



# Living with Cancer Resources & Support

January 2022 – A New Year & New Hope

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

410-955-8934

## Focus on Families with Children!

Family Time Capsules Program

Sat, Jan 8 – 10:30-11:30 am

Sponsored by Kids Circle – [HopeWell Cancer Support](#)



This virtual program facilitated by Danielle Eichner, will give a chance for families with children to be together & create “time capsules” using magazines, glue, scissors, drawing utensils, and paper.

This on-screen event will allow you to join others who understand balancing family life with a cancer diagnosis. To register, [click here](#). You can also [email](#) for more information.

**We are here to help!**

Short term counseling, advanced directive consultation, spiritual support, & resources.

**Call 410-955-8934**

The Harry J. Duffey

Patient & Family Services Program

Licensed clinical social workers, chaplains, and housing resources during treatment.

## Online Resources

[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  
[Ulman Fund for Young Adults](#) – [guidebook](#), social media, resources (including [scholarships](#)), [Q&A](#)  
[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.

## Genetic Counseling: *What you need to know*

[Nisha Isaac, MS, CGC](#)

Mon, Jan 24 – 2:00-3:00 pm (virtual)



Nisha has been a genetic counselor for over 25 years and presently focuses on cancer. Although the role of genetics in cancer is still being studied, it is clearly a factor in some cases and affects care management. [Register](#) online for this free [HopeWell Cancer Support](#) program or [email](#) for info.

## Looking for Support?

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

## Living with Cancer Resources & Support January 2022

### MONEY MATTERS ....



Financial Advocates are ready to speak to you at the non-profit [CCCSMD](#), offering counsel on debt repayment solutions and access to free web-based workshops on many topics, including:

[Budgeting](#) (Jan 11, 6:30 pm)

[Managing Finances in Uncertain Times](#) (Jan 19, 1pm)

[Fair Housing](#) (Jan 6, 1pm),

[Foreclosure Prevention](#) (Jan 7, 1pm)

[Scams & Identity Theft](#) (Jan 25, 1pm)

For more offerings, see CCCSMD [website](#), or call 1-800-642-2227 to speak to a Financial Advocate.

**WIT, WINE & WISDOM**  
**January 13, 2022 • 7:30 pm**

Navigating life's transitions through  
soulful conversation and spiritual wisdom

Rabbi Dana Saroken & Bruce Feiler, author  
Sponsored by [The Soul Center](#)

[Register](#) for this free virtual program and hear Rabbi Dana and Mr. Feiler, one of America's most thoughtful voices on contemporary life. Author and speaker, his [TED](#) talks have been viewed more than 2 million times!

[Epic Experience](#) offers [week-long adventure](#) camps in Colorado for adults (18+) cancer survivors and thrivers. Click [link](#) to apply!

[yoga4cancer](#) – Yoga classes offered twice weekly until Feb 4 (Tue at 5pm, Fri at 9am)

This is a Zoom offering, for survivors and thrivers of any age or stage, as well as caregivers!

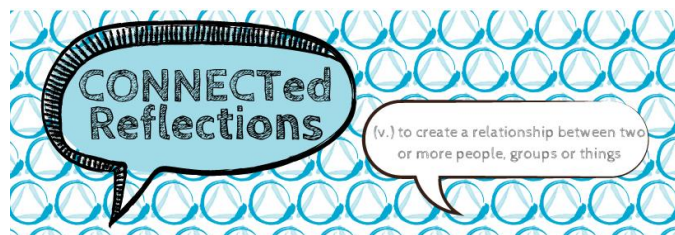
For details and registration, email [Elizabeth](#).



### Mindfulness Winter Resources

- 2-minute Guided [Meditation](#)
- [Mindful Coloring](#) tips

Take a break with [Neda Gould](#), PhD  
Director of the Johns Hopkins  
Mindfulness Program



**CONNECTed Reflections** – [free sign up](#)  
[Smith Center](#) for Healing and the Arts

Wouldn't it be great to see what others have on their minds? To see how others answer the same question? The quotes may inspire hope, thoughts and reflections, or even provide a focus for monthly learning & growth.

[Sign up](#) for a short, quick, interactive email where you are invited each month to respond to a question and receive a quote of the month – and responses of others in the next month's newsletter.

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

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

*Also offers free, short-term counseling to members*

[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](#) – see programs for [January](#)

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