

# WELLNESS HOUSE OF ANNAPOLIS

## Quarterly Program Guide

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

JANUARY-MARCH 2024



*Providing Strength & Support for those Living with Cancer*

### Paint Your Rainbow Summer Camp

Pack your bags! You're going to summer camp! This summer campers will have an opportunity to explore "around the world," learn how to develop their own tools for coping, and build connections with peers encountering similar challenges. Special guests will visit the camp throughout the week to introduce children to an array of educational and fun activities. More importantly, what they'll remember is a week full of laughter, friendship & fun! Limited space available. For ages 5-12.

**June 24-28**

**9:00 a.m. to 1:00 p.m.**

### EFT

This is not just another support group. The difference is that you get immediate, long-lasting emotional and physical relief from the kinds of things that you are struggling with, such as: Stress and anxiety, fear and uncertainty, aches, and pains, feeling helpless, pressured, or confused, the medical system, lack of trust...and more.

If peace of mind is preferable to the above, Emotional Freedom Techniques (also known as EFT or Tapping) can help you. In an EFT session, you focus your thoughts on something that has upset or caused you emotional distress. Then you gently tap on certain facial and upper body acupressure points (no needles!). This quickly and effectively reduces the emotional intensity related to that experience, thereby reducing stress levels which promotes clearer thinking and peace of mind. Learn more about why EFT is so effective, and experience the results for yourself, in this monthly group program. **Facilitated by Christine Hunt, Life Wellness Coach, Certified EFT & Matrix Reimprinting Practitioner**

**February 22 & March 28**

**4:00-5:30 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 as it trains the body and mind to disconnect from stress-producing thoughts and helps to balance excess tension in the body. Your body goes to sleep while your mind retains a wakeful awareness. No prior yoga or meditation experience is required. This practice is best done lying on your back in your bed. Have a pillow for your head and a blanket to cover you.

Those who practice Yoga Nidra report decreases in insomnia, depression, anxiety, PTSD, and chronic pain. We all need to relax. **Offerings facilitated by Julia Simmons, RYT, & Marna Ross, MS, HTCP, Reiki and Healing Touch Energy Practitioner**

## CONTACT US

**410-990-0941**

**[Admin@annapoliswellnesshouse.org](mailto:Admin@annapoliswellnesshouse.org)**

**Registration required for every offering.**

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

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

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

**Contact us for more information.**

**ALL SERVICES FREE OF CHARGE TO MEMBERS**

### YOGA NIDRA SCHEDULE

**Julia Simmons**

**5:00-6:00 p.m.**

January 9, 10, 17, 24 & 31

February 6, 7, & 14

March 6, 13, 20 & 27

**7:30-8:30**

January 11, 18, & 25

February 1, 8 & 15

March 7, 14, 21 & 28

**Marna Ross**

**5:00-6:00 p.m.**

January 9, February 6 & March 12

**7:00-8:00 p.m.**

January 17, February 21 & March 20

**All classes online**

# Weekly Offerings

## Wake-up Gentle Stretch

Join Terry Conroy as she guides members in a gentle morning stretch routine focused on shaking off the stiffness of the night and the extended period of sitting many of us have been recently experiencing. This class will be led from a seated position in a chair. Please have a strap, belt, or towel available for an extra good stretch. Give your body a treat to start your week.

**Instructed by Terry Conroy, RYT 500**

**January 8, 15, 22 & 29**

**February 5, 12 & 26**

**March 4, 11, 18 & 25**

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

## Living with Cancer Support Group

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

**Facilitated by Virginia Barnes-Ricketts, MS, LCPC**

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

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

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

**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 5, 12, 19 & 26**

**February 2, 9, 16 & 23**

**March 1, 8, 15, 22 & 29**

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

## Meditation

Join our Mindfulness-Based Stress Reduction Leader, **Phebe Duff**, for meditation, and have a discussion.

**January 8, 15, 22 & 29**

**February 5, 12 & 26**

**March 4, 11, 18 & 25**

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

## Evening Meditation

We hope this evening timeslot will allow those of you who work, or who have other obligations during the day, to be part of meditation practice with Wellness House of Annapolis.

**Facilitated by Phebe Duff, Mindfulness-Based Stress Reduction Leader**

**January 8, 15, 22 & 29**

**February 5, 12 & 26**

**March 4, 11, 18 & 25**

**5:00-6:00 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 reach healthcare guidelines for movement. The use of props assists in helping members develop stability and flexibility and to provide a safe practice. The use of vinyasa flow form of yoga synchronizes breath and movement with the intention of deepening concentration. Mindful breathing is incorporated which is vital to supporting both the lymphatic and nervous systems. Our goal is to provide an empowering experience to participants.

**Facilitated by Stephanie Gaines-Bryant  
Registered Yoga Instructor, Owner Radio Yogi  
Health & Fitness, LLC**

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

**February 7, 14, 21 & 28**

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

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

# Monthly Offerings

## Healing in Color

Peer-led 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 Liane Lewis.**

**January 3, February 7 & March 6**

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

## 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 4, February 27 & March 26**

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

## Living Beyond GYN Cancers

This monthly support group is designed for women at any point in their gynecological cancer journey to connect, share, educate, and support each other. This is a safe space to share about the physical, emotional, and spiritual struggles that come with GYN cancers. **Facilitated by Megan Cannone, LCSW-C, OSW-C, OPN-CG**

**January 8, February 5 & March 4**

**2:00-3:00 p.m. online**

## MANA: Medical Cannabis Q & A

MANA answers questions from members about medical cannabis. Contact us to schedule a 20-30 minute consult. You can add more time for assistance in applying for a medical card. **Facilitated by Tiffany Benincasa-Powell; Education, Wellness & Community Outreach Manager at MANA Supply Co.**

**February 7 & March 13**

**12:00-4:00 p.m. in-person**

## Survivors Support Group -What's Next?

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

**January 17, February 21 & March 20**

**6:00-7:30 p.m. on line**

## Tea Time

Members (new and established) are invited to come to the Wellness House to pour their favorite cup of tea and connect with one another. This is a time to learn more about Wellness House services and ask questions (if you have any). **Facilitated by Jen Caughron, Member & Volunteer Manager**

**January 11, February 8 & March 14**

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

## Zentangle® Meditative Art

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

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

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

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

**January 9, February 13 & March 12**

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

## Therapeutic Art-Jewelry Making

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

**January 16, February 20 & March 19**

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

## Multiple Myeloma Support Group

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

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

**January 11, February 8 & March 14**

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

## Book Club

New members are always welcome!

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

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

**January 15, February 28 & March 18**

**6:00-7:30 p.m. on-line**

# Monthly Offerings

## Distance Reiki

Reiki is a healing technique where the healer channels universal energy to the client, activating their physical and energetic body's natural ability to heal. Reiki helps restore well-being by aligning the chakras, removing emotional blocks, and enabling the physical and energetic bodies to heal and harmonize with one another. Distance Reiki is performed for a group over Zoom. **Hosted by Dee Schatz, certified Usui, and Karuna® Reiki Master & Teacher**

**January 16, February 20 & March 19**

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

## Healing with Horses

Spend some time with the retired horses of Chesapeake Dressage Institute behind Wellness House. We will give them nose pets and carrot treats! **Facilitated by Angie Burnett, Barn Manager**

**January 17, February 7 & March 6**

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

## Healing 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**

**February 21-Affirmations**

**March 20-Mandalas**

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

## 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 3, February 7 & March 6**

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

## Bereaved Young Adult Support Group

This group provides young adult children (18-45 years), who have lost a parent, sibling or spouse to cancer, an opportunity to come together and connect with others who understand. The goal of the group is to reduce feelings of loneliness, anxiety and distress, and learn new ways of coping with loss and adjustment. Occurs every other month. **Facilitated by Janelle Swartz, LGPC.**

**February 21**

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

## Living Above Your Diagnosis

Join us in getting inspired to explore the world of well-being and positivity! The facilitators will share insights and wisdom into the art of cultivating a strong positive mindset, embracing hope, and being your best self in any circumstance. **Facilitated by Executive Director Mary Jermann and WH member Daniel Wellington**

**January 31, February 28 & March 27**

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

## Living with Metastatic Cancer

Have you just been diagnosed with Stage IV cancer? Or are experiencing progression from your original diagnosis? You may have more questions than your doctors have time to answer. Maybe not questions about anything medical but how to deal with this metastatic cancer. This group is a safe place to share your emotions, ask non-medical questions, and learn about others coping skills and things that the doctors don't tell you or you may feel reluctant to ask the medical professionals. This group understands and shares similar experiences with you. **Facilitated by Sally Sellman, NCC, LCPC, HTCP**

**January 16, February 20 & March 19**

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

## Breast Cancer Support Group

A monthly support group for individuals currently undergoing any kind of treatment for breast cancer. This group is open to members of all ages and with any stage of a breast cancer diagnosis. Treatment includes recent treatment such as surgery, chemotherapy, or radiation, but also long-term treatment such as hormone therapy. The discussion will be topic-based as determined by the needs of the group at any given time. This group is designed to help breast cancer patients learn from each other through the diversity of experiences each has had related to their unique disease and diagnosis.

**Facilitated by Virginia Barnes Ricketts, MS, LCPC**

**January 4, February 1 & March 7**

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

## Sound Meditation

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

**February 14**

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



# Bi-Monthly Offerings

## 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 4 & 18 / February 1 & 15 / March 7 & 21**

**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 8 & 22 / February 12 & 26 / March 11 & 25**

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

## Knitting Group

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

**January 4 & 18 / February 1 & 15 / March 7 & 21**

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

# Children & Teen Offerings

## Kids Corner

Kids Corner is a support group, especially for kids ages 5-11. While we will still explore various coping strategies, we will dive a little deeper into identifying various emotions and talk (and play) through our feelings. **Facilitated by Child Life Specialist, Meghan Siegel, CCLS**

**No January group / February 14/ March 13**

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

## Teens' Connect

Teens' Connect is a support group for teens ages 12-17, who are interested in connecting with other teens going through similar life experiences. They can expect to learn about emotions, build coping skills, and talk in a positive, safe space. **Facilitated by Janelle Swartz, LGPC**

**January 10, February 7 & March 6**

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

# Family Offerings

## Parents Night Out!

Drop the kids at Wellness House and enjoy some time to yourself or with someone special!

**February 14**

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

**Ages 5-11**



## Navy Men's Basketball Game (Family Event)

Bring your family out and join us as we cheer on the Navy Basketball team at their home court.

**February 25**

**2:00-6:00 p.m.**

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

## Registration Required

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

Please email

[Meghan@annapoliswellnesshouse.org](mailto:Meghan@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**

# New Offering Spotlight



**February 1 & March 7**

**2:00-3:00 p.m. online**

## The Spiritual Discovery and Discussion Group

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

## Quarterly Offerings

### Flower Arranging Workshop

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

**February 22**

**10:30-11:30 a.m. in-person**



### Game Time!

Join us for a heartfelt game time where we will celebrate the observance of Valentine's Day with a special love/friendship theme. Wear your favorite Valentine color and come enjoy meeting old (vintage) friends and making new ones through friendship and laughter. Bring a "friendship thought" to share with others.

There will be holiday sweets and savory treats to enjoy as we take a trip down Lovers' Lane with a memory game.

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

**February 14**

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



### SoulCollage® for Healing & Renewal

**"Symbols are the language of the soul. They give us a way to communicate with our True Self, opening doors of transformation." (Carl Jung)**

You are invited to a special session of SoulCollage®, a wonderful art activity that can lead to healing and renewal. The process created by Seena Frost involves selecting images from magazines and/or personal collections, in which you trust your own intuition to create an image on a 5"x8" card that will speak to your own healing and that will touch you at a soul level. SoulCollage® is a thought-provoking way to explore life's questions and tap into inner knowledge through art and sharing with others. Materials will be provided.

**Facilitated by Katherine Johnson, EdD, PCC,  
International Coaching Federation Certified Life  
Coach, SoulCollage® Facilitator, educator,  
professor, workshop leader, and artist**

**January 10**

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



Scan Here to Donate

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

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

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

