



Living with Cancer Resources & Support

July 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. The Kimmel Cancer Center at Johns Hopkins is honored to support you along the way ... please enjoy the [2026 SKCCC Cancer Survivors Day Video](#)!

Balancing Work & Cancer: Communicating Effectively [Part 1](#) (Wed July 8) & [Part 2](#) (Wed Aug 5)
 1:00-2:00 pm (time for both sessions)



Speaker: Scott Sinclair, Senior Manager of Programs, Cancer and Careers

Cancer Survivors often face challenges at work, including conversations with coworkers, managers or potential employers – a 2-session **free** webinar will cover your effective communication as well as how to navigate disclosure decisions with confidence. Click for info & to register for [Part 1](#) (and for [Part 2](#)).

PS: For those [in Early Career](#), especially young adults, check out their [info, tips and resources online](#).

Many resources, webinars and support group options are included in the **2026 Resources list**. [Click here](#) for a pdf copy with weblinks.



Apply for a free, private 3-hour summer 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 to [nominate](#) someone (or yourself) for a sail.



[Casting for Recovery](#)

This 2½ day **free** fishing retreat is for **women with breast cancer**, with no experience or equipment required.

Those who apply are chosen by lottery, for Sept 25-27 retreat at [Shepherd's Spring](#), Sharpsburg MD; you must apply by [July 16](#).

Click for more [info](#) or you can call 888-553-3500 or email info@castingforrecovery.org with questions.

[Reel Recovery – for men](#)

Free fly-fishing 2½ day retreats for men (ages 21+) living with all forms of cancer. No experience or equipment is required. [Click on map](#) to find Reel Recovery retreats by date and location. (The [application](#) is also online.) Call 800-699-4490 or email info@reelrecovery.org if you have a question.



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Cancer Transitions: Moving Beyond Treatment®



If you have finished treatment within the past 24 months and are adjusting to survivorship, this free four-week Zoom series may be just for you!

Saturdays, July 11-August 11, 9:00-10:30am

Topics include: Emotional Health, Eating Well and Medical Management beyond Cancer.

Sponsored by [Cancer Support Community](#)

Call 202-659-9709 or [click](#) for info about registration or other details.

HopeWell's Summer Youth Retreat - free!



**A Day of Fun, Friendship and Support
Saturday, July 25, 9:00am-4:30pm**

For ages 5-17, who have an adult loved one survivor, thriver or newly diagnosed with cancer.

Register by **July 10** – [click](#) for schedule, info and registration link. Breakfast, snacks and lunch are provided at their Lutherville, Maryland, [campus](#). P.S. HopeWell Cancer Support offers [many support groups](#), including those [specifically for men](#).

Johns Hopkins Thoracic Cancer Support Group

Friday, August 14, 11am-12noon - *No July meeting*

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.



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 **July** offerings. [Email](#) Margo Calkin to register for virtual mind-body offerings as **Reiki, Meditation and Mindfulness, and Gentle Yoga** (evening sessions are included).



**FREE WIGS FOR
JOHNS HOPKINS
KIMMEL CANCER
CENTER PATIENTS**

Call **410-955-8934** for a consultation appointment – all fittings for the wigs are at the Hopkins Kimmel Cancer Center's East Baltimore location!

Connect with someone who cares!



The **M.A.P.S. [mentorship](#)** program is for adult cancer survivors and caregivers – both of whom may also become mentors to others! If you are seeking support or if you would like to be a trained mentor to someone else, [M.A.P.S.](#) is for

you, sponsored by The Johns Hopkins Sidney Kimmel Cancer Center!



Sign up by scanning the QR, calling 1-877-HOPENET, or at [Hopkins.org/MAPS](#).

**Blood Cancer
United**

[Blood Cancer United's Patient Aid](#) provides patients a one-time \$100 stipend (not based on income) to

help with non-medical expenses like transportation, food, housing, utilities, etc. To learn more, [click here](#) for the application. You may also call 800-955-4572 for more information.

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. You may [email](#) for more information.

**We are here to support you through
thoughtful listening, counsel, assessment
and also 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.