

2024

Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

April

Weekly Classes

Reiki

Reiki | Mondays from 5:30 - 6 pm

Reiki | Thursdays from 5 - 5:30 pm

Yoga

Mat Class | Mondays from 7:30 - 8:30 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

CancerSupportNCR@jhmi.edu



All programs are VIRTUAL and FREE to attend unless otherwise noted.

Full details for all programs are on the following pages.



Monthly Support Groups

1 Cancer Caregiver | Monday | 12 - 1 pm

3 Breast Cancer | Wednesday | 12 - 1 pm

4 Women & Bladder Cancer | Thursday | 12 - 1 pm

9 Gynecologic Cancer | Tuesday | 2 - 3 pm

11 Brain Tumor | Thursday | 12 - 1 pm

11 Pancreatic Cancer | Thursday | 12 - 1 pm

15 Prostate Cancer | Monday | 12 - 1 pm

15 Metastatic Cancer | Monday | 1 - 2 pm

17 YA Breast | Wednesday | 12 - 1 pm

23 Lung Cancer | Tuesday | 12 - 1 pm

Monthly Educational Groups

4 Talk & Walk (Breast) | Thursday | 10:30 - 12 pm
In Person at Westfield Montgomery Mall, Bethesda, MD

Other Workshops and Classes

Healing with Nature

Saturdays, April 20, 27 & May 11, 18 | 10 - 11:30 am
In Person at Locust Grove Nature Center, Bethesda, MD

Register - kwoodsh1@jhmi.edu

Music Therapy

New! Tuesdays, April 23 - May 28 | 5 to 6:30 p.m.
In Person at Sibley Memorial Hospital

Register - kwoodsh1@jhmi.edu

Art Therapy

Tuesdays, May 7 - June 11 | 5 to 6:30 p.m. | Zoom

Register - pgoetz4@jhmi.edu



Johns Hopkins Kimmel Cancer Center - Greater Washington Area

These support programs are made possible through generous donations to the Sibley Memorial Hospital Foundation.

Virtual Cancer Support Programs – [all free and via Zoom](#)
Contact staff member listed for more information and to register.

Art Therapy and Cancer Survivorship Series (Tuesdays, May 7, 14, 21, 28 & June 5, 11, 5 – 6:30 p.m.)

Contact: Pam Goetz; pgoetz4@jhmi.edu

Join Art Therapist, Sarah Jones, and Pam Goetz to help ground and creatively explore your inner artist for self-care, whether you're in treatment or beyond. No art experience necessary. Plan to attend all six weeks of the series.

Bladder Cancer Support Group for Women (1st Thursday of every month, 12 – 1 pm)

Contact: Molly Vencel; 202-660-6839; mvencell@jhmi.edu

This monthly support group for women diagnosed with bladder or urothelial cancer provides a place where patients can meet others going through similar experiences and gain support and friendship.

Brain Tumor Support Group (2nd Thursday of every month, 12-1 p.m.)

Contact: Kylie Yassin, 202-537-4108; kyassin1@jhmi.edu

This monthly open-discussion group is a place for patients and their families to gain support and friendship.

Breast Cancer Support Group (1st Wednesday of every month, 12-1 p.m.)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

This monthly group offers a place of support for patients being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

Young Adult Breast Cancer Support Group (3rd Wednesday of every month, 12 – 1 p.m.)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

This monthly group offers a place of support for young adult patients (patients in their 20s, 30s and 40s) being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

Cancer Caregiver Support Group (1st Monday of every month, 12-1 p.m.)

Contact: Elizabeth Single; 202-660-7839; esingle6@jhmi.edu

Cancer caregivers are invited to join this monthly support group where they can meet with others to share information, insight, advice, support and encouragement.

CLIMB (Dates TBD)

Contact: Kara Woodshank; 301-896-2718; kwoodsh1@jhmi.edu

CLIMB: Children's Lives Include Moments of Bravery is a six-week, group-based, evidence-backed program to empower children, teens, and families with knowledge and skills to navigate cancer. Each week families participate in group sessions, one for guardians and one for kids which will cover positive coping and communication skills. Contact for upcoming dates.

Gynecologic Oncology Support Group (2nd Tuesday of every month, 2-3 p.m.)

Contact: Janie Regler, 202-660-5742; jmeiser2@jhmi.edu

Sibley Memorial Hospital offers a monthly gynecologic oncology support group where patients can meet others going through similar experiences and gain support and friendship.

Healing with Nature (April 20, 27 & May 11, 18, 10 – 11:30 a.m.)

In Person at Locust Grove Nature Center, Bethesda, MD | Contact: Kara Woodshank, 301-896-2718, kwoodsh1@jhmi.edu

These workshops will include mindfulness, movement, breathwork, and group discussion to support cancer patients, survivors, and caregivers in reducing stress and improving wellbeing. Learn More - healingwithnature.events.sibley.org

Lung Cancer Support Group (4th Tuesday of every month, 12 – 1 p.m.)

Contact: Chloe Lawrence, 202-537-4000; clawre30@jhmi.edu

This monthly open-discussion group is a place for lung cancer patients to gain support and friendship.

Meditation Practice (Sundays, 7:30-8 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

As the mind and body are intimately connected, relaxing one's mind can have a restorative effect on one's body as well. Join meditation teacher Chris Montone for a secular meditation practice with others.

Meditation Class (Thursdays, 7-8 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

Experienced meditator Chris Montone leads patients, survivors, and caregivers in exploring meditation techniques to foster better mental and physical health. All are welcome.

Metastatic Discussion Group (4th Monday of every month, 1 – 2 p.m. (Moved to April 15 for this month))

Contact: Elizabeth Single; 202-660-7839; esingle6@jhmi.edu

This monthly group is open to patients and caregivers for conversations about living and coping with advanced cancer. Videos and readings will be used to stimulate discussion and reflection.

Music Therapy (Tuesdays, April 23, 30 & May 7, 14, 21, 28, 5 – 6:30 p.m.)

In Person at Sibley Memorial Hospital | Contact: Kara Woodshank, 301-896-2718, kwoodsh1@jhmi.edu

Explore music as a tool for promoting wellbeing, managing stress, and connecting with one another. Sessions are designed to empower those impacted by cancer to engage in group-based music experiences for emotional expression, coping, and a little bit of fun. Music Therapist Amanda Rosado will lead participants through active listening, song discussion, music making, writing and mindfulness activities. No prior experience or musical skill is needed. Learn More - musictherapy.events.sibley.org

Pancreatic Cancer Support Group (2nd Thursday of every month, 12 – 1 p.m.)

Contact: Molly Vencel; 202-660-6839; mvencel1@jhmi.edu

This monthly support group is open to patients facing pancreatic, ampullary, and bile duct cancers at any stage. Patients can meet others going through similar experiences and gain support and friendship.

Prostate Cancer Support/Educational Program (Monday, April 15, 12 – 1 p.m.)

Contact: Janet B. Connors; 301-896-6837; jconno13@jhmi.edu

Join other prostate cancer patients and survivors in exploring topics relevant to prostate cancer treatment and beyond. This month's open discussion provides an opportunity for people impacted by prostate cancer to discuss their concerns, get practical feedback and expand their support network. Register – prostateapril2024.events.suburbanhospital.org

Reiki for Self-Care (Group practice: Mondays, 5:30-6 p.m.; Thursdays, 5 – 5:30 p.m.)

Contact: Pam Goetz; 202-243-2320; pgoetz4@jhmi.edu

Virtual “taste of Reiki” Self-Care for cancer patients and caregivers. Participants start with private, 30-minute sessions with Reiki teachers to learn a simple practice that can be used every day. After learning the hand placements, we offer two weekly group practice sessions.

Survivorship Series: Stronger & Healthier Together (Wednesdays, June 5, 12, 19, 26, and July 3, 10; 5 – 6:30 p.m.)

Contact: Pam Goetz; 202.243.2320; pgoetz4@jhmi.edu

Six-week series with experts discussing nutrition, stress reduction, lymphedema education, safe exercise, emotional health, sexual health, and side effect management. Participants will have one-on-one consultations with certified health coach. For individuals who have completed active treatment in the past 2 years.

Talk and Walk (1st Thursday of every month, 10:30 – 12 p.m., In-Person)

Contact: Jamie Borns, jborns1@jhmi.edu |

Location: Oasis at Macy's in Westfield Montgomery Mall – 7125 Democracy Blvd, Bethesda, MD 20817

This monthly program features a talk on a breast cancer 'hot topic.' Learn about the latest updates in treatment, research, nutrition and more; and meet other survivors.

Women and Bladder Cancer Educational Series (Tuesday, June 19, 4 – 5:30 p.m.)

Topic: What You Need to Know to Manage & Cope – During and After Treatment | Contact: Pam Goetz; pgoetz4@jhmi.edu

Hosted by Johns Hopkins Greenberg Bladder Cancer Institute, this quarterly series is focused on providing topics relevant to women with bladder cancer. Register - <https://2024womenbladdercancer.events.sibley.org/>

Women and Cancer Educational Series (June 18, 5:30 – 6:30 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

This educational webinar series is for women with breast and gynecologic cancers. Dr. Christina Tian will join to present and answer your questions on acupuncture and integrative medicine. Learn more: 2024womenandcancer.events.sibley.org.

Yoga - Mat (Mondays, 7:30 – 8:30 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

Join Yael Flusberg as we create a shared experience to foster resiliency while mitigating stress in this time of uncertainty. Restore your commitment to your overall well-being while connecting with community.

Yoga - Chair (Wednesdays, 10-11 a.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

Erika Newell teaches simple movements that lubricate and nourish joints. Learn about alignment cues and techniques for releasing stiffness and muscle tension, as well as for building strength and balance in the body.

Your Path to Purpose – (April 17 & April 24, 5:30 – 6:30 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

Two-part series for cancer patients, survivors, and family members in exploring reflective writing practices designed to help you define your own purpose and find strategies for using purpose within your life.