SurviveWell Events

Virtual Support Groups
Looking to meet with people having the same experiences as you? NM Living Well Cancer Resources provides a variety of virtual support groups. They currently include:

- **Scanxiety** - 1st and 3rd Mondays of each month, Noon-1pm
- **Facing Cancer Together** - 2nd and 3rd Tuesdays of each month, 6:30-7:30pm
- **Caregiver Support** - 2nd and 3rd Tuesdays of each month, 6:30-7:30pm
- **Good Grief** - 1st Thursday of each month, 6:30-7:30pm
- **Breast: General** - 1st Wednesday of each month, 6:30-7:30pm
- **Breast: Metastatic** - 2nd Monday of each month, 1:00-2:00pm
- **Gynecological** - 4th Wednesday of each month, 6:30-7:30pm
- **Young Adult Support** - 2nd Wednesday of each month, 6:00-7:00pm

To participate or for more information, go to livingwell.nm.org.

Virtual Survivorship Program

*Mondays, March 4 – April 22nd (no meeting March 25th)*
*6:30-7:45pm*
*Virtual discussion via Microsoft Teams*

**Missy Petty, LCPC, Lead Counselor, Northwestern Medicine Living Well Cancer Resources**
Open to patients and caregivers, this seven-week “Back-on-Track: Surviving Survivorship” series is designed to help you navigate common challenges as you transition into survivorship. Topics include changes in relationships, managing expectations, addressing anxiety and depression, the “new normal,” fear of recurrence, how to partner with your care team, managing your health records, and envisioning a positive future. Attendance throughout the entire series is encouraged but not mandatory.

Register at livingwell.nm.org

Talking With Kids About Cancer

*Thursday, February 22nd*
*6:30 – 7:30pm*
*Virtual discussion via Microsoft Teams*

**Cassie Nieves, LCSW, Counselor, Northwestern Medicine Living Well Cancer Resources**
Join Living Well counselor, Cassie Nieves, to learn age-appropriate tools and terms for explaining cancer and cancer treatment to children. You will also learn how to help children navigate their feelings, as well as different ways to support them as they process their loved one’s diagnosis.

Register at livingwell.nm.org

Navigating Intimacy: Sexual Health During and After Cancer

*Monday, March 4th, 6:00-7:00 pm*

**Becky Ness, LCSW, Baptist MD Anderson**
Join us for a discussion about the often overlooked but crucial topic of sexual health after cancer. Gain insights and advice for maintaining or regaining intimacy and improving overall well-being.

This discussion will be virtual via Microsoft Teams. Register at livingwell.nm.org

SurviveWell Programs, sponsored by NM Lake Forest Hospital, Grayslake and Glenview Cancer Centers, provide information, resources, and expertise in prevention, wellness and navigating survivorship for all cancer patients and families.
Cancer Survivor Facebook Group
Do you enjoy social media and groups on Facebook? We have a Cancer Survivor Facebook Group for those who have been treated at NM Lake Forest Hospital, Grayslake, and/or the Glenview Cancer Centers. If you are interested in joining this group, please ask to join at Northwestern Medicine Lake Forest Hospital SurviveWell on Facebook.

Caregiver Support Group
Second and Third Tuesdays of each month, 6:30-7:30pm
This virtual support group embraces the importance of those dedicated to caring for loved ones who are living with cancer and provides opportunities to network with other caregivers facing similar challenges. To register and receive a link to the virtual discussion and support groups, go to www.livingwellcrc.org.

Financial Assistance
Northwestern Medicine has a financial assistance program to help cancer patients with their medical bills from Northwestern Medicine Providers. Applications are at NM.org or see your social worker for a copy. Your social worker/nurse navigator may be aware of other programs available to you should you need assistance with co-pays for medications or assistance with living expenses.

Find us Online
SurviveWell Programs – www.nm.org/Northsurvivewell
Breast Health Information - www.nm.org/conditions-and-care-areas/cancer-care/breast-health-program

Garment Fitter and Lymphedema Sleeve Provider
Certified garment fitters from Benchmark Atlantic, will meet with you in the NM Lake Forest Cancer Center to discuss your needs. Call 815.578.0304 to schedule an appointment.

Lung Cancer Screening Program
Early detection of lung cancer is vital for effective treatment. You may be eligible for a low-dose CT scan if you have an increased risk for developing lung cancer. Call 847.535.7442 for more information.

Lurie Cancer Center Tobacco Cessation Program
Ask your cancer care team about making an appointment with the Lurie Cancer Center Tobacco Cessation Program. To schedule a consultation with one of our tobacco treatment specialists or for more information, please call 312-921-QUIT (7848).

Managing Cancer and Stress
Oncology social workers at Northwestern Lake Forest Hospital/Grayslake/Glenview Cancer Centers are available to help you manage your stress and find resources to assist you during and beyond treatment for cancer. Call 847.535.7441 for a complimentary appointment in Grayslake, 224.271.6316 for Lake Forest or 847-535-6523 for Glenview.

Music Therapy
Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals. This can assist with relaxation, anxiety reduction, coping and pain management. Please call 224.271.7767 for more information and to schedule an appointment.

Nutrition Services
Not sure what to eat during and after cancer treatments? Schedule a complimentary appointment with a Registered Dietician who can guide you in meeting your nutrition needs during your cancer journey. Call 847.582.2134 to schedule an appointment.

Physical Therapy and Lymphedema Evaluation and Treatment
A physician’s order is required. Please call 847.535.6516 for questions or 630-933-1500 to schedule an appointment.

Survive Strong & MyFitRx
The NM Lake Forest Health & Fitness Center has designed programs for individuals diagnosed with any stage of cancer who are experiencing fatigue or weakness or are unsure how to initiate exercise. An evaluation and/or referral is required to determine ability to participate in these programs. Call 847.535.7060 for more information.

Therapeutic Massage for Cancer Patients
Complimentary massages are available at the NM Lake Forest Hospital and Grayslake Cancer Centers. Please call 847.535.7441 to schedule in Grayslake or 224.271.6316 to schedule at Lake Forest.

Therapeutic Yoga for Cancer Survivors
A yoga class is currently being held at the NM Lake Forest Health and Fitness Center on Fridays, 12:30-1:30pm. Please call the Fitness Center for questions and to reserve your space. 847.535.7060.

Virtual Wig Fittings
NM Living Well Cancer Resource Center offers free online wig fittings for cancer patients. Please call 630.933.7860 for more information and to schedule an appointment.