

August
2026

Cancer Support Programs

Center for Patient and Family Services
Sibley Memorial Hospital and Suburban Hospital
Johns Hopkins Medicine

Virtual Weekly Mind-Body Classes

Reiki for Self-Care

Reiki | Mondays from 5:30 – 6 pm | Aug 3, 10, 17, 24, 31

Reiki | Thursdays from 5 – 5:30 pm | Aug 6, 13, 20, 27

Gentle Yoga

Mat Class | Mondays from 7 – 8 pm | Aug 3, 10, 17, 24, 31

Chair Yoga | Wednesdays from 10 – 11 am | Aug 5, 12, 19, 26

Meditation and Mindfulness

Meditation Class | Thursdays from 7 – 8 pm | Aug 6, 13, 20, 27

Meditation Class | Sundays from 7:30 – 8 pm | Aug 2, 9, 16, 23, 30

Connect With Us!

mcalkin2@jh.edu / 202.660.6954

All program are FREE

Open to Patients and Caregivers



Virtual Monthly Support Groups

Bladder Cancer and Women | Thursday | 12 - 1 pm | [Aug 6](#)

Brain Tumor | Thursday | 12 - 1 pm | [Aug 13](#)

Breast Cancer | Wednesday | 12 - 1 pm | [Aug 5](#)

Cancer Caregiver | Friday | 12 - 1 pm | [Aug 7](#)

Gynecologic Cancer | Tuesday | 2 - 3 pm | [Aug 11](#)

Malignant Hematologic | Wednesday | 12 - 1 pm | [Aug 12](#)

Metastatic Cancer | Monday | 1 - 2 pm | [Aug 17](#)

Pancreatic Cancer | Monday | 12 - 1 pm | [Aug 10](#)

Prostate Cancer | Tuesday | Times vary | [Aug 18](#)

Talk & Walk (Breast Cancer) | Friday | 10:30 - 11:30 am | [Aug 21](#)

Young Adult Cancer | Monday | 5:30 - 6:30 pm | [Aug 10](#)

For registered participants only. Contact :mcalkin2@jh.edu



Educational Programs & Series

Bringing the Restorative Qualities of Nature Indoors

Thursday, Aug 20 | 6 – 7pm On Zoom

Join Nature Therapist Tania Lanning to explore how the restorative qualities of nature can be brought into indoor spaces to support well-being.

Register: [Click here](#)

Art Therapy Series for Cancer Survivors or Caregivers

Thursdays, Aug 27, Sept 3, 10, 17, 24, Oct 1 | 5 – 6:30 pm On ZOOM

Join Art therapist Sarah Jones for a safe, setting to explore your feelings through an art directive, using household items.

Participants are asked to commit to all 6 sessions.

Register: [Click here](#)

Women and Bladder Cancer-Practical Strategies for Responding to Fears of Recurrence and Progression

Wednesday, Sept 16 | 6 – 7pm On Zoom

Join Molly Vencel, LICSW, OSW-C to learn practical strategies for responding to anxiety around.

Register: [Click here](#)

Survivorship Series: Stronger & Healthier Together

Tuesdays, Oct 6, 13, 20, 27, Nov 3, 10 | 5 – 6:30 pm On Zoom

Six-week series with experts discussing nutrition, stress management, lymphedema, safe exercise, emotional health, sexual health, and side effect management.

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