

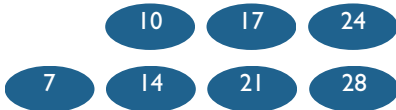
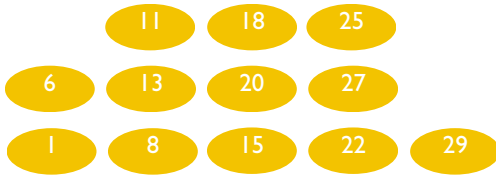
2023

Virtual Cancer Support Programs

Center for Patient and Family Services

at Sibley Memorial Hospital and Suburban Hospital

September



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

Chair or Mat | Fridays from 12 - 12:45 pm

Meditation

Practice Session | Sundays from 7:30 - 8 pm

Meditation Class | Thursdays from 7 - 8 pm

Connect With Us!

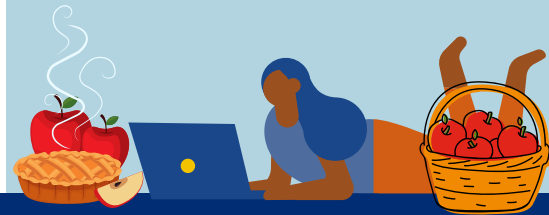


Email

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

- 6 Breast Cancer | Wednesday | 12 - 1 pm
- 11 Cancer Caregiver | Monday | 12 - 1 pm
- 11 Prostate Cancer | Monday | 12 - 1 pm
- 12 Gynecologic Cancer | Tuesday | 2 - 3 pm
- 14 Brain Tumor | Thursday | 12 - 1 pm
- 20 YA Breast Cancer | Wednesday | 12 - 1 pm
- 25 Metastatic Cancer | Monday | 1 - 2 pm
- 26 Lung Cancer | Tuesday | 12 - 1 pm

Monthly Educational Groups

- 7 Talk & Walk (Breast) | Thursday | 10:30 - 12 pm
- 14 Women & Cancer Educational Series | Thursday | 5:30 - 6:30 pm
- 18 Women and Bladder Cancer Educational Series | Thursday | 5:30 - 6:30 pm

Webinars & Events

Better Health After a Breast Cancer Diagnosis with Physical Activity: The Science and The Strategies
September 13 | 7 - 8:15 pm | Zoom Webinar
Register - 2023breastwebinar.events.sibley.org

2023 Susan G. Komen More Than Pink Walk on Sunday, Sept. 10 - [Donate or Join!](#)



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, Aug 1 – Sep 5, 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 in September)

Contact: Samantha Rockler; 202-537-4105; srockle1@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 Meiser, 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 Meiser, 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., Moved to Sep. 11)

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.

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

Contact: Janie Meiser, 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 Sep. 3)

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 (Canceled in September)

Contact: Samantha Rockler; 202-537-4105; srockle1@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 (September 11, 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 session will be an open discussion. Register – prostatecancer.events.suburbanhospital.org

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

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, Oct 4 – Nov 8; 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 (September 18, 4 – 5:30 p.m.)

Women's Health as a Crusade: Hearing the Female Voice and Pushing the Boundaries of Healthcare

Hosted by Johns Hopkins Greenberg Bladder Cancer Institute, this session features speaker Marisa Clifton, MD.

Register at womenbladdercancer.events.sibley.org.

Women and Cancer Educational Series (2nd Thursday of every month, 5:30 – 6:30 p.m.)

Join our multidisciplinary cancer support team for any or all of these informative sessions for women diagnosed with gynecologic and breast cancers. This session will feature information on resilience and finding purpose after a cancer diagnosis.

Yoga - Mat (Mondays, 7:30 – 8:30 p.m., Canceled – Sep. 4)

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.

Yoga - Combo Chair/Mat (Fridays, 12-12:45 p.m.)

Contact: Kara Woodshank; kwoodsh1@jhmi.edu

This class offers the option to practice in a chair or on a mat. Erika Newell will lead participants through deep stretches, simple strengthening techniques, and a final resting meditation.

Your Path to Purpose – (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.