



Living with Cancer Resources & Support

July 2021

[The Harry J. Duffey Family Patient and Family Services Program](#)

410-955-8934



Twitter.com/hopkinskimmel
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Looking for a Support Group?

Our Cancer Support colleagues offer virtual support groups for [men](#), women, young people, [caregivers](#), [newly diagnosed](#), [advanced cancer](#), readers, [knitters](#), and by [disease group](#)! Click the links for info about these & more!

There is a virtual / online group for [“cancer at midlife”](#) (ages 40-60) for someone who may be balancing multiple roles – cancer, career, parenting, caregiving for aging relatives. Call Amy at 410-964-2212 (x1122) for info.

For information from our Cancer Support Colleagues who provide amazing **programs at no charge**:

[Wellness House](#) of Annapolis – 410-990-0941
admin@annapoliswellnesshouse.org

[Hope Connections](#) – 240-714-4744
info@hopeconnectionsforcancer.org

[HopeWell Cancer Support](#) – 410-832-2719
info@hopewellcancersupport.org

[Smith Center](#) for Healing and the Arts – 202-483-8600
info@smithcenter.org – Featured programs for [June](#).

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center –
[Email](#) Chris or call 410-740-5858

[Emotional Overload](#): Impact of a Cancer Diagnosis and Strategies for Self-Care
July 20, 2021, 1 pm – 2:30 pm (EST)
Sponsored by [Triage Cancer](#)



Cancer is stressful! From gathering info about treatment options to navigating relationships, it is normal to feel overwhelmed and emotional. This **free webinar** will provide tools for sharpening self-awareness to better understand needs and gain strategies for coping.

[Triage Cancer](#) *tiene varios recursos disponibles en español* as well as in [English](#) – videos, webinars, guides – on many different topics affecting you and your life.

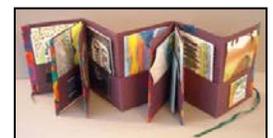
Make Yourself at Home at [Gilda’s Club](#)!!



Gilda’s website has an amazing offer of resources, telephone and [online](#) support, [recipes](#), videos, [mind-body](#), and a variety of helpful videos.

Summer Journals Accordion Books

July 28, 2021, 3:30 – 5:00 pm
“Art with David”



Join artist David Cunningham to create one of these ancient books, which you may use as a personal journal. No artistic talent or experience necessary! If new to [Hopewell Cancer Support](#) and/or for list of supplies needed, email rsvp@hopewellcancersupport.org for more info.

Don't miss the newsletter!

[Sign-Up](#) for Cancer-related survivorship programs and resources! Each month you will receive this newsletter and possibly other great opportunities to participate in programming!

[Inner Peace & Healing](#)

Tuesdays, 10am-11am

Sponsored by [Hope Connections](#)



Join energy healer Afie Lattimer as she provides info, insights and exercise to increase your inner peace and personal empowerment!

Our **Survivors Day** musical slide show included over



200 of our SKCCC staff – all of us sending you our love and encouragement. [Click to enjoy](#) our “love letter” to you, featuring “Let’s Dance” by local

musician [Jae Jin](#). **Share** with your friends as well!

Want to Know More about Acupuncture?

The [Integrative Medicine](#) program at Green Spring offers this 5,000 year old therapy for many common illnesses, including alleviation of side effects of radiation and chemotherapy. They also offer massage therapy and nutritional consults!

Mind * Body * Soul

How about [virtual sessions](#) at a variety of times: Gentle Stretch or Yoga, weekly prayer circle, meditation and mindfulness for stress reduction. Ever wanted to try [Pilates, Tai Chi](#) or weekly [Energy Balancing](#) – here is your chance to explore. (Each will lead you through the required sign up process.)

MONEY MATTERS



Financial Advocates are the ready to speak to you at [CCCSMD](#), a non-profit group that offers counsel on debt repayment solutions, as well as access to free web-based workshops on a variety of topics, such as “Managing Finances in Uncertain Times”. Check the CCCSMD [website](#), or call 1-800-642-2227.

Counseling for your Wellness!

[Wellness House](#) in Annapolis is opening its doors to members (join for free) **by appointment** -- including up to 6 free counseling sessions for those impacted by cancer – including family members. Call Kris at 410-990-0941 or [email](#) for information and/or appointments.



“Ask the Expert” - Dr. Julie Brahmer
July 19, 2021, 6:30 – 8:00pm
Lung Cancer Update

Dr. Brahmer will share information about state of the art treatment options, treatment side effects, decision making, research and hope for the future. There will also be ample time for questions!

Email rsvp@hopewellcancersupport.org to register and receive the web link! Call 410-832-2719 for more info.

A Gift to your Family ...



A [Health Care Advance Directive](#) allows you to name the decision-maker of your choice in the event you cannot make your own decisions about medical treatment. This **free** gift is available to all!

Call **410-955-8934** today to speak with a **social worker** about an [advance directive](#), living will and selecting a health care agent – today! You also can find the forms for your [state](#).

Programs for Children!

Since 1995 [HopeWell Cancer Support](#) has offered programs for families with children aged 5 and over, including support groups for teens and yoga for families. Call 410-832-2719 or [email](#) for info.

[Ulman Fund for Young Adults](#) – [guidebook](#), social media, resources (including [scholarships](#)), [Q&A](#) [CancerCare](#) – for helpful resources, info, online groups [Leukemia & Lymphoma Society](#) – news, updates, live chat, community support, financial support options [National Comprehensive Cancer Network](#) – patient and caregiver resources by topic, in various languages