

The Wellness Community-Delaware, a statewide agency, is dedicated to helping people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education and hope. At the Wellness Community all programs are free of charge.

New Castle County

4810 Lancaster Pike
Wilmington, DE 19807
302-995-2850
302-995-0834 (fax)
Monday - Thursday
9 am - 5 pm

For a complete schedule of programs throughout Delaware, please visit our website:

www.wellnessdelaware.org

Our programs are offered free of charge, but we request that you call to register in advance.

Ongoing Programs

Participant Groups are weekly support groups where people with cancer explore new ways of dealing with the physical and emotional effects of cancer. An interview is required before attending one of these groups.

Family Groups are weekly support groups for the primary emotional caregiver to explore ways to care for both their loved one with cancer and themselves. An interview is also required before attending.

Cancer Site or Issue Specific Support Groups are drop-in meetings for people who share common concerns.

Stress Reduction Programs such as t'ai chi, yoga and meditation are offered to promote relaxation.

Special Programs and Events

MARCH 2010 SPECIAL PROGRAMS (*updated 3/8/2010*)

CAREing and COPEing-Monday March 1, 8, 15 and 22 at 6:30pm. Recent research suggests that women with breast cancer benefit from strong social support. This series of 4 classes allows women with breast cancer and their support person to learn a model of communication and problem solving that can be used to address almost any problem; from communicating with your health care team to improving communication with your family and friends. We ask that all members sign up for the entire series. Those completing the series will receive a gift certificate to a nearby restaurant. *Canceled due to lack of interest. Please call if you would like to join in the future.*

Special Poetry Reading-Friday March 19 at 6:30pm. JoAnn Balingit, Poet Laureate of the State of Delaware, will read excerpts from her current work. The weekly Poetry of Wellness class will also read their latest work and accept JoAnn's comments. There will be a wine and light refreshment reception. Please register early as this is a very popular event.

Pain Management-Tuesday March 23rd at 6:30pm Kerry Tobias, D.O., pain management specialist at the Helen Graham Cancer Center, will lead an informal discussion of analgesic and non-analgesic pain control. Refreshments will be served for this important program. Be sure to register.

Nutrition: The Scoop on Sugar and Sugar Substitutes will be revealed by Sandi Mowry in this workshop on Thursday March 11 at 11:30am. Please call to register.

Living With Loss-Mondays March 29th through May 3rd at 6:30pm. This six session bereavement workshop is for those who have had a loved one die of cancer in the past year. Jean Sweigart, LCSW facilitates. Please call and register.

COMMUNITY BASED PROGRAMS

Frankly Speaking About Cancer Treatment-Wednesday March 10, 2010 at 5:30pm at The Neighborhood House, 1218 B St., in Wilmington's Southbridge section. This workshop provides important information on how to take control of both the physical and emotional side effects of cancer treatment. Kathir Suppiah, MD and Linda Hall will present and discuss these important topics. Refreshments will be served so please reserve your place by calling (302) 995-2850.

Frankly Speaking About Colorectal Cancer-Saturday March 27, 2010 at 10:00am at Manna Christian Fellowship, 733 E. 22nd St (22nd and Church Sts.). March is Colorectal Cancer Awareness Month. Learn about treatment options, side effects and how to cope with colorectal cancer. Refreshments will be provided. Please call (302) 995-2850 to reserve your place.

