



Hope
Connections
FOR CANCER SUPPORT



PROGRAM CALENDAR

October – December 2025

ALL PROGRAMS
ARE ALWAYS
PROVIDED FREE
OF CHARGE

TWO LOCATIONS, ONE HOPE AND HYBRID

W. Scott Fungler House
10100 Laureate Way
Bethesda, MD 20814
301-634-7500

Carrollton Corporate Center
8201 Corporate Drive, Suite 605
Landover, MD 20785
301-634-7500



Hope Connections for Cancer Support helps people with cancer and their loved ones deal with the emotional and physical toll that comes with a cancer diagnosis. Our facilities are homelike environments where people affected by cancer can escape the clinical setting to connect with and learn from each other. We provide support groups for people with cancer and for caregivers, educational workshops that provide learning opportunities and mind/body classes that help rebuild strength and reduce the high level of stress that comes with a cancer diagnosis. Our programs are available to anyone affected by cancer, **both patients and caregivers**, regardless of the cancer diagnosis, stage of disease, age, economic status, race, religion, sex, sexual orientation, gender identity or where they receive their medical care.

To learn more about Hope Connections for Cancer Support and our programs, visit our website at hopeconnectionsforcancer.org

SUPPORT GROUPS

WEEKLY SUPPORT GROUPS:

- Advanced Cancer
- All Cancers
- Bereavement
- Katherine Linquist Caregiver

BI-MONTHLY SUPPORT GROUPS:

- Breast Cancer
- Young Adults with Cancer

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Gastrointestinal Cancers*
- LGBTQ+ Cancer Group
- Rhonda Oziel (OGCC/Rhonda's Club Founder) Ovarian/GYN Cancers Group
- Prostate Cancer

MIND-BODY CLASSES**

These regularly scheduled classes help reduce stress in the lives of people with cancer and their caregivers.

- Acupuncture
- Chair Yoga
- Connecting with Nature
- Expressive Art
- Expressive Writing
- Functional Movement
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Pilates
- Relaxation & Tranquility
- Strength & Balance
- Tai Chi
- Yin & Restorative Yoga for Wellness

THE BILL HEARL EDUCATIONAL PROGRAM SERIES***

Educational programs and social events open to all.

Presentations ranging from new discoveries in research to nutrition are open to all affected by cancer and caregivers. A reservation is required for all educational programs. If you are new to Hope Connections, contact us at info@hopeconnectionsforcancer.org, or 301-634-7500.

*Caregivers and cancer patients can attend

**All Mind/Body programs are open to cancer survivors and their caregivers

***Educational programs & Social Events are open to all

BETHESDA - Hybrid October – December 2025

PROGRAM DESCRIPTION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details						
SUPPORT	Advanced Cancer Group				Weekly: 2:00-3:00 pm	
	All Cancers Group	Weekly: 6:30-7:30 pm		Weekly: 12:00-1:00 pm		
	Bereavement Group		Weekly: 11:00 am -12:00 pm Weekly: 6:30-8:00 pm			
	Bladder Cancer Group*			Monthly: 3rd, 6:00-8:00 pm		
	Blood Cancers Group*				Monthly: 1st, 6:30-8:00 pm	
	Breast Cancer Group		Bi-Monthly: 1st & 3rd 6:30-8:00 pm			
	Katherine Linquist Caregiver Group				Weekly: 12:00-1:00 pm	
	Gastrointestinal Cancers Group*				Monthly: 4th, 6:30-8:00 pm	
	LGBTQ+ Cancer Group (in partnership with Smith Center)			Monthly: 4th, 6:00-7:00 pm		
	Prostate Cancer Group				Monthly: 1st, 6:30-7:30 pm	
	Rhonda Oziel (OGCC/Rhonda’s Club Founder)	Monthly: 2nd, 12:30-1:30 pm				
	Ovarian/GYN Cancers Group					
	Young Adults with Cancer Group				Bi-Monthly: 2nd & 4th 6:30-8:00 pm	

MIND – BODY (M – B) **	Acupuncture		Monthly: 1st, 12:30 pm			
	Chair Yoga		Weekly: 11:30 am			
	Connecting with Nature					Bi-Monthly: 1st & 3rd, 10:30 am
	Expressive Art			Bi-Monthly: 2nd & 4th 1:30 pm		
	Expressive Writing (starting December 1st)				Monthly: 1st, 2:00-3:00 pm	
	Functional Movement				Weekly: 10:00 am	
	Gentle Yoga	Weekly: 10:00 am & 11:15 am		Weekly: 10:00 am & 11:15 am		
	Guided Meditation					Bi-Monthly: 2nd & 4th 11:30 am
	Hypnosis For Symptom Reduction				Bi-Monthly: 1st & 3rd 10:30 am	
	Katy’s Book Club			Monthly: 1st, 2:00 pm		
	Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
	Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
	Strength & Balance					Weekly: 10:00 am
	Tai Chi		Weekly: 10:00 am			
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

EDU. ***	Life After Breast Cancer: A Surgeon’s Perspective on Survivorship	10/13, 7:00-8:00 pm				
	Expressive Writing as Self Care			10/15, 6:30-7:30 pm		
	Special: Mind-Body Retreat (In-Person Bethesda) Saturday, 11/8, 11:00 am-2:00 pm					
	Death & Dying Conversations: Achieving a Good Death with Chris Palmer	11/10, 6:30-7:30 pm				
	Lung Cancer Update with Dr. Benjamin Levy			12/10, 6:00-7:00 pm		

*Caregivers and cancer patients can attend. **All Mind/Body programs are open to cancer survivors and their caregivers. ***Educational programs and Social Events are open to all.

LANDOVER - Hybrid October – December 2025

PROGRAM DESCRIPTION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details				Closed: November 27 – November 28 & December 25 – January 1		
SUP.	All Cancers Group	Weekly: 6:30-7:30 pm		Weekly: 12:00-1:00 pm		
	LGBTQ+ Cancer Group (in partnership with Smith Center)			Monthly: 4th, 6:00-7:00 pm		
	Prostate Cancer Group				Monthly: 1st, 6:30-7:30 pm	
M – B **	Gentle Yoga	Weekly: 10:00 am & 11:15 am		Weekly: 10:00 am & 11:15 am		
	Hypnosis For Symptom Reduction				Bi-Monthly: 1st & 3rd 10:30 am	
	Pilates	Weekly: 12:30 pm			Weekly: 12:30 pm	
	Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
EDU. ***	Music for Wellness and Connections			10/22, 6:30-7:30 pm		
	I’m a Caregiver, Now What?			11/5, 6:30-7:30 pm		
	Guiding the Way: Practical Lessons from a Cancer Navigator’s Experience	11/17, 6:30-7:30 pm				
	Finding Humor in Grief’s Shadow			12/3, 6:30-7:30 pm		
	Finding Your Joy & Power	12/8, 6:30-7:30 pm				

THE BILL HEARL EDUCATIONAL PROGRAM SERIES DESCRIPTIONS

A reservation is required for all educational programs. If you are new to Hope Connections, contact us at info@hopeconnectionsforcancer.org, or 301-634-7500.

Life After Breast Cancer: A Surgeon’s Perspective on Survivorship Join Dr. Colette Magnant, a retired board-certified breast surgeon with extensive experience in breast cancer, for an empowering talk on breast cancer survivorship. This session will cover what comes after treatment–managing long-term side effects, follow-up care, emotional health, and the fear of recurrence. With expert insight and real patient experiences, Dr. Magnant will offer practical guidance to help survivors navigate life beyond cancer with confidence and clarity.

Expressive Writing as Self-Care A cancer diagnosis and journey can bring up many complicated feelings and emotions. One tool to help navigate, untangle, and reprocess our experiences is expressive writing. Whether you write in the form of journaling, personal essay/memoir, or poetry, having a creative outlet can be a helpful and healing experience! Come join poet and personal essayist and breast cancer survivor, Pam Mathison-Levitt, to learn more about how you can use writing as part of your self-care! All levels welcome.

Music for Wellness and Connections Explore music as a tool for promoting wellbeing, managing stress, and connecting with others. This workshop is designed to empower those impacted by cancer to engage in group-based music experiences for emotional expression, coping and enjoyment. Music Therapist Amanda Rosado will lead us through active listening and song discussion.

I’m a Caregiver, Now What? A practical and compassionate session for those caring for a loved one with cancer. Learn strategies for navigating the healthcare system, managing stress, setting boundaries, and sustaining your well-being as a caregiver.

Mind/Body Retreat Treat yourself to a half day of relaxation, rejuvenation, and sample a variety of mind-body classes! Come to one, two, or all three sessions offered. Lunch will be provided.

Death & Dying Conversations: Achieving a Good Death with Chris Palmer There is an art to dying well that can be taught and learned. While death is inevitable, dying badly is not. Author and end-of-life activist Chris Palmer explains how a good death is achievable.

Guiding the Way: Practical Lessons from a Cancer Navigator’s Experience Using real-world scenarios, we will highlight practical approaches for managing the challenges of hurried physicians, complex treatment options, building an effective care team and addressing emotional and logistical hurdles. By the end participants will be better equipped to support themselves or loved ones more confidently as they face a challenging and complex diagnosis.

Finding Humor in Grief’s Shadow How can humor and grief work hand in hand? We’ll explore how humor provides meaningful relief during the grieving journey. Through art-making–because we are all artists–we’ll honor our experiences while discovering how creative expression and moments of levity can coexist with deep loss. This program is available to everyone (patients/survivors/ caregivers/bereaved) and hope you will join us.

Finding Your Joy & Power It has been proven that attitude can impact your Cancer journey in a positive way. While busy doctors may seem to overlook the power of joy, you can take charge of that, on your own or with friends. Finding your joy will help you exercise your power: your power to speak up when needed, to advocate for yourself, and to keep track of the things that need to be communicated to your medical providers. Cathy Fink & Marcy Marxer, Breast Cancer Survivors and GRAMMY-winning artists, will lead us in a discussion and songs that remind us to find our joy and use our power while living through a Cancer diagnosis.

Lung Cancer Update with Dr. Benjamin Levy A leading oncologist shares insights into lung cancer, touching on its impact, management, and innovations in treatment.

October					November					December				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
29	30	1	2	3	27	28	29	30	31	1	2	3	4	5
6	7	8	9	10	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	24	25	26	27	28	29	30	31	1	2

Special EVENTS

ANNUAL COMMUNITY HEALTH FAIR





SATURDAY, OCTOBER 25
11 AM-2:30 PM

TANGER OUTLETS-NATIONAL HARBOR
6800 Oxon Hill Rd, National Harbor, MD 20745

Save The Date



MIND/BODY RETREAT

Presenting Sponsor: 

Saturday, November 8
11:00 AM-2:00 PM

W. Scott Fonger House
10100 Laureate Way,
Bethesda, MD 20814

This is your chance to treat yourself to a half day of relaxation, rejuvenation, and sample a variety of mind/body programs!

More details coming soon.



GIVING TUESDAY

Give Back on This Universal Day of Giving
December 2

Because no one should face cancer alone.

Make a gift this Giving Tuesday to support our free programs to help people with cancer and their loved ones.

Hope Connections helps anyone coping with cancer through in-person and virtual support groups, mind-body classes, educational programs, and a community of program participants.

OUR STAFF	
Teresa Click Office Manager & Volunteer Coordinator teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS Johnnette Armstrong - Pilates Larry Bricker - Relaxation & Tranquility Yael Flusberg - Guided Meditation Marcela Garro - Functional Movement Judy Goldstein - Expressive Art Tierra Hardin - Acupuncture Marlene Hayman - Katy’s Book Club Pam Mathison Levitt - Expressive Writing Amy Morrison - Gentle Yoga Carole Moskowitz - Pink Ribbon Pilates, and Stretch! Don Pelles - Hypnosis For Symptom Reduction Sherry Steine - Yin & Restorative Yoga for Wellness Charles Votaw - Tai Chi
Elena Gomez-Rey Senior Operations Manager elena@hopeconnectionsforcancer.org	CLINICAL FACILITATORS: Nonie Akman, LCPC Natasha Dotrang, LCSW-C Chester McCoy, LCSW-C Stephanie Stern, LCSW-C Tom Sumser, LCSW-C
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Jill Walling Director of Development jill@hopeconnectionsforcancer.org	

MY STORY

BY: KELLY DOIG

Being diagnosed with brain cancer at age 39, as a working mother of a young child, was completely unexpected and life-changing. One moment I was healthy and active, with a clean bill of health from my annual check-ups, and the next I was facing a seizure, a week-long hospitalization, and a craniotomy just days before Thanksgiving. My world was turned upside down without warning, and I felt completely unprepared and alone.



In those early days, I felt as though I had entered an alternate universe. It was difficult to make sense of why this had happened so early in my life, and I struggled to find others who truly understood. A close friend referred me to Hope Connections, and I quickly joined the “Young Adults with Cancer Support Group.” From the very first meeting, I felt seen, understood, and supported in a way that no medical professional or well-meaning friend could provide.

The group meets twice a month, and the opportunity to connect virtually with peers facing the complex emotional and physical challenges of cancer has been invaluable. As a young adult, cancer can feel incredibly isolating—delaying personal and professional goals, disrupting family life, and creating a sense of being “out of step” with peers. Hope Connections provided a safe space where I could share openly, learn from others, and even find moments of humor through shared experiences and lighthearted conversations.

The group’s moderator, Stephanie, is outstanding. She ensures conversations flow naturally, offers thoughtful guidance, and helps members focus on strategies to support mental and emotional well-being. Her compassion and leadership make each session meaningful, productive, and comforting. Through this group, I have gained strength, encouragement, and a sense of camaraderie that has been essential in my journey.

The group’s members are warm, genuine, and compassionate, and the meetings are a welcoming environment for honest conversation. Because cancer affects not only the body but also the mind and spirit, it is an immense relief to connect with people who truly understand what it means to live with this diagnosis.

My participation in the “Young Adults with Cancer Support Group” has become a crucial part of my mental health care. I cannot imagine going through this experience without the support I have received through Hope Connections. For anyone facing cancer, I wholeheartedly recommend joining a support group—you don’t have to go through this alone, and finding a community that understands makes all the difference.

Annual Giving



We believe that no one should face cancer alone.

That's why we provide free programs of emotional support, education, wellness, and hope to people with cancer and their loved ones.

Whether you're new to Hope Connections or have participated in our programs and would like to "Pay It Forward"...

Help us provide a lifeline with your gift today.

Choose from a variety of ways to give—a one-time or monthly gift, Qualified Charitable Distribution (QCD), a grant from your Donor-Advised Fund (DAF), stocks, 401(k), or other asset.

Donate at [Bit.ly/HCCSDONATION](https://bit.ly/HCCSDONATION), scan the QR code or Call: 301-634-7500



Create a Lasting Legacy

Join our Hope for the Future Society with a gift of \$500 or more.

- With a \$500-\$999 Gift: Your message engraved on a 4"x8" commemorative brick within our "Pathway of Hope" outside our headquarters building.
- With a \$1,000-\$4,999 Gift: Your message added to an 8"x8" brick.
- With a Gift of \$5,000 or More: A metal leaf with your name will be added to the Donor Honor Tree in the lobby of our headquarters.



Join at [Bit.ly/hccsfuture](https://bit.ly/hccsfuture), scan the QR Code or Call Jill at 301-634-7500

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PROGRAM CALENDAR

October – December 2025



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10100 Laureate Way
Bethesda, MD 20814

If you would like to receive program and special event updates, please call **301-634-7500** or e-mail us and give us your contact information. Please indicate if you prefer receiving information via regular mail or e-mail.
Thank you!

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