

## Let's Walk this Journey Together!

Mind & Body - Body Image

The Cancer Support Center believes medical oncology care coupled with our comprehensive integrated psychosocial and wellness care programs can greatly enhance and improve a cancer patient or survivors quality of life and their ability to fully stand up to their cancer and partner with their medical team. Even now during the COVID19 pandemic, The Center stands together with cancer survivors and their families using a combination of virtual/online/telehealth oncology support and wellness programs. *Always free of charge*, we offer programming in five areas - Counseling/Stress Management, Fitness/Physical Wellness, Nutrition & Diet, Education and Networking, and Body Image. Here is how we support body image issues including hair loss:

## **Body Image Concerns**

The Center is here to help you better accept and adjust to your body, during and post cancer treatments. If you are struggling with body issues such as loss of hair, change in skin tone or change in body size, talking with one of our counselors or visiting our wig boutique may provide the support you need. How can you access support and help to navigate through body image concerns?

Call our general number 708-798-9171 and a program navigator will schedule time to talk with a counselor who has extensive expertise in this area of concern. Immediate help is a phone call away.

## Wig Boutique

Losing your hair can be one of the most devastating and challenging parts of a cancer diagnosis. The Center has a wide range of new wigs in-stock and available for any patient experiencing hair loss. Free of charge, wigs can be selected in a private wig fitting area with the help and guidance of a seasoned program navigator. Wigs are available at our Homewood and Mokena locations, and we have weekly appointments available for wig consultations. How can you get a free consultation and wig in a timely way?

To schedule an appointment with one of our program navigator wig specialists, please call 708-798-9171 (Homewood office) or 708-478-3529 (Mokena office). Our compassionate navigators will work with you to find a great hair match in style, color and fit. These appointments are available in person (touch-free and with a mask on) or virtually via video call. Call us today – we have appointments available every week so you will not have to wait more than a day or two.

Here are the days & times that each CSC office is open for in-person information and staffed with a licensed therapist for walk-in support:

Homewood CSC – 2028 Elm Road	Mokena CSC – 19645 S. LaGrange Rd
Mondays: 9-12	Mondays: 12-3
Tuesdays: 12-3	Tuesdays: 9-12
Thursdays: 9-12	Thursdays: 9-12

