WELLNESS HOUSE OF ANNAPOLIS

Quarterly Program Guide

www.annapoliswellnesshouse.org

OCTOBER-DECEMBER 2026

20th Anniversary

Wellness House OF ANNAPOLIS

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.

Holiday Open House

Please join us for a festive Holiday Open House, hosted by the Wellness House Team! All members are warmly invited to celebrate the season with us. Enjoy light fare, wine, non-alcoholic beverages, hot cocoa, and holiday treats as we reflect on the meaningful moments we've shared throughout the year. We look forward to celebrating this special season together!

December 17

5:00-7:00 p.m.

Registration Required

Members can invite one non-member guest

New Garden Offerings!

The volunteer Wellness House Garden Club will be organizing garden offerings for members each quarter. We believe in the healing qualities of being in nature and getting your hands in the soil.

Dig In & Spruce Up: Help Our Gardens Grow!

Join us for a Garden Clean-Up Day at Wellness House to help keep our outdoor spaces beautiful, peaceful, and welcoming for our members and visitors.

October 16-9:00-11:00 a.m.

Fall Gardening Workshop

Learn proper fall maintenance and how best to prep your gardens for the winter ahead.

November 9-3:00-5:00 p.m.

Both in-person events

CONTACT US

410-990-0941

Admin@annapoliswellnesshouse.org

Registration required for every offering.

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

An offering will be canceled if at least 2 members are not confirmed.

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
October 5, 12, 19 & 26/ November 2, 16, 23 & 30/ December 7, 14, 21 & 28

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

October 20, November 3 & December 8
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 Karaiskakis, Visionary Intuitive, and WH Volunteer

October 14, November 4 & December 9
11:00 a.m.-1:00 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

October 15, November 12 & December 10
6:45-7:45 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**

October 2, 9, 16, 23 & 30
November 6, 20 (No class 11/13 or 11/27)
December 4, 11 & 18 (No class 12/25)
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

October 5, November 2, December 7-11:30-12:00 p.m.
October 19, November 16, December 21-1:30-2:00 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

October 27, November 24 & December 8
1:00-2:30 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

November 4 (Rain date November 5)
10 a.m.-12:00 p.m.
Held at the trails at Quiet Waters Park

~Turn to next page for more wellness offerings~

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

October 13, November 10 & December 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

October 22, November 18 & December 16
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

October 15, November 19 & December 10
2:00-3:30 p.m. in-person

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

October 13 & November 10 (No December Date)
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

October 20, November 17 & December 15
10:00 a.m.-12:00 p.m. in-person

Death Café

Join us for cake, tea, and an open, thoughtful conversation about death.

Death Café offers people affected by cancer a welcoming space to talk openly about death, listen to others, share personal reflections, ask questions—or simply be present.

The conversation is directed by the participants, with no set agenda, themes, or expected conclusions. Its purpose is to increase awareness of death and help us make the most of our finite, magnificent lives.

Death Café is a discussion group rather than a grief-support group or counseling session. Participants are welcome to engage at their own comfort level.

Facilitated by Lance Hogue Jr., DRN/CM, ALM, MPA, BSc, RN, PMH-C, EOLD-C

October 27, November 17 & December 15
5:30-7:00 p.m. in-person

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

October 5, 12, 19 & 26
November 2, 9, 16 & 23
December 7, 14 & 28 (No class 12/21)
2:00-3:00 p.m. in-person

Annapolis Sympathy Orchestra Rehearsals

Members are welcome to attend the following ASO rehearsals at Maryland Hall. Enjoy the healing sounds of music. Stop in at anytime during the rehearsal. **No registration required.**

October 1 & November 5
7:30-10:00 p.m.

~Turn to next page for more wellness offerings~

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

October 7, 14, 21 & 28
November 4, 11,18 & 25
December 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

October 7 & November 4 (No December date)
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
November 11, 18 & 25
December 2, 9 & 16

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

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 Stacee Johnson, Yoga & Sound Meditation Teacher

October 14, November 11 & December 9
11:00 a.m.-12:00 p.m. online

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

October 5, 12, 19 & 26
November 2,9,16 & 23
December 7, 14, 21 & 28
9:00-9:45 a.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)

October 13, November 10 & December 8
1:00-2:30 p.m. online

Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT), also known as Tapping, is a simple and gentle way to calm emotional stress. As you focus on a troubling thought or feeling, you tap lightly on specific points on the face and upper body—no needles required. This process can help ease emotional intensity, reduce stress, and promote a sense of balance and peace of mind.

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

October 22
4:00-5:30 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.

October 6-*1:00-3:00 PM (in-person)*

Join Diane Donnelly for a relaxing Coastal Driftwood Art Workshop, where we'll combine driftwood, sea glass, and seashells to create a beautiful, one-of-a-kind piece of coastal décor. No artistic experience is needed—just come ready to create, connect, and enjoy!

November 10-*1:00-3:00 PM (in-person)*

Artist Viki Keating will lead a fused glass ornament project.

December 1-*1:00-3:00 PM (in-person)*

Join Sophia Bossio to create expert collages using new techniques and materials such as image transferring, painting on fabric, using modeling paste, and bleeding tissue paper. This class focuses on learning new art techniques and building community.

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

October 1 & 15/ November 5 & 19/ December 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

October 20, November 17 & December 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

October 8, November 12 & December 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

October 15, November 19 & December 17
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

October 19, November 16 & December 21
2:30-3:00 PM in-person

New Offering! Mah Jongg Time

Join us for a game of fun, friendship and a rack full of tiles. From flowers to dragons we promise you a great time. **Facilitated by Sharon Wollman, Mah Jongg Instructor**

October 22 & 29
November 5, 12 & 19 (No class 11/26)
December 3, 10 & 17 (No class 12/24 & 12/31)
10:00 a.m.-12:00 p.m. 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

October 19 & November 16 (No date in December)
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 2, 9, 16, 23 & 30
November 6, 13 &20 (No class 11/27)
December 4, 11 & 18 (No class 12/25)
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

October 5, November 2 & December 7
12:30-2:00 p.m. in-person
October 19, November 16 & December 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

October 8, November 12 & December 10
1:00-2:00 p.m. in-person

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

October 13, November 10 & December 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

October 14, November 11 & December 9
6:00-7:30 p.m. in-person

New Offering! Caregivers Therapy Group

Our Caregivers Therapy Group provides a supportive space for caregivers to process the emotional weight of caregiving—including stress, guilt, and burnout—with guidance from a licensed therapist. Through group discussion and therapeutic techniques, members build coping skills and find renewed strength to care for their loved ones without losing themselves in the process.
Facilitated by Sarah Weatherwax, LMSW

October 6, November 3 & December 1
11:00 a.m.-12:00 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

October 21, November 18 & December 16
11:30 a.m.-12:30 p.m. in-person

~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

October 20 & December 15 (No November date)

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

October 6, 13, 20 & 27
November 3, 10, 17 & 24
December 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

October 12 & 26/November 9 & 23
December 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

October 7, November 4 & December 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

October 7 & 21/November 4/December 2
(No class 11/18 & 12/16)

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

October 1 & 15/November 5 & 19/December 3 & 17

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

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.

Current Circle Groups:

Breast Cancer ~ Connecting with Ovarian Cancer ~ Partner Loss ~ Widowed & Parenting

~Contact us for more information~

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

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.



Holiday Party

Come celebrate the holiday season with us! Enjoy food and refreshments, experience different holiday traditions, a time for parents to connect, and a visit from some special holiday guests. We hope to see you there!



December 16
6:00-7:30 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

October 7 & December 2
(No November date)

5:30-7:00 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



October 19 & November 16
(No December Class)

5:30-6:30 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 & Healing with Horses. Periodically, this time will be used to offer parent workshops.

October 7 & 19, November 16 & December 2
5:30-7:00 p.m.



Friendsgiving

Children and teens (ages 5–17) are warmly invited to join us for a Friendsgiving celebration filled with good food, creative crafts, and fun games. Enjoy a meal and refreshments as we come together to celebrate friendship and the season.



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



November 4
5:30-7:00 p.m.



Music Discovery Class

We are excited to partner with the Annapolis Symphony Academy (ASA) 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.

Wednesdays, September 2-November 18
5:00-5:45 p.m.
Ages 5-10

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.



Nutrition and Cancer Myth Busting

November 3
1:00-3:00 p.m. *Online*

This presentation will separate evidence-based nutrition guidelines from popular myths. It will highlight how nutrition can support overall health during cancer treatment and cancer survivorship.

Facilitated by Nicole Mazur



Nourish to Flourish Workshop: A Healing Cooking Demonstration

November 5
4:00-5:30 p.m. *In-person*

Join us for community, comfort, and culinary inspiration designed specifically for cancer survivors and individuals in active treatment. This special workshop focuses on the power of food to support, heal, and restore the body. More than just a cooking class, Nourish to Flourish offers a welcoming space for healthy, uplifting conversation, practical culinary tips, and delicious samplings of dishes made with wholesome, nutrient-dense ingredients. Whether you are looking to manage treatment side effects, boost your energy, or simply connect with others who understand your journey, this workshop will leave you feeling deeply nourished—inside and out.

Facilitated by Chef & Instructor Diane Fantone, Grateful Spreads LLC



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

Part 4-November 10
5:30-7:00 p.m. *In-person*

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



Grieving Around the Holidays

November 11
6:00-7:30 p.m. *In-person*

Join Marna 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.

Facilitated by Marna Brickman, LCSW-C



Better Breathing: Nourishing Wellness Through Breath

November 18
1:00-2:30 p.m. In-person

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



Let's Tell Our Story Through Narrative Poetry!

December 3
6:30-7:30 p.m. *Online*

In this workshop, participants will learn about the art of storytelling through narrative poetry and what this form is all about. Narrative poems can be short or long and can use characters, a theme and setting. This workshop is for any level and participants will be given time to write a poem and at the end, there will be sharing.

Facilitated by Serena Wills

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 exprience 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~

410-990-0941
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2625 Mas Que Farm Road
Annapolis, MD 21403

~All Services Free of Charge to Members~

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