



Living with Cancer Resources & Support

January 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.



Little known fact:
January is named after Janus, the Roman god of beginnings and endings, transitions, doorways, gates,

time and passages. He was usually pictured as having two faces – an older one looking back and a younger one looking forward.

At the beginning of a new year we often think about what has happened in the past and what we expect in the future. This month we share some resources for a thoughtful reflection on the past *and* for the new year.

Blessings on you and your loved ones as we navigate a new season in our lives.

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.

Winter Mood Booster:
Intentional Self-Care for Brighter Days - Everyone welcome!

Wednesday, January 7 | 6:00-6:30 pm

Margo Calkin, M.S., leader

Sponsored by [Center for Patient and Family Services Johns Hopkins Kimmel Cancer Center at Sibley Memorial and Suburban Hospitals](#)



To register and receive Zoom link [click here](#).

They also offer many support groups and classes.

You may also [Email](#) for more info.



5-Week Online Class
Beginning Tues, Jan 6,
11:30am-1:00pm and
weekly at the same time

Leaders: Tosha Mccullough-Townsend and Kim Lowery Walker, MBA, LCSW

Sponsored by [Inova Peterson Life with Cancer](#)

[Register](#) for all 5 classes and read details about each class, including these topics: Mind-Body Connection, Our Values, Reframing, Power of the Pause and Making a Plan – all in the service of helping you deal with the stress, fears, worries and sadness that come up for many of us. You will also see all the dates of the interactive, small group series. For more info you may also call 855-694-6682.

Living with Cancer Resources & Support January 2026 – p. 2



Spiritual Discovery and Discussion Group

Mon, Jan 12 & 26, 10:00-11:00 am
[SarahRuth Davis](#), Interfaith Intern
Community Minister, facilitator
[Wellness House of Annapolis](#)

This online group will explore together the beliefs that ground us to our sense of being. Conversations are interfaith and encompass a wide range of spiritual expressions. Prepare to think deeply, love deeply and laugh together. [Click](#) for more info on how to register or call for more info: 410-990-0941.

[Plantuary 2026: Eat More Plants in 2026!](#)



You don't need to become a vegetarian to add more plants to your diet this month. Check out the [Unite for HER](#) website for info, [recipes](#), tutorials and videos.

Join a support group – many of which are online and free. [Click](#) to see offerings:

- [Smith Center for Healing and the Arts](#)
- Hope Connections for Cancer Support – current [full schedule](#)
- Wellness House of Annapolis – [schedule](#)
- [HopeWell Cancer Support](#)
- [Claudia Mayer/Tina Broccolino Cancer Resource Center](#) at Howard County – [email](#) for info.
- [Center for Patient and Family Services Johns Hopkins Kimmel Cancer Center at Sibley Memorial and Suburban Hospitals](#)

Join Johns Hopkins SKCCC Oncology PFAC!

A [Patient and Family Advisory Council](#) (PFAC) brings together patients and family members to share their experiences and help improve the quality, safety, and care experience at Johns Hopkins. We invite you to join the PFAC in shaping better cancer care for all! If interested, please [email](#) for more information.



Torah for Healing & Resilience
Fridays, Jan 9, 16, & 23 at
9:30 a.m. by Zoom

The Spark is your chance to do a deep dive into a wide range of Torah topics, all designed to enrich your mind and soul. [Rabbi Lisa](#)

[Goldstein](#) will be teaching this month about Torah for healing and resilience. To register for this free [Soul Center](#) program (and read about other offerings), [email](#) for more info or call 410-580-5160. (The January program presented in partnership with the [Institute for Jewish Spirituality](#).)

Experienced [professional social workers, healthcare chaplains](#) and other [caring staff](#) are just a phone call away for Johns Hopkins cancer patients and caregivers. Support is offered 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](#).



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.