

WELLNESS HOUSE OF ANNAPOLIS

Quarterly Program Guide

www.annapoliswellnesshouse.org

Social Offerings

Wellness House will be hosting several social gatherings designed for both our members and the special people in their lives. These 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.

Wellness on the Water

Join us at Eastport Yacht Club for lunch followed by a boat ride on a sail or motor boat. Limited Availability.

Facilitated by Eastport Yacht Club Captains & Staff

September 22

11:30 a.m.-4:30 p.m.

(Invite one guest)



Ice Cream Social Lawn Party

Join us for an Ice Cream Social & Lawn Games Party! Bring your sweet tooth and fun spirit. Make your own sundae with all of your favorite toppings. Try a game or two with other members & guests

Please wear shoes appropriate for being on the lawn.

Members can invite 1 guest

Facilitated by Volunteer Donna Ruokonen & Wellness House Staff

August 20

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

(Invite one guest)



Announcing a New Type of Group Support Wellness House Circle Groups

Circle groups at Wellness House are member lead gatherings that offer connection and support for individuals navigating similar cancer experiences. For members only.

Interested in facilitating a circle group for your specific cancer experience? Let us know!



Current Circle Groups

Young Adult

Breast Cancer

Widow

~Contact us for more information~

JULY-SEPTEMBER 2026



CONTACT US

410-990-0941

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

Individual Services Available:

- Individual & Family Counseling
- Advanced Illness Doula Consults
- Healing Touch, Massage & Reiki Sessions
- Life Coaching Sessions
- Music Therapy Sessions
- Buddy Pairing Program

Learn more on page 10

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.

In-Person Wellness Offerings

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. 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

July 6, 13, 20 & 27/August 3, 10, 24 & 31/September 14, 21 & 28 (no class 8/17 & 9/7)

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

July 1, 15 & 29/August 12 & 26/September 9, & 23
(Meeting every other week this quarter)

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

July 7, August 4 & September 1

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

Healing Through Art with Christalene

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

September 9 (No July or August dates)

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

Flow & Frequency

Join us for an offering 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 & Robbie Wells

July 28, August 25 & September 22

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

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. We will walk at Quiet Waters Park (During inclement weather and through the wintertime, we will walk at Annapolis Mall). **Facilitated by Kathleen James & Donna Smith, Wellness House Volunteers**

July 10, 17, 24 & 31

August 7, 14, 21 & 28

September 4, 11, 18 & 25

9:30-11:00 a.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.

Facilitated by Angie Burnett, Equine Specialist

July 6, August 3 - **11:30-12:00 p.m.**

July 20, August 17 & September 21 - **1:30-2:00 p.m. in-person**

Sound Journey

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

July 9, August 13 & September 10

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

Forest Bathing

Join a certified nature and forest therapy guide for a slow, sensory-focused walk designed to help you relax and connect with the natural world. Mindful time outdoors has been shown to support healthy blood pressure, boost immunity, and lower stress hormones.

Facilitated by Laura Armstrong Falvey, Forest Therapy Guide

September 9 (Rain date September 10)

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

Held at the trails at Quiet Waters Park

Tai Chi

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state that joins mind and body. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.

Facilitated by Joan Harris-Ternovan, Tai Chi Instructor

July 14, August 25 & September 8

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

Musical Journeys

Join a board-certified music therapist to engage in therapeutic music making. Each session, you will have the opportunity to play instruments, write music, or listen to relaxing music to express yourself and connect with others through the power of music. Instruments may include bongos, shakers/maracas, small percussive instruments, drums, piano, and guitar. No prior experience is needed to participate. **Facilitated by a Music Therapist from Annapolis Music Therapy**

July 23, August 27 & September 24

12:15-1:15 p.m. in-person

Healing Harmony Circle

Meditation • Sound Bowls • Reiki

Join us for a peaceful one-hour group experience designed to support relaxation, balance, and healing. Krystle (Reiki Master), Robbie (Sound Bowl practitioner), and Linda (Healing Touch & Reiki facilitator) will guide participants through gentle meditation, soothing sound bowl vibrations, and Reiki energy to support your personal intention for well-being. **Facilitated by Krystle Mitchell, Linda Soaper & Robbie Wells**

July 30, August 27 & September 24

2:00-3:30 p.m. in-person

New Offering! Inner Healing Sanctuary

Voice, Visualization and Breath

This gentle, restorative workshop offers practical self-healing tools for every day practice AND moments of stress along the cancer journey—such as scans, waiting for test results, or difficult days. This experience focuses on empowerment and application, teaching participants how to use breath, visualization, and soft vocal sound as part of their own inner pharmacy. Participants will leave with simple, accessible techniques they can use anywhere.

Facilitated by Robbie Wells, Holistic Healing & Wellness Coach

September 16

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

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

July 21, August 18 & September 1

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

July 28, August 25 & September 22

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

New Offering! Classical Movement

This gentle, ballet based dance class will focus on posture, musicality, and relaxation while introducing the vocabulary and traditions of classical ballet. Wear something comfortable to move in (such as yoga attire.) Thick socks or soft ballet slippers are recommended. No ballet experience required!

Facilitated by Susan Conrad, Ballet Instructor

September 14, 21 & 28

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

Layered Visions Mural Group

Join us in creating a work of art that will inspire both the creators and everyone who experiences it! Participants will create a large-scale collaborative acrylic painting. There is something magical that happens when people come together with their unique experiences, emotions, and perspectives to create something that feels both deeply personal and universal. No signs of prior artistic ability necessary! Together, we will explore the places where our stories overlap and discover how creativity, connection, and compassion can ripple outward to others.

For Our 55+ Members

Facilitated by Stacey Turner from Maryland Hall

First Meet up: July 20-3:00-4:00 p.m. in-person (at Maryland Hall)

Group dates to follow: July 21-23 to be assigned (at Maryland Hall)

Unveiling at Wellness House-July 24 (Time to be announced)

Online Wellness Offerings

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

July 1, 8, 15, 22 & 29

August 5, 12, 19 & 26

September 2, 9, 16, 23 & 30

4:00-5:00 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

July 1, August 5 & September 2

11:00 a.m.-12:30 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, training the body and mind to disconnect from negative thoughts and tension.

Offerings facilitated by Julia Simmons, RYT

Wednesday's-5:00-6:00 p.m. [online](#)

July 8-August 19

Thursday's-7:30-8:30 p.m. [online](#)

July 9-August 20 (No class July 23)

[Sessions are 7-8 weeks long with breaks in between.](#)

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 Mandy Mona, Therapeutic Yoga Therapist

July 6, 13, 20 & 27

August 3, 10, 17, 24 & 31

September 14, 21, 28 (No class 9/7)

9:00-9:45 a.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

July 8, August 12 & September 9

11:00 a.m.-12:00 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)

July 14, August 11 & September 8

1:00-2:30 p.m. [online](#)

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.”

In-Person Social Support

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.

July 8-1:00-3:00 PM (in-person).

Artist Viki Keating will lead a fused glass project.

August 3-1:00-3:00 PM (in-person).

Join Diane Donnelly for an uplifting afternoon of creativity and connection as we paint inspirational rocks, share stories, and create meaningful keepsakes that celebrate hope, strength, and the beauty found in every journey.

September 29-1:00-3:00 PM (in-person).

Volunteer Kathleen James will lead us in a calming and creative chakra bracelet workshop where you'll design your own handmade bracelet using colors and beads inspired by the seven chakras.

Knitting & Crochet Group

Whether you're a beginner or a seasoned knitter or crocheter, 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

August 6 & 20/ September 3 & 17

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

Jewelry Making Workshop

Each month, participants are lead 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

July 21, August 18 & September 15

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

July 9, August 13 & September 10

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

Flower Arranging Workshop

Learn techniques for creating seasonal arrangements to brighten your home or share with someone. No experience needed—come ready to create and enjoy the healing power of flowers.

Facilitated by either the Four Rivers Garden Club or the Wellness House Garden Club

September 17 (No July or August date)

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

Horse Time!

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

Facilitated by Angie Burnett, Barn Manager

July 20, August 17 & September 21

2:30-3:00 PM in-person

Online Social Support

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

July 20, August 17 & September 21

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

July 10, 17, 24 & 31

August 7, 14, 21 & 28

September 4, 11, 18 & 25

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

Mental Health Offerings

Therapy Groups

Therapy groups are facilitated by a licensed therapist and focus on developing coping skills, processing emotions, and deepening self-awareness for resilience and strength.

In-Person Therapy Groups

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 a Equine Gestalt Coach and Equine Specialist, to deepen their knowledge of self and harness their innate resilience.

Facilitated by an Equine Gestalt Coach & Angie Burnett, Equine Specialist

July 6, August 3 (No September date)

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

July 20, August 17 & September 21

3:30-5:00 p.m. in-person

Healing with Music

Join a board-certified music therapist to use music as a tool for emotional processing. In each session, you will have the opportunity to listen to music as a group, share meaningful songs of your choice, discuss songs chosen by the music therapist, and/or write music. The intentions are to process challenging emotions, experience a sense of community, and gather ideas for coping and stress relief.

Facilitated by a Music Therapist from Annapolis Music Therapy

July 9, August 13 & September 10

1:00-2:00 p.m.

Grief Therapy Group

In this monthly group, we will spend 90 minutes exploring topics of grief and loss. We will cover a range of experience from felt emotions, the journey of grief, anxiety, mindfulness, etc. 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

July 14, August 6 & September 8

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

Living Well with Cancer

Participants are invited to connect with others who understand the cancer experience while learning practical tools to navigate challenges, reduce stress, and strengthen a sense of support and community.

Facilitated by Katie Jank, LCSW-C

July 29, August 26 & September 23

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

Therapeutic Workshop

Movement for the Moment

Find peace, joy, vitality and creative expression in this therapeutic movement experience. Movement will be guided and adapted moment to moment to meet you where you are, offering an opportunity to feel kinship with your body and connection with other group members. Movement is a spectrum so all degrees of body connection are welcome, from seated stillness to standing, full-bodied movement.

Facilitated by Kristine Purcell, Dance/Movement Therapist

July 27, August 24, & September 28

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

Online Therapy Groups

Couples Therapy Group

Explore the elements of navigating cancer as a couple in this 60-minute 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. **To participate in the group therapy session, both partners must be present.**

Facilitated by Sarah Weatherwax, LMSW

July 16, August 20 & September 17

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

~Turn to next page for more mental health offerings~

Support Groups

Support groups are facilitated by licensed and certified professionals and are designed to create a safe, empowering space where participants can share their experiences and learn alongside others navigating similar challenge.

In-Person Support Groups

Your Next Move: Coaching for Men Touched by Cancer

Through coaching, this group empowers men to navigate life's transitions with confidence and resilience. Coach John combines evidence-based techniques with empathetic listening to create a supportive, theme-based space where participants can explore strengths, set meaningful goals, and build accountability.

Facilitated by Dr. John Wojcik, DBA, JD

July 21, August 18 & September 15

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

Online Support Groups

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

July 7, 14, 21 & 28

August 4, 11, 18 & 25

September 1, 8, 15, 22 & 29

6:00-7:30 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

July 13 & 27/ August 10 & 24/ September 14 & 28

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

July 1, August 5 & September 2

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, Death Doula and Yoga Teacher

July 1 & 15/ August 5 & 19/ September 2 & 16

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

Cancer Loss Bereavement Support Group

For members who have suffered a loss of a loved one to cancer. Join one another to listen deeply, share your experience, and find hope and healing through community.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

July 2 & 16/ August 6 & 20/ September 3 & 17

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

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

Join us for our Wild Wellness End-of-Season Summer Party as we celebrate the close of an amazing summer together! Parents are invited to join the fun as we gather for connection, play, and community. We're excited to welcome Annapolis Music Therapy for an interactive drum circle, along with our beloved pet therapy dogs. Expect a summer party—Wild Wellness style—filled with fun, laughter, and meaningful connection.

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

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



Family Horse Connections

This is an intimate and relaxing opportunity to spend time grooming and enjoying Chesapeake Dressage's healing herd. Offered for one family with kids 17 & under (three total with at least 1 adult) at a time, this program allows for participants to experience the gift of connection while giving back loving affection to their equine partner.

July 6 & August 3 (No September date)
4:30-5:00 p.m.



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

July 20, August 17 & September 21

5:30-6:30 p.m.



Music Discovery Class

We are excited to partner with the Annapolis Symphony Orchestra (ASO) to offer a Discovery Music class for Wellness House of Annapolis children's members! This interactive class introduces the foundations of music through singing, movement, rhythm, instruments, and creative play. No prior music experience is needed.

This is a co-hort class, meaning the same group of children will participate together for the full 12-week program

Wednesdays, September 2-November 18

4:45-5:30 p.m.

Ages 5-10

Held at Wellness House



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

July 1, August 5 & September 2

5:30-7:00 p.m.



Parent Corner

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

July 1, August 5 & September 2

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

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.

Feeding Your Demons



July 29
2:30-5:00 p.m.
in-person

In this experiential workshop, you will be guided through the process of Feeding Your Demons®, a transformative modality to shift feelings, patterns and beliefs connected to your cancer experience. With ancient Buddhist roots, Feeding Your Demons® recognizes a “demon” as anything that drains your energy. As we turn toward our discomfort rather than pushing it away, the energies within us open to inner strength, innate wisdom, and a profound sense of peace.

Facilitated by Beth Shekinah Terrence, MS Certified Feeding Your Demons® Facilitator & Authorized Teacher

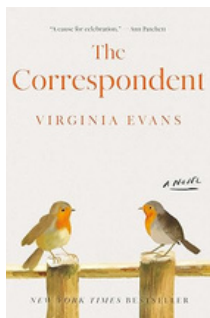


August 12
1:00-2:30 p.m.
in-person

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



Part 3-August 19
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.



September 24
5:00-7:00 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

Wellness House Individual Services

COUNSELING

Counseling at Wellness House of Annapolis provides therapeutic support for individuals, caregivers, couples, and families navigating the many challenges that accompany a cancer diagnosis.

ADVANCED DOULA CONSULTS

Doulas offer a calming presence and help individuals explore meaning, legacy, fears, hopes, and wishes while supporting communication, planning, and emotional processing during the experience of an advanced illness.

MUSIC THERAPY SESSIONS

Music Therapy is a therapeutic and creative approach that uses music to support emotional expression, relaxation, coping, and overall well-being. Music therapy can help reduce stress and foster connection.

HEALING TOUCH REIKI MASSAGE

Energy healing modalities and massage work to restore harmony and balance within the mind, body, and spirit. Practitioners help balance the body's energy and release physical discomfort.

LIFE COACHING SESSIONS

Life Coaching offers supportive, goal-oriented guidance to help individuals reconnect with themselves, clarify priorities, and move forward with intention during and after a cancer experience.

CHILD LIFE SPECIALIST CONSULTS

Through education, guidance, and practical strategies, Child Life Specialists help families navigate difficult conversations, understand children's responses to illness, and promote healthy coping and resilience.

BUDDY PAIRING PROGRAM

This program was created with a simple but powerful intention: to connect individuals who share similar experiences along the cancer journey. The buddy program will match you with another member whose experience closely aligns with your own.

~Contact us to register for any of these services~



Scan Here to Donate

410-990-0941
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~All Services Free of Charge to Members~



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