



Living with Cancer Resources & Support

August 2026

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

You are a **survivor** from the day of diagnosis.
 Would you like to learn how to tell your story?



[Eva Grayzel](#) is an amazing speaker, storyteller, oral cancer education advocate ... **and** a survivor of stage 4 oral cancer – diagnosed in 1998 when she was 33 and mother of young children!

Eva's [website](#) has links to YouTube and blog posts. If you would like to sign up for a free Storytelling 101 Masterclass, [click here](#) and then choose the "Save my Seat" button, and Eva will respond with info and date options. (Let us know if you have any sign-up issues.)

[CIRCLE OF STRENGTH FOR MEN](#)

Thursday, August 6 – 6:30-8:00 pm

[HopeWell Cancer Support](#)

10628 Falls Rd, Lutherville MD



This free, peer-led gathering is for men with a cancer diagnosis, **or** men caring for someone with cancer: A place to connect, share experiences and support one another. Call 410-832-2719 or [click](#) to register.



[Exploring Body Image after Cancer](#)

Thursday, Aug 13 & 20, 5:30-7:30 pm

In-person – PFWC Family Center,
 8411 Pennell St, Fairfax VA

Cancer treatment can bring many changes, physically and emotionally. The 2-session group is a supportive space to explore how treatment may have impacted your body image. [Registration](#) is required.

[Click](#) for the full August programming for Inova Peterson [Life with Cancer](#) – all offerings are free.

Johns Hopkins Thoracic Cancer Support Group **Friday, August 14, 11am-12noon**

In-person at Johns Hopkins Bayview location (or Zoom on request), for those with lung or esophageal cancer. **Contact Tony Forte, LMSW by [email](#) or phone (410-955-6565) for more info.**



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Apply for a free, private 3-hour August (or fall) sail from Annapolis MD,

provided by [Sails of Hope Chesapeake](#) – for those living with cancer and up to 5 of their loved ones, or a Memorial Sail if you have lost a loved one to cancer within the past three years. [Click](#) to learn more and/or to [nominate](#) someone (or yourself) for a sail.



Check out the [weekly and monthly programs and support groups](#) – **free to all survivors** and **caregivers**, regardless of your treatment center

– and offered by Johns Hopkins Center for [Patient & Family Services](#) of Sibley Memorial & Suburban Hospitals. Check the [August](#) offerings. [Email](#) Margo Calkin to register for virtual mind-body offerings such as **Reiki, Meditation and Mindfulness, and Gentle Yoga** (including evening sessions).

Johns Hopkins Howard County Medical Center's [Claudia Mayer / Tina Broccolino Cancer Resource Center](#) provides free services, including short term counseling, integrative health offerings such as yoga and exercise rehabilitation, and support groups. Please [email](#) for more information.



Over **160** easy-to-read booklets & fact sheets provide reliable info on cancer-related topics – just a [click](#) away!

We are here to support you through thoughtful listening, counsel, assessment as well as referral to other resources!

Call 410-955-8934

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

Licensed clinical social workers, chaplains, housing resources, transportation info, support and guidance - in person or by telephone.

To submit announcements for *Living with Cancer* or if you have questions, please [email](#) the LWC Newsletter editor.

[Ready to Return: Understand Your Rights When Going Back to Work](#)

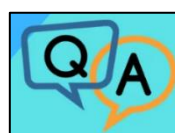
Wed., August 26, 1:00-2:30 pm ET

Presented by [Triage Cancer](#)

Monica Fawzy Bryant, Esq., Speaker



This webinar, led by a cancer rights attorney, will cover topics including: Rights and benefits available under the Americans with Disabilities Act (ADA), the Family and Medical Leave Act (FMLA) and state laws, including how to request reasonable accommodations and take job-protected leave. Tips about disclosing a medical diagnosis and handling interviews if you are changing jobs. [Click](#) to register.



Many people are interested in clinical trials for their type of cancer. You may [click](#) to find a clinical trial at Johns Hopkins Hospital. The [NIH site](#)

also offers a way to search for clinical trials, while they provide info on "[the basics](#)" as well. (NOTE: Many cancer centers will offer a search site for the trials which they offer.) The [American Cancer Society](#) also offers a nice general site about clinical trials.

Looking ahead to September



Scanxiety: Finding Calm in Times of Uncertainty

Wed., Sept 30, 7:00-8:00 pm

Offered by [Hope Connections for Cancer Support](#)

Waiting for scans and test results can be one of the most stressful parts of the cancer journey. This session will explore the emotional impact of "scanxiety" and offer practical coping strategies, mindfulness techniques, and tools to help manage anxiety, navigate uncertainty, and find greater peace during the days leading up to and following scans. For more info, you may email [Stephanie](#).

Many resources, webinars and support group options are on the Resources list. [Click here](#) for a pdf copy with weblinks. You are also invited to view the [2026 Johns Hopkins SKCCC Survivors Day Video](#).

