

# WELLNESS HOUSE OF ANNAPOLIS

## Quarterly Program Guide

APRIL-JUNE 2024



Providing Strength & Support for those Living with Cancer

### **New Workshop! Better Breathing: The Basics**

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. This is a single-day workshop being offered three times.

Facilitated by Gwenn Marie, Wellness House Volunteer and Certified Breath Coach.

April 9-11 a.m.-12 p.m. *in-person*

May 14-2-3 p.m. *in-person*

June 11-5:30-6:30 p.m. *in-person*

### **EMOTIONAL FREEDOM TECHNIQUE (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 acupuncture 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**

April 25, May 23 & June 27

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**

## 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

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

April 3, 10, 17 & 24

**7:30-8:30**

April 4, 11, 18 & 25

*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**

**April 1 & 29**

**May 6, 13 & 20**

**June 3, 10, 17 & 24**

**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**

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

**May 7, 14, 21 & 28**

**June 4, 11, 18 & 25**

**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**

**April 5, 12, 19 & 26**

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

**June 7, 14, 21 & 28**

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

## New Offering! Yoga with Kathleen

Come join Kathleen as we explore the fundamentals of yoga practice. Class will begin with centering, breathwork and gentle movement to release the day and bring awareness. As we move into traditional poses, modifications will be offered in a safe and supportive environment. Final relaxation and reflection will follow. This is an all-level class designed to help reduce stress, decrease anxiety, and connect to inner peace.

**Facilitated by Registered Yoga Instructor, Kathleen James**

**April 15, 22 & 29**

**May 6, 13 & 20**

**June 3, 10 & 17**

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

## Meditation

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

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

**May 6, 13 & 20**

**June 3, 10, 17 & 24**

**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**

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

**May 6, 13 & 20**

**June 3, 10, 17 & 24**

**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**

**April 3, 10, 17 & 24**

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

**June 5, 12, 19 & 26**

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

## New Offering! Walking Group

This group is an active social group that gathers members to meet, motivate, and support each other. It will promote mental health, emotional health, positivity, and interaction with others in nature. We will meet at Quiet Waters Park in Annapolis.

**Facilitated by Janelle Swartz, LGPC**

**April 5, 12, 19 & 26**

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

**June 7, 14 & 21**

**9:00-10:30 a.m. in-person**

# Monthly Offerings

## The Spiritual Discovery and Discussion Group

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

**Facilitated by SaraRuth Davis, Chaplain Intern**

**April 4, May 2 & June 6**

**2:00-3:00 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**

**April 23, May 21 & June 11**

**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 Janelle Swartz, LGPC**

**April 1, May 6 & June 3**

**2:00-3:00 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**

**April 16, May 14 & June 18**

**1:00-3:00 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**

**April 17, May 15 & June 19**

**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, Volunteer & Member Manager**

**April 11, May 9 & June 13**

**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)**

**April 9, May 14 & June 11**

**1:00-2:30 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, HTP**

**April 11, May 9 & June 13**

**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**

**April 15, May 20 & June 17**

**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**

**April 16, May 21 & June 18**

**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**

**April 3, May 1 & June 5**

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

## Healing Art with Christalene

Christalene Karaiskakis is well-known in our community for bringing creativity, love and light to the cancer experience. In this therapeutic art time, you may find yourself painting a positive affirmation, meditating as you create a mandala, or laughing with others as she guides you in fun interactive play. **Facilitated by Christalene Karaiskakis, Visionary Intuitive, and WH Volunteer**

**April 17, May 15 & June 19**

**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**

**April 3, May 1 & June 5**

**6:00-7:30 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.

**Facilitated by Stacey Johnson, Yoga & Sound Meditation Teacher**

**April 10, May 8 & June 12**

**11:00 a.m.-12:00 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 into the art of cultivating a strong positive mindset, embracing hope, and being your best self in any circumstance. **Facilitated by Executive Director, Mary Jermann and Wellness House member, Daniel Wellington**

**April 24 & May 29**

**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**

**April 16, May 21 & June 18**

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

## Breast Cancer Support Group

A monthly support group for individuals undergoing any kind of treatment for breast cancer. Treatment includes surgery, chemotherapy, radiation, and also long-term hormone therapy. The discussion will be topic-based as determined by the needs of the group. This group is designed to help breast cancer patients learn from each other through their diverse experiences with their individual diagnoses.

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

**April 4, May 2 & June 6**

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

# Bi-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, Volunteer & Member of Wellness House**

April 3 & 17/ May 1 & 15 / June 5 & 19

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

## 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**

April 4 / May 2 & 16 / June 6 & 20

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**

April 8 & 22 / May 13 / June 10 & 24

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 Mary Lynn Willard, Wellness House Volunteer**

April 4 & 18 / May 2 & 16 / June 6 & 20

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

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# 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**

April 10 / May 8 / No June offering

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**

No April offering / May 1 / June 5

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

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

### Registration Required

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

Please email

[Meghan.S@annapoliswellnesshouse.org](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**

# 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.

May 16

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



## Game Time!

Get your JEOPARDY and TV MOMMAS "mojo" together as we delve into a couple of games in honor of the merry month of May and upcoming Mother's Day!

Come meet new and old friends and get ready to participate in teams to guess as many correct answers as possible at Game Time on Wednesday, May 8 at 3 p.m. at the Wellness House!

Jeopardy questions will be based on all things "May" and Match the TV Mommas asks you to pair the names of famous TV 'Moms' with the TV show.

If you're feeling lucky, we will also play the "Roll-A-Flower" drawing game that depends on the roll of a die! First person to roll all the right numbers to complete a simple drawing of a "Flower" wins the game!

So, wear a flower in your hair or behind your ear and come celebrate "All About May" at the May Game Time!

Facilitated by Wellness House Member & Volunteer, Donna Ruokonen

May 8

3:00-5:00 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"x 8" card that will speak to your own healing and that will touch you at a soul level.

SoulCollage® is a thought-provoking way to explore life's questions and tap 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

April 10

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

## Special Quarterly Yoga Offering!

### Candlelit Yoga



Experience the magic of candlelit yoga with mindfulness and relaxation in the quiet comfort of candlelight. This gentle class will focus on meditative breathing, linking our breath with our movements, and promote restfulness. Closing class with a longer Shavasana [relaxation] and guided visualization, you will head home feeling rested.

Facilitated by yoga instructor, Kathleen James

June 13

6:00-7:00 PM 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~



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to our podcasts