Group

This group is an active social group that gathers membersto meet, motivate, and support each other. It will promote mental health, emotional health, positivity, and interaction with others. We will walk at Quiet Waters Park (During inclement weather and through the wintertime, we will walk at Annapolis Mall).

Facilitated by Wellness House Volunteers

January 9, 16, 23 & 30 (No group 1/2)

February 6, 13, 20 & 27

March 6, 13, 20 & 27

9:30-11:00 a.m. in-person

## Evening Yoga

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 YTT and Breathwork Facilitator

January 6, February 3 & March 3

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

~Turn to next page for more wellness offerings~

## Healing Through Art with Christalene

Christalene Karauskakis 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 Karauskakis, Visionary Intuitive, and WH Volunteer**

**January 14 (No date in February or March)**

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

## Horse Connections

For those members who can't get enough of horses, join 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.

**Facilitated by Angie Burnett, Equine Specialist**

**January 5 & 26/February 2 & 23/March 2 & 23**

**10:00-10:30 a.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 6, February 17 & March 17**

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

## Sound Journey

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 8, February 12 & March 12**

**6:45-7:45 p.m. in-person**

## Emotional Freedom Technique (EFT)

Emotional Freedom Technique (also known as EFT or Tapping) can help 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 22, February 26 & March 26**

**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 20, February 10 & March 10**

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

## Forest Bathing

Join a guide certified by the Association of Nature and Forest Therapy for a walk to learn to engage the senses and appreciate the benefits of being immersed in a natural environment. Slowing down and spending mindful time in nature is proven to regulate your blood pressure, increase immunity, and reduce production of stress hormones. Expect to feel relaxed, refreshed and connected to nature after this guided walk. The total walk distance will be approximately 1 mile, and we will be seated for a couple of short periods.

**Facilitated by Laura Armstrong Falvey, Forest Therapy Guide**

**March 4 (Rain date March 5)**

**10 a.m.-12:00 p.m.-held at the trails at Quiet Waters Park**

## 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 14, February 11 & March 11**

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

## Women's Healing Circle

Reiki • Sound Bath • Meditation • Rite of the Womb Initiation  
This special gathering offers a nurturing circle for women on the cancer journey to reconnect with their inner healer and receive deep energetic nourishment. The "Rite of the Womb," a gentle ceremonial practice supporting healing, release, and reconnection with the feminine spirit, is shared as part of this restorative experience.

**Facilitated by Robbie Wells, Holistic Healing & Wellness Coach**

**January 5, February 2 & March 2**

**5:00-7:00 p.m. in-person**

## Flow & Frequency

Join us for an evening that blends the gentle movement of candlelit yoga with the immersive healing of a guided sound journey. You'll be guided through a slow, grounding yoga flow designed to release tension and invite stillness, while enjoying a sound bath of calming vibrations that will carry you into a state of deep relaxation.

**Facilitated by Yoga Instructor, Kathleen James & Susan Richards, Personal Sound Meditation Facilitator, Reiki, Energy, and Crystal Practitioner**

**March 26**

**6:45-7:45 p.m. in-person**

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# 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."**

## Artistic Expressions

Join us each month as we discover a new art form. Complete a project to take home and possibly release a new passion! Facilitated by a variety of local artists.

**January 26-1:00-3:00 PM (in-person)**

Artist & counseling intern, Sophia Cordova, will lead us in an art-based collage group focused on identifying small moments of comfort, safety, and ease ("glimmers") to support emotional grounding and resilience.

**February 23-2:00-4:00 PM (in-person)**

Artist Liz Carren will lead us. Come and write a love note to yourself, and wrap it in a beautiful pocket/envelope - all while experiencing some mindful art with watercolors and markers.

**March 23-1:00-3:00 PM (in-person)**

Artist Viki Keating will lead a fused glass project creating a landscape.

## 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 15/February 5 & 19/March 5 & 19**

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

## Jewelry Making Workshop

Each month, Leigh and her assistants, Pat Ross and Rusty Dodson, lead participants through a new jewelry or craft project. Projects may include necklaces, earrings, bookmarks, mobiles, or driftwood sculptures, typically incorporating beads and wire. Sessions include instruction in relevant jewelry-making skills, and activities are designed to be suitable for all skill levels.

**Facilitated by Leigh Gruber, Wellness House Volunteer**

**January 20, February 12 & March 16**

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

## Tea Time

Members (new and established) are invited to come and 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 8, February 12 & March 12**

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

## Flower Arranging Workshop

Create a flower arrangement with the help of the Four Rivers Garden Club or the Wellness House Garden Club.

**Please be prepared to bring clippers with you and a container/vase to decorate the flowers in.**

**January 15, February 19 & March 19**

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

## Book Club

Our book club is a welcoming, social group that gathers each month to discuss a different popular book, fiction or non-fiction. We aim to create a space where participants can take a brief break from their cancer journey and enjoy conversations sparked by our latest read. All are welcome!

**Facilitated by Marge Thomas, Wellness House Member & Volunteer**

**January 19, February 16 & March 16**

**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**

**January 2, 9, 16, 23 & 30**

**February 6, 13, 20 & 27**

**March 6, 13, 20 & 27**

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

# Mental Health Offerings

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

## **Spiritual Survival in Difficult Times**

This is a time to share together deeply, weaving together lived experiences, spiritual understandings, and shared wisdom. During the time together, we connect with one another while exploring a spiritual topic or theme. The group's focus is on deepening interconnection, growing as spiritual beings, and providing a place to be heard in a welcoming and non-judgmental environment that exemplifies shared values.

**Facilitated by Chaplain, Wekoye Davis**

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

**February 5, 12, 19 & 26**

**March 5, 12, 19 & 26**

**10:00-11:00 a.m. in-person**

## **Death Café**

**At Death Café, we gather to eat cake, drink tea, and discuss death.**

Our objective is to increase awareness of death to help people make the most of their "finite," magnificent lives. A Death Café is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session.

**Facilitated by Carey M. Palmquist, MSM & Advanced Illness Doula**

**January 26, February 24 & March 24**

**5:30-7:00 p.m. in-person**

## **Your Next Move:**

### **Coaching for Men Touched by Cancer**

Through coaching, this group empowers men to navigate life's most challenging transitions with confidence and resilience. Coach John's approach combines evidence-based techniques with empathetic listening—ensuring that everyone feels understood and valued in our theme-based sessions. Together, we'll explore our strengths, set actionable goals, and create accountability to help embrace new beginnings. Whether you're seeking clarity in uncertainty or striving for personal growth, coaching can help you make your next move.

**Facilitated by Dr. John Wojcik, DBA, JD**

**January 20, February 17 & March 17**

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

## **The Spiritual Discovery and Discussion Group**

Join us 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 Chaplain, Wekoye Davis & Emmie Schlobohm, Professional Religious Educator**

**January 12 & 26/February 9 & 23/ March 9 (No 3/23 date)**

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

## **Grieving Support Group**

In this monthly group, we will spend 90 minutes exploring topics of grief and loss. We will cover a range of topics from felt emotions, the journey of grief, anxiety, mindfulness, etc. We will explore through story sharing, witnessing, prompts, and psycho-education. Please join us, in circle, to explore how you can live with grief.

**This group is intended for people who have experienced the loss of a loved one.**

**Facilitated by Lisa Eschbach, LCSW-C, CSAT, Mother Hunger Facilitator**

**January 13, February 10 & March 24**

**5:30-7:00 p.m. in-person**

## **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**

**January 15/February 5 & 19/March 5 & 19**

**10:00-11:30 a.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**

**January 7, February 4 & March 4**

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

**January 6, 13, 20 & 27**

**February 3, 10, 17 & 24**

**March 3, 10, 17, 24 & 31**

**6:00-7:30 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**

**January 8, February 12 & March 12**

**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 12 & 26/February 9 & 23/March 9 & 23**

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

## **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, Therapeutic Musician and Special Guests**

**Monthly Offering with Terri**

**January 27, February 24 & March 24**

**11:00 a.m.-12:30 p.m. in-person**

**Sessions with Annapolis Music Therapy**

**January 20, February 3 & March 3**

**11:00 a.m.-12:30 p.m. in-person**

**Open House with the ASO**

**February 10**

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

*Individual sessions also available on a limited basis*

## **In-person Living with Cancer Support Group**

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, LCSW-C**

**January 28, February 25 & March 25**

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

## **Couples Therapeutic Group**

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.**

**Facilitated by Sarah Weatherwax, LMSW**

**January 15, February 19 & March 19**

**6:00-7:00 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, Death Doula and Yoga Teacher**

**January 7 & 21/February 4 & 18/March 18 (No group 3/4)**

**6:00-7:00 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**

**March 2 & 16**

**(No dates in January or February due to cold)**

**12:30-2:00 p.m. in-person**

# Children & Family Offerings

The Wellness House Children and Family Program helps 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.

**COMMUNITY**

## Family Night

Family Night is a quarterly program created for families impacted by cancer to come together for connection, support & fun!

### Touched by an Instrument

Join the Annapolis Symphony Academy for an exciting Open House Instrument Petting Zoo! Designed for children ages 5-12, this hands-on experience gives young musicians the chance to explore string, woodwind, and brass instruments up close. Discover which instruments spark your child's interest and help set the stage for a fun and enriching musical future.

Facilitated by Child Life Specialist Meghan Siegel & Katie Jank, LCSW-C

March 11  
6:00-8:00 p.m.  
Held at Maryland Hall

*My Family*

## Healing with Horses

This therapeutic group brings the magic of horses to inspire and connect. Offered for children ages 5-17. 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 & Katie Jank, LCSW-C

March 18  
(No January or February date)  
\*We added dates for Wild Wellness  
5:30-6:30 p.m.



## New Offering!

### Horse Connections

This is an intimate and relaxing opportunity to spend time grooming and enjoying Chesapeake Dressage's healing herd. Offered for two pairs (a parent or guardian & child member) at a time, this program allows for participants to experience the gift of connection while giving back loving affection to their equine partner.

March 9  
4:30-5:00 p.m.



## Wild Wellness Group

Wild, nature-based play is one of the most healing and therapeutic spaces for kids and teens! We are excited to bring the magic of Wellness House to the outdoors! This group offers a mix of play & wilderness therapy and outdoor activities to support kids and teens ages 5 to 17. Weather permitting, we'll explore outside, rain or shine, we'll always meet to play, connect, and support one another. Adventure awaits!

Facilitated by Katie Jank, LCSW-C

January 7 & 21  
February 4 & 18  
March 4  
5:30-7:00 p.m.



## Parent Corner

If you would like to connect with other parents or guardians of school aged children touched by cancer, join them on the porch at Wellness House during Wild Wellness. Periodically, this time will be used to offer parent workshops.

January 7 & 21  
February 4 & 18  
March 4  
5:30-7:00 p.m.



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

~Registration is required for our offerings~

Have a question or concern about your child related to a program?  
Please email [Meghan.S@annapoliswellnesshouse.org](mailto: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

# Educational Workshops

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



**January 14**

**5:30-7:00 p.m. in-person**

## Growing into the New Year- the WHY that guides Wild Wellness

This workshop invites parents into the why behind our Wild Wellness approach, sharing the core skills and practices we use in our children and family groups and how to tailor them to your own child at home. Through a blend of clear teaching and hands-on, interactive activities, parents will gain practical tools that make the approach feel accessible, meaningful and easy to apply in everyday family life.

\*Please note this is a parent-only workshop.

Facilitated by Child Life Specialist, Meghan Siegel & Katie Jank, LCSW-C



**February 18**

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

## Better Breathing: Nourishing Wellness Through Breath

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.

Facilitated by Gwenn Marie, Certified Breath Coach



**February 26**

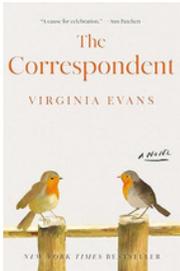
**11:00 a.m.-12:30 p.m.**

**in-person**

## Yoga 101

Yoga 101 Workshop is the perfect introduction for beginners looking to explore the fundamentals of yoga. In this workshop, participants will learn basic poses, breathing techniques, and foundational principles to help build strength, flexibility, and mindfulness. This supportive and welcoming class will guide you on your journey to improved well-being and relaxation.

Facilitated by Registered Yoga Instructor, Kathleen James



**Part 1-February 11**

**5:30-7:00 p.m. in-person**

## Where Words Meet Grace: A Workshop for Life's Most Meaningful Chapters

The Correspondent by Virginia Evans is a gentle, reflective book that invites readers to explore the meaning of connection, memory, and the stories we leave behind. In this 4-part workshop series we will invite reflection on some of the letters in the book and work to identify our own "correspondents," creating messages, journals, or recordings that capture our hopes, wisdom, and love. This book becomes a springboard for meaningful legacy work, providing language and creative prompts that help Wellness House members express what matters most and live each day to the fullest. Members do not need to attend all four workshops to receive benefit from one offering.

Facilitated by Carey M. Palmquist, MSM & Advanced Illness Doula

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



**March 18**

**11:30 a.m.-1:30 p.m.**

**in-person**

## Conscious Cooking for Healing

Discover how to shop mindfully, choose foods that fight cancer and inflammation, and cook with intention. Enjoy a live demo (soup, side, or dessert) while exploring how cooking and eating can be a healing experience. Participants will also receive a free consultation!

Facilitated by James Melnick, Nutritionist and Wellness Coach



Scan Here to Donate

410-990-0941

admin@annapoliswellnesshouse.org

~All Services Free of Charge to Members~



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