

2024

Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

January



Weekly Classes

Reiki

Reiki | Mondays from 5:30 - 6 pm

Reiki | Thursdays from 4:30 - 5 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

3	Breast Cancer Wednesday 12 - 1 pm
8	Cancer Caregiver Monday 12 - 1 pm
9	Gynecologic Cancer Tuesday 2 - 3 pm
11	Brain Tumor Thursday 12 - 1 pm
11	Pancreatic Cancer Thursday 12 - 1 pm
17	YA Breast Wednesday 12 - 1 pm
22	Prostate Cancer Monday 12 - 1 pm
22	Metastatic Cancer Monday 1 - 2 pm
23	Lung Cancer Tuesday 12 - 1 pm

Monthly Educational Groups

4	Talk & Walk (Breast) Thursday 10:30 - 12 pm
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Other Workshops and Classes

Ask the Experts: Lung Cancer

Wednesday, Jan. 10 | 6 to 7:30 p.m. | Zoom

Register - 2024lungwebinar.events.sibley.org

Healing and Nature: Create Your Own Indoor Naturescape

Wednesday, Jan. 17 | 6 to 7:30 p.m. | Zoom

Register - healingandnature.events.sibley.org

CLIMB:

Children's Live Include Moments of Bravery

Mondays & Tuesdays, Feb 20 - Mar 26 | 5:30 to 6:30 p.m. | Zoom

Register - kwoodsh1@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 (Canceled for January)

Contact: Molly Vencel; 202-660-6839; mvincell@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: Michaela Fitzgerald; 202-660-7519; mfitzg25@jh.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., **Changed to Jan. 8)**

Contact: Ilana Velasquez; 202-660-6320; ivelasq1@jh.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 (Feb 20 – Mar 26, Mons & Tues, 5:30 – 6:30 p.m.)

Contact: Kara Woodshank; 301-896-2718

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.

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.

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

Contact: Michaela Fitzgerald, 202-660-7519; mfitzg25@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., **Canceled Dec. 24 & Dec. 31)**

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.)

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.

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

Contact: Molly Vencel; 202-660-6839; mvincell1@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, Jan 22, 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 will be an open discussion.

Reiki for Self-Care (Group practice: Mondays, 5:30-6 p.m.; Thursdays, 4:30-5 p.m., **Canceled Jan. 1)**

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, March 6, 13, 20, 27 & April 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 (Dates TBD)

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. Contact Pam Goetz for information on next sessions and to stay informed.

Women and Cancer Educational Series (Dates TBD)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

This quarterly educational series is for women with breast and gynecologic cancers. Contact Kara for information on next sessions and to stay informed.

Yoga - Mat (Mondays, 7:30 – 8:30 p.m., **Canceled Dec. 25 and Jan. 1)**

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., **Canceled Dec. 27)**

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 – (Dates TBD)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

Join other 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.