

2025

# Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

## April

7 14 21 28

3 10 17 24

7 14 21 28

2 9 16 23 30

6 13 27

3 10 17 24

## Weekly Classes

### Reiki

Reiki | Mondays from 5:30 - 6 pm

Reiki | Thursdays from 5 - 5:30 pm

### Yoga

Mat Class | Mondays from 7 - 8 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

pgoetz4@jhmi.edu

All programs are FREE and VIRTUAL unless noted.



## Monthly Support Groups

3 Bladder Cancer and Women | Thursday | 12 - 1 pm

14 Brain Tumor | Monday | 12 - 1 pm

2 Breast Cancer | Wednesday | 12 - 1 pm

7 Cancer Caregiver | Monday | 12 - 1 pm

8 Gynecologic Cancer | Tuesday | 2 - 3 pm

22 Lung Cancer | Tuesday | 12 - 1 pm

9 Malignant Heme | Wednesday | 12 - 1 pm

28 Metastatic Cancer | Monday | 1 - 2 pm

10 Pancreatic Cancer | Thursday | 12 - 1 pm

21 Prostate Cancer | Monday | 12 - 1 pm

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

16 YA Breast Cancer | Wednesday | 12 - 1 pm

## Educational Programs & Series

### Brain and Spinal Cord Tumors Education

Thursday, April 3 | 6:30 - 7:30 pm

Why & When to Add Palliative Care to Your Team

Register - [2025neurotumor education.events.sibley.org](https://2025neurotumor education.events.sibley.org)

### Nature Informed Therapy: Mindfulness and Movement – In Person

Saturdays, April 19 and May 3, 17, and 24 | 10:30 am - 12 pm

Register with Pam Goetz at pgoetz4@jhmi.edu

### Art Therapy Series

Mondays, May 5 – June 9 | 5 - 6:30 pm

Register with Pam Goetz at pgoetz4@jhmi.edu

### Bladder Cancer and Women Education

Wednesday, May 7 | 4 - 5 pm

Improving Quality of Life with Palliative Care

Register - <https://2025womenbladder cancer.events.sibley.org/>

Program details are on the following pages