



Living with Cancer Resources & Support

February 2026

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.



“Right Around the Corner”: Virtual Opportunities

What’s Right for You: An Advance Health Care Planning Workshop

Tues, Feb 3, 1:00-2:30 pm – by Zoom

Led by Mindy Brodsky, LCSW

Smith Center for Healing and the Arts

During the session you will find out what a health-care agent is and how to choose one, learn the importance of making your wishes known, consider what your traditions and culture have to say about planning for end of life, and have an opportunity to ask questions. For more information or to register, you can [email](#) or call 202-483-8600.

You may download [your state’s document](#) and find [tips](#) for talking about your care wishes with family/medical team.

We are here to support you!

Call 410-955-8934

The Harry J. Duffey Family Patient & Family Services Program

Licensed clinical [social workers, chaplains, housing resources, transportation info, support and guidance](#) - in person or by telephone.

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



Tools for Embracing the Unknown: Managing Uncertainty & Anxiety in Cancer
Wed, Feb 4, 6:30-7:30 pm – Zoom
Sponsored by [Hope Connections for Cancer Support](#)

Whether you are a patient, survivor, caregiver or loved one, this session will offer practical insights, strategies and tools for navigating the emotional landscape of cancer with greater ease. For more info and/or to register, [click](#) to email Stephanie Stern.

Mark your calendar for this March event:

Navigating Common Insurance Hurdles: What You Need to Know

Wednesday, March 18 | 1:00-2:00 pm (by Zoom)

Sponsored by [The Harry J. Duffey Family Patient & Family Services Program](#)

Sidney Kimmel Comprehensive Cancer Center at The Johns Hopkins Hospital

Registration link will be in next month’s Living with Cancer newsletter, or you may [email](#) for more info.



Resources, Webinars and Support Group options are a [click](#) away on the Johns Hopkins/SKCCC [website](#). Check out the [list](#) for free support groups, classes and webinars.

Also in March ...

[Young Adults \(ages 18-38\): Life After a Cancer Diagnosis – What Did I Expect?](#)

Sun, **March 8**, 5:30-7:30 pm - complimentary dinner
W. Scott Fonger House, 10100 Laureate Way in
Bethesda, Maryland
Sponsored by [Blood Cancer United](#)



Whether you are in treatment or beyond treatment, join us to chat about life after a cancer diagnosis and expecting the unexpected.

Various speakers will launch the conversation and share resources as you connect with other young adults. After the program, get ready for a Mexican dinner buffet, mocktails and a group trivia night with prizes for the winning team!

[Click](#) to register and learn about the speakers.



[Lung Cancer Symptoms Doctors Say Women Should Never Ignore & the Screening Most Skip](#)

Dr. Julie R. Brahmer, MD – expert

This recent *Woman's World* article also covers the latest treatments improving patient outcomes, featuring [Dr. Brahmer](#), co-director of the Cancer Immunology Program at Johns Hopkins Kimmel Cancer Center. Click on the title (above) to read the article.

Local Lung Cancer Support Groups include:

- Johns Hopkins Bayview (in person & by Zoom) – 2nd Friday of each month at 11:00 am. Call 410-550-6565 or [email](#) for more info.
- Hope Connection 1st Wednesday of each month, 6:30-7:30 pm (by Zoom) – [email](#) Stephanie for more info.

HELPLINE for Weight Loss is a fully remote Johns Hopkins research study (IRB00403808) for **overweight cancer survivors** - using emails, text messages, phone calls, and a free smartphone app to provide behavioral weight loss program materials, weight loss reminders, and optional telephone coaching. There are no medications or special foods involved. Eligible participants will also receive a free digital scale and provide their weights at 5 specific times over 12 months.

To be eligible, a candidate must be:

- 18 years or older
- a permanent Maryland resident
- currently overweight (BMI>27)
- a cancer survivor [completed all cancer treatment]

To find out if you are eligible or for more info, [email](#) or call Linda at 410-281-6168.

Experienced [professional social workers, healthcare chaplains](#) and other [caring staff](#) are just a phone call away for Johns Hopkins cancer patients and caregivers, in person or by phone. Call 410-955-8934 for assistance at JHH East Baltimore, 202-537-4105 in the NCR, and 410-550-0296 at JHH Bayview.

Connect with someone who cares!



The **M.A.P.S. mentorship** program is for all persons with cancer and those who support them. **Caregivers may also become mentors to other caregivers!** If you are seeking support as an adult cancer patient or caregiver ... or if you would like to serve as a trained mentor to someone else, survivor or caregiver, [M.A.P.S.](#) is for you, approved and sponsored by The Johns Hopkins Sidney Kimmel Cancer Center!



Sign up by scanning the QR, calling 1-877-HOPENET, or at [Hopkins.org/MAPS](#).

Dr. Otis Brawley in a [January podcast](#) about Prostate Cancer Screening also describes the MAPS program. [Take a listen](#) to “[You: The Owner’s Manual Podcast](#)” hosted by Dr. Michael Roizen.