



Living with Cancer Resources & Support

February 2023

Published by The Harry J. Duffey Family Patient & Family Services Program
Sidney Kimmel Comprehensive Cancer Center, The Johns Hopkins Hospital
(If you are reading a printed copy of this newsletter and would like an electronic copy with direct web links to the resources, please call 410-502-1500 or 410-955-8934.)

February Cancer Awareness

- [Gallbladder cancer](#)
- [Bile duct cancer](#)



Both of these are relatively rare forms of cancer. The gallbladder stores the bile, and the bile ducts are tubes that connect the liver, gallbladder and small intestine. Bile duct cancer is also called cholangiocarcinoma. Click on the above links for more information.

We are here to help!

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

Call 410-955-8934

The Harry J. Duffey

Patient & Family Services Program

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

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editors by clicking this [link](#) - or call 410-955-8934.

How can I live with this diagnosis? Who will understand?



Many support groups are now virtual (Zoom) and open to you and care-givers at no cost. For instance, [Hope Connections](#) and [HopeWell Cancer Support](#) groups are led by licensed clinical social workers. The same is true for [Smith Center](#) for Healing and the Arts and [Wellness House of Annapolis](#). The [Johns Hopkins Breast Health Services](#) offers support groups led by patient navigators, specifically for [early stage](#) young women, those with [metastatic](#) cancer and [early stage over 50](#). Also, a Johns Hopkins speech-language [pathologist](#) leads a monthly group for people with oral head and neck cancer. *Click links for more info.*

Some Trusted 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
[PanCAN](#) – Pancreatic Cancer Action Network – free info and one-on-one support to patients & caregivers
[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.
[American Cancer Society](#) – for support through “online chat” or by phone 1-800-227-2345 as well as resources and materials you can download.



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[Camp Kesem](#)

... provides summer camp experiences at no cost for **children (ages 6-18)** who have a parent with cancer.



[Click](#) to review frequently asked questions, and if you are interested in more info, [click](#) and scroll down to the form. You can also fill out the [camper interest list](#) for summer 2023.

It is not too early to apply!

Camps are sponsored by college chapters across the USA, including the following ones in MD:

Camp Sandy Hill in North East MD

Aug 14-18 (Johns Hopkins University)

Camp Airy in Thurmont MD

Aug 20-25 (Towson Univ & Univ of Maryland)

Camp Pecometh in Centreville MD

Aug 13-18 (George Mason University)

[Camps](#) are also offered in PA and VA!

Looking for Support?

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



[Wellness House](#) of Annapolis – 410-990-0941

admin@annapoliswellnesshouse.org

[Hope Connections](#) – 301-634-7500

info@hopeconnectionsforcancer.org

[HopeWell Cancer Support](#) – 410-832-2719

info@hopewellcancersupport.org

[Sign up](#) to receive HopeWell Happenings newsletter!

[Smith Center](#) for Healing and the Arts – 202-483-8600

info@smithcenter.org – check [February](#) programs.

[Claudia Mayer/Tina Broccolino Cancer Resource](#) Center

[Email](#) Chris or call 410-740-5858

[Ulman Foundation](#) – 410-964-0202 - [Email](#) - resources online & in person for young adults and adolescents



[Suicide & Crisis Lifeline](#)

24/7 free, confidential support from a real person

Are you a caregiver of someone with leukemia, myeloma or lymphoma?



You may order a free copy of The Caregiver Workbook and tote, by calling [The Leukemia & Lymphoma Society](#) at 800-955-4572 (Mon-Fri, 9a-9p). Also, you may click on the above **LLS** link for more great information.

PS: This caregiver resource is also available in Spanish!

LLS Young Adult Survivors Meet-up – N. Bethesda **Saturday, Feb 25 – 12:30-2:30 pm**

Pinstripes Bistro, Bowling, Bocce and Lunch! Free!

For more info, address and sign up click [here](#).



Art for Cancer Wellness

Free bi-weekly virtual workshops

Six bi-weekly groups beginning in early February are offered at **no charge** for patients, young adults, survivors, caregivers and healthcare workers, led by certified [art therapists](#). Learn more and sign up with [Kits to Heart](#), which requests \$10 to cover shipping of the supplies. Also offered are specially curated [art kits](#) for purchase on a sliding scale. You may [contact](#) the **Kits to Heart** non-profit organization with questions through their [website](#).

Bereavement support resources

Have you lost a loved one to cancer? Some Zoom options are: A [monthly program](#) through **Smith Center** (Feb 1, 6:00-7:00 pm), a [bi-monthly group](#) (1st and 3rd Monday, 10 am-11:30 am) with **Wellness House**, and a [weekly group](#) (Tuesdays, 6:30-7:30 pm) with **Hope Connections**.



Living with Cancer
Surviving & Thriving:
Mind, Body & Spirit

[Click](#) to view webinar.