



# Living with Cancer Resources & Support

## July 2024

Published by The Harry J. Duffey Family Patient & Family Services Program  
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital  
*If you have a printed copy of this newsletter and would like an electronic copy with direct web links to the resources, please call 410-955-8934.*



**You are a Survivor ...**  
*... from the day of your diagnosis!*

All of us at [Johns Hopkins Kimmel Cancer Center](#) celebrate you and your caregivers with a special [video](#) created by our Johns Hopkins Kimmel Cancer Center staff which you can [view now!](#)

### Wellness Retreat

**For Metastatic Cancer Patients**  
**Wednesday, July 24, 2024**  
**9:30 am-4:00 pm**  
**Ellicott City, Maryland**



This free small-group retreat for those with metastatic disease will provide a day of activities and holistic therapies, for healing of mind, body and spirit. Conveniently located in Ellicott City MD, please apply [online](#). [Email](#) or call 410-988-5760 for more info.

**We are here to help!**  
**Call 410-955-8934**

**The Harry J. Duffey Family  
Patient & Family Services Program**

Licensed clinical social workers, chaplains,  
housing resources, support and guidance  
during your treatment.

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editor.

### M.A.P.S.

**Mentorship and  
Peer Support for  
Cancer Patients  
and their  
Caregivers**



***Are you interested in speaking with someone for support, or are you ready to offer support to another person?*** Whether you are seeking peer support or wish to provide support as a trained mentor, the [M.A.P.S.](#) program, a partnership between [Cancer Hope Network](#) and Johns Hopkins [Kimmel Cancer Center](#), can assist.

More information and application forms may be found [online](#). You may also call 1-877-HOPENET or [email](#) Cancer Hope Network for assistance.



**Summer Youth Retreat**  
**For Children and Teens**  
**Saturday, July 27, 2024**  
**10:00 am-3:30 pm**  
[Hopewell Cancer Support](#)

This free, one-day program is for children and teens who have an adult loved one / family member who is affected by cancer. Activities include a graphic novel tutorial, art activities, self-care, fun with lacrosse, refreshments, lunch and more. [RSVP](#) by July 19, or call 410-832-2719 for info.

## Living with Cancer Resources & Support July 2024



**Johns Hopkins Kimmel Cancer Center / [National Capital Region](#) offers free, diagnosis-specific support groups for [women and men](#), meditation, yoga and more**

– **these are free and open to all.** Plus, many are hybrid or virtual (by Zoom). [Email](#) for more info.

### Support Options - at no charge!

[Johns Hopkins Breast Health Services](#) offers support groups led by patient navigators, specifically for [early stage](#) young women, those with [metastatic](#) cancer and [early stage over 50](#).

[Wellness House](#) of Annapolis – 410-990-0941 -

[Register](#) to take advantage of this support.

[Hope Connections](#) – 301-634-7500

[info@hopeconnectionsforcancer.org](mailto:info@hopeconnectionsforcancer.org)

[HopeWell Cancer Support](#) – 410-832-2719

[info@hopewellcancersupport.org](mailto:info@hopewellcancersupport.org)

[Smith Center](#) for Healing and the Arts – 202-483-8600

[info@smithcenter.org](mailto:info@smithcenter.org) – check out their [calendar](#).

[Cancer Support Community Washington, D.C.](#) – [Contact](#) online or call 202-659-9709.

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center [Email](#) or call 410-740-5858 for their offerings.

[Ulman Foundation](#) – 410-964-0202 - [Email](#) - resources online & in person for young adults and adolescents

[Wiersberg Warriors](#) Foundation provides resources and support for young adults with cancer on Delmarva's Eastern Shore (meals, grants and/or care packages). [Email](#) for more info.

[SPOHNC](#) monthly [Zoom](#) support group for people with oral & head and neck cancer. [Click](#) for info. On [July 10, 6:30-7:30 pm](#), Dr. James Clark, Head and Neck Surgeon, will lead a discussion on medical interventions for swallowing disorders.

[Life with Cancer](#) provides education, support groups and psychosocial support online or in-person to anyone, any age, impacted by cancer, at no cost! [Email](#) or call 703-206-5433.

[Fb.com/hopkinskimmel](https://fb.com/hopkinskimmel)

[Instagram.com/hopkinskimmel](https://Instagram.com/hopkinskimmel)

[YouTube.com/hopkinskimmel](https://YouTube.com/hopkinskimmel)

[X.com/HopkinsKimmel](https://X.com/HopkinsKimmel)



### Check out these other free resources:



[CancerCare](#) – helpful resources, info, and online support groups.



[Cancer Hope Network](#) offers peer to peer support through a [free match](#) with a mentor. Caregivers can also [request a match](#).



[Free webinars and information](#) with a focus on work issues & cancer.



[Image Recovery Centers](#) - [Email](#) or call 410-502-5623 if your appearance has been affected by treatment. Insurance is accepted for eligible services.



[National Comprehensive Cancer Network](#) – patient & caregiver resources by topic, in various languages.



[PanCAN](#) – Pancreatic Cancer Action Network provides free info and one-on-one support to patients and caregivers.



[National Brain Tumor Society](#) – info and support, including monthly online support conversations.



[Triage Cancer](#) tiene varios recursos disponibles en Español and in [English](#) – videos, 2024 list of relevant [webinars](#)



[American Cancer Society](#) – Support through “online chat, as well as other resources -- including info about [housing](#) options during your treatment.



[LLS](#) offers [peer support](#), a free remote [nutrition consult](#) with a registered dietician, resources, and a one-time

[\\$100 stipend](#) for non-medical expenses.



**LGBTQIA+ Virtual Cancer Support Group**  
**Wednesday, July 10, 2024 at 5:00 pm**  
Sponsored by [Life with Cancer](#)

Join this safe, affirming, inclusive monthly virtual space, facilitated by [Alex Courtin](#) MA, LPC, ATR-BC, ATCS, CYT (she/her), where you can connect, build community and process together. [Registration required](#). Call 703-206-5433 for more information.

[Smith Center](#) for Healing and the Arts hosts [weekly LGBTQIA+ morning meditation](#) by Zoom, on **Tuesday mornings** in July (2, 9, 16, 23, 30) from 7:30-8:00 am. Pre-registration not required; [click](#) for the Zoom link and more information.

