

2024

# Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

## November

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## 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.

Happy Thanksgiving



## Monthly Support Groups

4 Cancer Caregiver | Monday | 12 - 1 pm

6 Breast Cancer | Wednesday | 12 - 1 pm

7 Women & Bladder Cancer | 12 - 1 pm

11 Brain Tumor | Monday | 12 - 1 pm

12 Gynecologic Cancer | Tuesday | 2 - 3 pm

13 Malignant Heme | Wednesday | 12 - 1 pm

14 Pancreatic Cancer | Thursday | 12 - 1 pm

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

20 YA Breast | Wednesday | 12 - 1 pm

25 Metastatic Cancer | Monday | 1 - 2 pm

26 Lung Cancer | Tuesday | 12 - 1 pm

## Educational Programs & Series

### Art Therapy Series

Monday, Nov 4 - Dec 9 | 5 - 6:30 pm

Register - [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu)

### Living with Brain and Spinal Cord Tumors

Topic: Nutrition during and after Treatment

Thursday, November 7 | 6:30 - 7:30 pm

Register - [neurotumorereducationprogram.events.sibley.org](https://neurotumorereducationprogram.events.sibley.org)

### Women & Bladder Cancer Educational Series

Topic: Accelerating Research & Discovery for

Women with Urothelial Cancer: Part 2

Tuesday, November 12 | 4 - 5:30 pm

Register - [2024womenbladdercancer.events.sibley.org](https://2024womenbladdercancer.events.sibley.org)

### Path to Purpose Workshop

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

Register - [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

**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 (Monday, November 4 – December 9, 5 – 6:30 p.m.)**

Contact: Pam Goetz; [pgoetz4@jhmi.edu](mailto: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; [mvencel1@jhmi.edu](mailto:mvencel1@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 (2<sup>nd</sup> Monday of every month, 12-1 p.m.)**

Contact: Kylie Yassin, 202-537-4108; [kyassin1@jhmi.edu](mailto: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 (1<sup>st</sup> Wednesday of every month, 12-1 p.m.)**

Contact: Janie Regler, 202-660-5742; [jmeiser2@jhmi.edu](mailto: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 (3<sup>rd</sup> Wednesday of every month, 12 – 1 p.m.)**

Contact: Janie Regler, 202-660-5742; [jmeiser2@jhmi.edu](mailto: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 (1<sup>st</sup> Monday of every month, 12-1 p.m.)**

Contact: Elizabeth Single; 202-660-7839; [esingle6@jhmi.edu](mailto: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](mailto: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 (2<sup>nd</sup> Tuesday of every month, 2-3 p.m.)**

Contact: Janie Regler, 202-660-5742; [jmeiser2@jhmi.edu](mailto: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, November 7, 6:30 – 7:30 p.m.)**

Topic: Nutrition during and after Treatment

Speaker: Hilary Berlow, RD

Contact: Pam Goetz; [pgoetz4@jhmi.edu](mailto: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. This month Oncology Registered Dietitian Hilary Berlow will join to discuss eating during and after treatment. Register - <https://neurotumoreducationprogram.events.sibley.org/>

**Lung Cancer Support Group (4<sup>th</sup> Tuesday of every month, 12 – 1 p.m.)**

Contact: Molly Vencel; 202-660-6839; [mvincell@jhmi.edu](mailto:mvincell@jhmi.edu)

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

**Malignant Heme Support Group (2<sup>nd</sup> Wednesday of every month, 12 – 1 p.m.)**

Contact: Kylie Yassin; 202-537-4108, [kyassin1@jhmi.edu](mailto: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; [kwoodsh1@jhmi.edu](mailto: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 Nov. 28)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto: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 (4<sup>th</sup> Monday of every month, 1 – 2 p.m.)**

Contact: Elizabeth Single; 202-660-7839; [esingle6@jhmi.edu](mailto:esingle6@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](mailto: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.

**Pancreatic Cancer Support Group (2<sup>nd</sup> Thursday of every month, 12 – 1 p.m.)**

Contact: Madison Hankin; 202-660-7527; [mhanki13@jh.edu](mailto: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; [jconno13@jhmi.edu](mailto:jconno13@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 Nov. 28)**

Contact: Pam Goetz; 202-243-2320; [pgoetz4@jhmi.edu](mailto: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.

**Survivorship Series: Stronger & Healthier Together (Wednesdays, October 9 – November 13, 5 – 6:30 p.m.)**

Contact: Pam Goetz; 202.243.2320; [pgoetz4@jhmi.edu](mailto: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 (3<sup>rd</sup> Friday of the month, 10:30 – 12 p.m., In-Person)**

Contact: Kara Woodshank, [kwoodsh1@jhmi.edu](mailto: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 (Tuesday, November 12, 4 – 5:30 p.m.)**

Topic: Accelerating Research & Discovery for Women with Urothelial Cancer: Part Two

Speaker: Jean Hoffman-Censits, MD & Elina Vlachou, MD

Contact: Pam Goetz; [pgoetz4@jhmi.edu](mailto: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. Recent studies will be reviewed including a new standard of care and the correlation between treatment-related skin toxicity and survival rates. Register - [2024womenbladdercancer.events.sibley.org](https://2024womenbladdercancer.events.sibley.org)

**Women and Cancer Educational Series (2025 Dates TBD)**

Topic: Palliative Care: Is it for me?

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto: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; [kwoodsh1@jhmi.edu](mailto: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.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto: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; [kwoodsh1@jhmi.edu](mailto: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.