



# Living with Cancer Resources & Support

## February 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 web links to the resources, please call 410-955-8934.*

### February Cancer Awareness

#### Gallbladder & Bile Duct

(Cholangiocarcinoma) are difficult cancers to diagnose, and can be cured if the cancerous cells have not spread. Treatment may include surgery, radiation therapy, chemotherapy and immunotherapy.



**Art for Cancer Wellness** – Six free bi-weekly workshops beginning in this month (February) for those who want to practice self-expression in their healing experience. A free kit of supplies will be shared with each participant in the virtual workshops. Check the website for info on offerings – for survivors as well as oncology health care workers! For more information email [art@kitstoheart.org](mailto:art@kitstoheart.org) (and for your questions).

### Lung Cancer Support Group

Thur, Feb 8, 2024, 5:30-7:00 pm

Topic: “Spirituality”



You are not alone – join other lung cancer survivors in person or by Zoom. Tony Forte, LMSW, can give you more information via email or at 410-550-6565.

### Advanced & Metastatic Bladder Cancer

Friday, February 23, 1:00-2:15 pm – free!

Philippe Spiess, MD; Jean Hoffman-Censits, MD, and Rick Bangs, MBA, *Patient Advocate*

Sponsor: National Comprehensive Cancer Network

This webinar will help you understand this cancer as well as various treatment options and clinical trials, second opinions and caregiver resources. You will gain tools to participate fully in the decision making with your care team. Register and view recordings of past webinars. *A free copy of 2023 NCCN Guidelines for Patients with Bladder Cancer will be sent to first 150 registrants.*

**We are here to help!**

**Call 410-955-8934**

**The Harry J. Duffey**

**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 editors.

### Camp Kesem at Johns Hopkins University



**...provides free programming and support for children and families affected by cancer - year-round.**

Check the website for summer camp info and how to apply. You can also email (or call 260-255-4863) for info.

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**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 virtual (by Zoom).  
Email [CancerSupportNCR@jhmi.edu](mailto:CancerSupportNCR@jhmi.edu) for info.**

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### 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  
[admin@annapoliswellnesshouse.org](mailto:admin@annapoliswellnesshouse.org)

[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)  
*Sign up to receive HopeWell Happenings newsletter!*

[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 Rachel at 202-659-9709, ext 4698

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

[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 the Delmarva's Eastern Shore (rides, meals and/or care packages). [Email](#) for more info.


[SPOHNC](#) monthly Zoom support group led by a speech-language therapist, for people with oral and head and neck cancer. [Click](#) for more info.


JHH Lung Cancer Support Group – monthly on the 2<sup>nd</sup> Thursday, 5:30-7:00 pm, in person or by [Zoom](#). [Email](#) or call 410-550-6565 for info. Topic for Feb 8: "Spirituality".

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


### Check out these free resources:


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


 [Cancer Hope Network](#) offers peer to peer support through a [free match](#) with a mentor. Caregivers are invited to [request a match](#), as well as those who curious about [clinical trials](#).


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


[Greenberg Bladder Institute](#) at Johns Hopkins offers [recordings](#) of past virtual grand rounds, as well as educational sessions for [women only](#). [Email](#) for info.


 [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 [webinars](#) on many topics affecting you and your life as a cancer survivor.

 [American Cancer Society](#) – Support through “online chat” or by phone 1-800-227-2345, and other free resources.

 [LLS](#) offers [peer support](#), resources, and a one-time [\\$100 stipend](#) for non-medical expenses. They also offer a free remote [nutrition consult](#) with registered dietitians.

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### CLIMB (*Children's Lives Include Moments of Bravery*) – 6-week free, group-based program via

 **Zoom**, and open to school-aged children with a loved one being treated for cancer (or is within a year since last treatment). Feb 20 - Mar 26, Mondays & Tuesdays, 5:30-6:30 pm. To register, [email](#) Kara, or call 301-896-2718.

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### You are a Survivor ...

*... from the day of your diagnosis!*