

2024

Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

December

Weekly Classes

Reiki

Reiki | Mondays from 5:30 - 6 pm

Reiki | Thursdays from 5 - 5:30 pm

Yoga

Mat Class | Mondays from 7:30 - 8:30 pm

Chair Yoga | Wednesdays from 10 - 11 am

Meditation

Practice Session | Sundays from 7:30 - 8 pm

Meditation Class | Thursdays from 7 - 8 pm

Connect With Us!

Email



CancerSupportNCR@jhmi.edu

All programs are FREE and VIRTUAL unless otherwise noted.

Full details for all programs are on the following pages.



Monthly Support Groups

2 Cancer Caregiver | Monday | 12 - 1 pm

4 Breast Cancer | Wednesday | 12 - 1 pm

5 Women & Bladder Cancer | 12 - 1 pm

9 Brain Tumor | Monday | 12 - 1 pm

10 Gynecologic Cancer | Tuesday | 2 - 3 pm

11 Malignant Heme | Wednesday | 12 - 1 pm

12 Pancreatic Cancer | Thursday | 12 - 1 pm

16 Metastatic Cancer | Monday | 1 - 2 pm

18 YA Breast | Wednesday | 12 - 1 pm

20 Talk & Walk | Friday | 10:30 - 11:30 am | In-person

24 Lung Cancer | Tuesday | 12 - 1 pm

Educational Programs & Series

Path to Purpose Workshop

Tuesday, Dec 3 & 10 | 5 - 6:15 pm

Register - kwoodsh1@jhmi.edu

Living with Brain and Spinal Cord Tumors

Thursday, December 5 | 6:30 - 7:30 p.m.

Topic: Guidelines for Health

Speakers: Solmaz Sahebjam, MD and

Rachael Alexander, NP

Learn More -

neurotumoreducationprogram.events.sibley.org

Skin Cancer Screening

Friday, December 6 | 11 a.m. - 1 p.m.

Sibley Memorial Hospital, Washington, DC

Appointment Required

Learn More - 2024skinscreening.events.sibley.org

Music for Wellness:

Practical Ideas for Coping Through Music

Saturday, December 14 | 10 a.m. - 12 p.m.

In Person at Hope Connections, Bethesda, MD

Learn More - musicforwellness.events.sibley.org

Cancer Support Programs – all free and via Zoom unless otherwise noted
Contact staff member listed for more information and to register.

Art Therapy and Cancer Survivorship Series (Dates TBD)

Contact: Pam Goetz; pgoetz4@jhmi.edu

Join Art Therapist, Sarah Jones, and Pam Goetz to help ground and creatively explore your inner artist for self-care, whether you're in treatment or beyond. No art experience necessary. Plan to attend all six weeks of the series.

Bladder Cancer Support Group for Women (1st Thursday of every month, 12 – 1 p.m.)

Contact: Molly Vencel; 202-660-6839; mvincell1@jhmi.edu

This monthly support group for women diagnosed with bladder or urothelial cancer provides a place where patients can meet others going through similar experiences and gain support and friendship.

Brain Tumor Support Group (2nd Monday of every month, 12-1 p.m.)

Contact: Kylie Yassin, 202-537-4108; kyassin1@jhmi.edu

This monthly open-discussion group is a place for patients and their families to gain support and friendship.

Breast Cancer Support Group (1st Wednesday of every month, 12-1 p.m., Canceled Jan. 1)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

This monthly group offers a place of support for patients being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

Young Adult Breast Cancer Support Group (3rd Wednesday of every month, 12 – 1 p.m.)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

This monthly group offers a place of support for young adult patients (patients in their 20s, 30s and 40s) being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

Cancer Caregiver Support Group (1st Monday of every month, 12-1 p.m.)

Contact: Elizabeth Single; 202-660-7839; esingle6@jhmi.edu

Cancer caregivers are invited to join this monthly support group where they can meet with others to share information, insight, advice, support and encouragement.

CLIMB (Dates TBD)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

CLIMB: Children's Lives Include Moments of Bravery is a six-week, group-based, evidence-backed program to empower children, teens, and families with knowledge and skills to navigate cancer. Each week families participate in group sessions, one for guardians and one for kids which will cover positive coping and communication skills. Contact for upcoming dates.

Gynecologic Oncology Support Group (2nd Tuesday of every month, 2-3 p.m.)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

Sibley Memorial Hospital offers a monthly gynecologic oncology support group where patients can meet others going through similar experiences and gain support and friendship.

Living with Brain and Spinal Cord Tumors (Thursday, December 5, 6:30 – 7:30 p.m.)

Topic: Guidelines for Health

Speaker: Solmaz Sahebjam, MD and Rachael Alexander, NP

Contact: Pam Goetz; pgoetz4@jhmi.edu

A monthly educational program for those living with a brain or spinal cord tumor. Each session, oncology experts will present on various cancer-related topics and answer your questions. Register - <https://neurotumorereducationprogram.events.sibley.org/>

Lung Cancer Support Group (4th Tuesday of every month, 12 – 1 p.m.)

Contact: Madison Hankin; 202-660-7527; mhanki13@jh.edu

This monthly open-discussion group is a place for lung cancer patients to gain support and friendship.

Malignant Heme Support Group (2nd Wednesday of every month, 12 – 1 p.m.)

Contact: Kylie Yassin; 202-537-4108; kyassin1@jhmi.edu

This monthly group offers a space for patients actively going through blood cancer treatment to gain support and friendship by connecting with people going through similar experiences.

Meditation Practice (Sundays, 7:30-8 p.m.)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

As the mind and body are intimately connected, relaxing one's mind can have a restorative effect on one's body as well. Join meditation teacher Chris Montone for a secular meditation practice with others.

Meditation Class (Thursdays, 7-8 p.m., Canceled Dec. 26)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

Experienced meditator Chris Montone leads patients, survivors, and caregivers in exploring meditation techniques to foster better mental and physical health. All are welcome.

Metastatic Discussion Group (4th Monday of every month, 1 – 2 p.m., Changed to Dec. 16)

Contact: Molly Vencel; 202-660-6839; mvencell@jhmi.edu

This monthly group is open to patients and caregivers for conversations about living and coping with advanced cancer. Videos and readings will be used to stimulate discussion and reflection.

Music Therapy (Contact for Dates)

Contact: Kara Woodshank, 301-896-2718, kwoodsh1@jhmi.edu

Explore music as a tool for promoting wellbeing, managing stress, and connecting with one another. Sessions are designed to empower those impacted by cancer to engage in group-based music experiences for emotional expression, coping, and a little bit of fun. Music Therapist Amanda Rosado will lead participants through active listening, song discussion, music making, writing and mindfulness activities. No prior experience or musical skill is needed.

Music for Wellness (Saturday, Dec. 14, 10 am – Noon, Hope Connections in Bethesda, MD)

Contact: Kara Woodshank, 301-896-2718, kwoodsh1@jhmi.edu

This one-day workshop is designed to help participants explore music as a tool for promoting wellbeing and managing stress. Music Therapist Amanda Rosado will lead participants through active listening, song discussion, music making, writing and mindfulness activities. No prior experience or musical skill is needed. Open to patients, survivors, and caregivers.

Pancreatic Cancer Support Group (2nd Thursday of every month, 12 – 1 p.m.)

Contact: Madison Hankin; 202-660-7527; mhanki13@jh.edu

This monthly support group is open to patients facing pancreatic, ampullary, and bile duct cancers at any stage. Patients can meet others going through similar experiences and gain support and friendship.

Prostate Cancer Support/Educational Program (Contact for Dates)

Contact: Janet B. Connors; 301-896-6837; jconnol3@jhmi.edu

Join other prostate cancer patients and survivors in exploring topics relevant to prostate cancer treatment and beyond.

Reiki for Self-Care (Group practice: Mondays, 5:30-6 p.m.; Thursdays, 5 – 5:30 p.m., Canceled Dec. 26)

Contact: Pam Goetz; 202-243-2320; pgoetz4@jhmi.edu

Virtual “taste of Reiki” Self-Care for cancer patients and caregivers. Participants start with private, 30-minute sessions with Reiki teachers to learn a simple practice that can be used every day. After learning the hand placements, we offer two weekly group practice sessions.

Skin Cancer Screening (Friday, Dec 6, 11 am – 1 pm, Sibley Memorial Hospital)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

Join for a free skin cancer screening from a Sibley Memorial Hospital Dermatology Provider. Open to community members 18+ who have not had a skin screening in the past year or do not have a dermatologist. Appointments are required and space is limited. Register at 2024skinscreening.events.sibley.org

Survivorship Series: Stronger & Healthier Together (Tuesdays, March 4 – April 8, 5 – 6:30 p.m.)

Contact: Pam Goetz; 202.243.2320; pgoetz4@jhmi.edu

Six-week series with experts discussing nutrition, stress management, lymphedema education, safe exercise, emotional health, sexual health, and side effect management. Participants will have one-on-one consultations with certified health coach. For individuals who have completed active treatment in the past 2 years.

Talk and Walk (3rd Friday of the month, 10:30 – 12 p.m., In-Person)

Contact: Kara Woodshank, 301-896-2718; kwoodsh1@jhmi.edu

Location: Oasis at Macy's in Westfield Montgomery Mall – 7125 Democracy Blvd, Bethesda, MD 20817

Connect with other breast cancer survivors through this in-person program that focuses on group discussion and walking.

Women and Bladder Cancer Educational Series (Contact for 2025 Dates)

Contact: Pam Goetz; pgoetz4@jhmi.edu

Hosted by Johns Hopkins Greenberg Bladder Cancer Institute, this quarterly series is focused on providing topics relevant to women with bladder cancer.

Women and Cancer Educational Series (Contact for 2025 Dates)

Topic: Palliative Care: Is it for me?

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

This educational webinar series is for women with breast and gynecologic cancers. Contact Kara to stay informed on the upcoming 2025 Series.

Yoga - Mat (Mondays, 7:30 – 8:30 p.m.)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

Join Yael Flusberg as we create a shared experience to foster resiliency while mitigating stress in this time of uncertainty. Restore your commitment to your overall well-being while connecting with community.

Yoga - Chair (Wednesdays, 10-11 a.m., ~~Canceled Dec 25 and Jan 1~~)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

Erika Newell teaches simple movements that lubricate and nourish joints. Learn about alignment cues and techniques for releasing stiffness and muscle tension, as well as for building strength and balance in the body.

Your Path to Purpose – (Tuesday, December 3 & 10, 5 – 6:15 p.m.)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

Two-part series for cancer patients, survivors, and family members in exploring reflective writing practices designed to help you define your own purpose and find strategies for using purpose within your life.