

Programs & Services

Wellness House groups and services are open and provided at no charge.

WELLNESS HOUSE CANCER SUPPORT SERVICES

APOYO PARA EL CANCER

Para Hombres y Mujeres Llamar a Erica para obtener informacion al 509-575-6686

CANCER CARE BOUTIQUE

By Appointment

Need a lift? Make an appointment for a new or gently used bra. Call Erica at 575-6686

CO-ED CANCER SUPPORT FOR MEN, WOMEN AND FAMILIES

1st Thursday @ 5:00 p.m. (RSVP)

From the first day of a cancer diagnosis and through a lifetime of survivorship, patients and families find support, hope, and connection with other men and women survivors and their loved ones. YOU ARE NOT ALONE! Contact Amy Zook at 575-6686

EXERCISE CLASS FOR SURVIVORS

Lymphatic and Stretching Flow Chair 1st & 3rd Monday @ 3:15 pm.

Designed for during treatment and post surgery to help lymphatic drainage, increase relaxation, support your immune system and more. For more information, contact Austyn Hutton at 509-654-4988

YOUNG WOMEN'S CANCER SUPPORT

1st Monday @ 5:00 pm. and 3rd Thursday @ 12:00 pm.

From the first day of a cancer diagnosis and through a lifetime of survivorship, patients support, hope, and connection with other women 55 or younger survivors. Contact Amy Zook at 575-6686

WOMEN SUPPORTING WOMEN

3rd Thursday @ 12:00 p.m.

From the first day of cancer diagnosis and for the rest of your life you are a survivor! Find hope, encouragement and connection with other women survivors — You are not alone! Facilitator: Lori Macke

WIG & HAT LENDING BOUTIQUE AND MAZIE MEADE LIBRARY

Monday - Friday 10:00 a.m. - 4:00 p.m.

Cancer patients may borrow wigs, hats and turbans to wear throughout their treatment. We have update our library and for those seeking information on a particular illness or health topic; Cancer Bereavement, Hepatitis C, Fibromyalgia, Complementary Therapies, Diet & Nutrition, Spirituality and more

FINDING JOY SUPPORT GROUP

2nd and 4th Tuesdays @ 1:00 pm.

Is your life weighted down by what is happening in the world, health issues you can't control, mental health issues that exhaust you. Join the Finding Joy Support Group and connect with others to seek out joy and keep each other afloat in our journey of life. We will together look at the questions; *What brings me deep connection and infinite expansion?* and *How do I integrate this radiant experience?* Facilitator: Linda Murray

OSTONOMY SUPPORT GROUP

WEDNESDAY @ 10:00 A.M.

Multicare's Ostonomy Support Group now meets at Wellness House every other 2nd Wednesday of the month.

OTHER SUPPORT SERVICES

BEREAVEMENT SUPPORT

Tuesday 12:00 p.m.

Men and women share and discuss issues related to grief and healing; compassion and encouragement as you move through the grief process. Facilitator: Amy Zook

BRAIN INJURY SUPPORT GROUP

TBD

Support for those touched by an acquired or acute brain injury. Designed for patients and caregivers to help them reconnect with the world,, each other and to learn to cope with the changing needs associated with their diagnosis. Facilitator: Jan Chase

CAREGIVER SUPPORT

1st and 3rd Fridays @ 2:00 p.m.

Caregivers of a loved one can receive support, connection and respite with other caregivers following a similar path. Facilitator: Linda Murray.

CLIENT NAVIGATOR SERVICES

Receive assistance accessing financial and support services in all areas of life so you can focus on healing. Call to make an appointment 575-6686.

COUNSELING

By Appointment

One-on-one support for individuals and families with a Counselor or Client Advocate. Call Erica Cruz at 575-6686 for more information or to schedule an appointment

EMPOWERED WOMEN'S GROUP: WOMEN'S DEPRESSION SUPPORT

Mondays @ 12:00 p.m.

While the reasons and treatments for depression are as varied as the people diagnosed with it, two things can bring us together; being women and living with depression. Learn to live well despite feeling not feeling it. Facilitator: Amy Zook

EMPOWERMENT THROUGH PAIN:

First Thursday @ 1:00 p.m.

"Empowerment Through Pain" isn't just a support group; it's a journey towards self-discovery, resilience, and ultimate freedom. Our community is dedicated to fostering personal growth, sharing insights, and discovering the strength that resides within each of us. Facilitator: Dionetta Hudzinski

EXPECTING & NEW PARENT RESOURCE AND INFORMATION GROUP

2nd Thursday @ 11:00 A.M.

A time for the expectant parent and/or partner to come discover local resources for all phases of pregnancy through post partum. Maria Cook, a local labor and delivery Doula, will help provide evidence based reference materials on questions posed by the group. Contacts from local professionals and community based organizations provided. Contact Maria at 509-575-6686 with questions or topics suggestions.

HANDS THAT HEAL

Foot Reflexology

Mondays and Tuesdayday 10:00 a.m. -3:00 p.m.

Foot reflexology and Sound therapy with Stephanie Reiland or Healing Prayer are available to receive these services are free of charge by availability. Call 575-6686 for an appointment.

HEALING THREADS

Mondays @ 1:00 to 3 pm.

Join our community of needle workers. Bring your own project or work on a group project. No experience necessary. Facilitator: Linda McNelly

LITTLE WINGS

Pregnancy Loss Support

Fridays @ 12:00 p.m.

A group that provides support through the grief process after pregnancy loss or stillbirth. Call 575-6686 for more information. Facilitators: Amy Zook

PNW OSTEOPATHIC MANIPULATION

Tuesdays @ 1:00 p.m. -4:00 p.m.

PNW scholarship providing manipulation for a variety of conditions, Fully supervised by Doctors of Osteopathy, These services are free of charge once monthly or by availability. Call 575-6686 for an appointment.

TRAUMA SUPPORT

Fridays @ 12:00 p.m.

The group focuses on healing from traumatic events experienced during childhood and beyond to live free from unhealthy patterns adopted to cope with the pain. Facilitators: Chris Barr

WISH KIDS IN THE HOUSE

By Appointment

Children ages 10 years and up, facing serious health conditions will enjoy a safe, and supportive atmosphere with activities to help them deal with their life-altering conditions. There will be a meeting space for parents, so they can share feelings while waiting for their children. Contact Amy at 575-6686 or Heidi at 452-8312 for more information

COMMUNITY PROGRAMS

**MEETING AT
WELLNESS HOUSE**

CHILDREN'S WISHES & DREAMS

By Appointment

Children's Wishes and Dreams is a local non-profit granting wishes for children facing a serious life altering diagnosis. For more information call Heidi at 452-8312

WELLNESS WEDNESDAY

5:30 P.M. RSVP

Wellness House is excited to introduce Wellness Wednesday! Each month, we'll present an engaging topic or demonstration or guide you in taking simple steps toward enhancing your well-being. Join us on this journey to a healthier, happier you. To sponsor a month of Wellness, contact Lisa at 509-575-6686. To host and evening contact Amy at 509-575-6686

NIHC STUDENT - LED CULINARY MEDECINE DEMOSTRATION

Friday, November 22nd @ 2 P.M. RSVP

Observe healthy cooking demos, taste the recipes, and understand the connection between nutrition and medicine from health professionals students!

United Way
of Central Washington



MultiCare