



Hope Connections

FOR CANCER SUPPORT



PROGRAM CALENDAR

April – June 2026

ALL PROGRAMS
ARE ALWAYS
PROVIDED FREE
OF CHARGE

TWO LOCATIONS, ONE HOPE AND HYBRID

W. Scott Funger 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

MONTHLY SUPPORT GROUPS:

- Bladder Cancer*
- Blood Cancers*
- Gastrointestinal Cancers*
- Lung Cancer
- Prostate Cancer
- Young Adults with 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
- Core & More
- Expressive Art
- Expressive Writing
- Functional Movement
- Gentle Yoga
- Guided Meditation
- Hypnosis for Symptom Reduction
- Katy's Book Club
- Pilates
- Reiki & Energy Healing
- Relaxation & Tranquility
- Sound Baths
- 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 April – June 2026

Closed: Memorial Day, Monday, May 25

*Caregivers and cancer patients can attend. Classes are offered on a weekly, bi-weekly, or monthly schedule.

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* (please call)					
Lung Cancer Group			Monthly: 1st, 6:30-7:30 pm		
Prostate Cancer Group				Monthly: 1st, 6:30-7:30 pm	
Young Adults with Cancer Group				Monthly: 2nd, 6:30-8:00 pm	

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIND-BODY (M-B)**					
Acupuncture		Drop-In Monthly: 1st, 12:30-2:00 pm			
Chair Yoga		Weekly: 11:30 am			
Connecting with Nature					Bi-Monthly: 1st & 3rd, 10:30 am
Core & More			Bi-Monthly: 1st & 3rd 1:30 pm		
Expressive Art			Bi-Monthly: 2nd & 4th 1:30 pm		
Expressive Writing				Monthly: 1st, 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	
Reiki and Energy Healing (starting in May)		Monthly: 3rd, 1:00 pm			
Relaxation & Tranquility					Bi-Monthly: 1st & 3rd 11:30 am
Sound Baths		Monthly: 2nd, 1:00 pm			
Strength & Balance					Weekly: 10:00 am
Tai Chi		Weekly: 10:00 am			
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EDUCATIONAL					
Special: A Breath of Relief: Aromatherapy & Wellness for Recovery Workshop Saturday, 4/18 10:00 am - 1:00 pm (In-Person/Bethesda)					
Glow Through It: Skincare During (and newly after) Chemo and Radiation Treatment (In-Person/Bethesda)					4/24 10:00 - 11:30 am
Special: Breast Cancer Patient Summit Saturday, 5/2, 10:00 am-1:00 pm (In-Person/Bethesda)					
Sound Bath			6/3, 6:30-7:30 pm		
Introduction to Cannabis: Understanding the Benefits	6/22, 6:30-7:30 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 April – June 2026

Closed: Memorial Day, Monday, May 25

PROGRAM DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION – Call for details					
SUP.					
All Cancers Group	Weekly: 6:30-7:30 pm		Weekly: 12:00-1:00 pm		
Lung Cancer Group			Monthly: 1st, 6:30-7:30 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	
Yin & Restorative Yoga for Wellness	Weekly: 7:00 pm				
EDU.***					
Reiki and Energy Healing (Starting in May)			4/29, 6:30-7:30 pm		
Precision Medicine in Gastrointestinal (GI) Cancers			5/13, 6:30-7:30 pm		
Sex After Cancer	5/18, 7:00-8:00 pm				
Eating Healthy/Nutritious Foods on a Budget			6/10, 6:30-7:30 pm		
Death & Dying Conversations with a Death Doula	6/15, 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.

A Breath of Relief: Aromatherapy & Wellness for Recovery Workshop

This workshop is designed to equip you with practical aromatherapy tools to manage stress, boost your mood, and restore inner balance.

Glow Through It - Skincare During (and recently after) Chemo and Radiation Treatment

Glow Through It focuses on skincare during treatment, with special attention to a Korean-inspired seven-step approach adapted for skin that may be more sensitive during chemotherapy or radiation. Naja will cover how to safely use products, how to simplify a routine when needed, and which ingredients to be cautious about during treatment. The goal is to help participants understand how to care for their skin in a gentle, intentional way that supports both comfort and confidence.

Reiki and Energy Healing

Mary Pappas-Sandonas, Reiki Master will guide you through a brief chair-yoga and guided meditation segment to open the body-mind to receive the energy-balancing benefits of Reiki. Reiki is a gentle, complementary, and holistic Japanese energy technique useful for managing stress, pain, nausea, and anxiety while promoting meditative peace, deep relaxation, and overall well-being.

Breast Cancer Patient Summit

Designed for patients to learn from oncologists and other healthcare professionals who will share their knowledge and expertise on diagnosis, treatment, and survivorship. The event offers an opportunity to gain trusted information, ask questions, and connect with experts and others affected by breast cancer.

Precision Medicine in Gastrointestinal (GI) Cancers

This talk will provide an overview of precision medicine in gastrointestinal (GI) cancers, focusing on how molecular profiling and biomarker testing guide personalized treatment strategies. It will highlight the role of targeted therapies and immunotherapy in improving outcomes for patients with GI malignancies.

Sex After Cancer Sexuality is a vital, rich, and pleasurable part of life; and those diagnosed with cancer may experience changes in their sex lives during and after treatment. There are often unique questions and concerns about sex and sexuality that may not always get addressed. Join us as we have a frank and honest conversation, and provide accurate information to help support a safe, healthy, and pleasurable approach to sex after cancer.

Sound Bath Allow yourself this time to slow down, breathe, and settle into a sense of calm and peace. Sound healing is a non-invasive complementary wellness practice that uses specific sound frequencies to promote relaxation and nervous system regulation. Crystal quartz alchemy bowls are made from high-purity quartz crystal combined with trace minerals and elements, producing consistent, sustained tones and vibrations. The sound vibrations may support a parasympathetic (rest-and-digest) response, which can help reduce stress, anxiety, and emotional tension. Many individuals report improved relaxation, reduced mental fatigue, and enhanced emotional well-being following sessions.

Eating Healthy/Nutritious Foods on a Budget This talk will provide practical tips for choosing healthy, nutritious foods while staying within a budget. Participants will learn simple strategies for meal planning, smart grocery shopping, and making affordable choices that support overall health.

Death & Dying Conversations with a Death Doula This talk explores how death doulas support individuals and families in navigating conversations about death, dying, and end-of-life wishes. It will discuss the role of a death doula in providing emotional, practical, and educational guidance during the dying process.

Introduction to Cannabis: Understanding the Benefits We hope you will join us for a presentation on the introduction to cannabis medicine. LEAF411 is a trailblazing nonprofit organization redefining cannabis education and healthcare support. As the first national cannabis nurse helpline and guidance service, we provide trusted, evidence-based information to the public about the safe and effective use of cannabis (marijuana and hemp).

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

Special Events

THE 20TH ANNUAL CELEBRATION OF HOPE GALA

A Tropical Night on Hope Island

PLEASE JOIN US
We are thrilled to invite you to our home in Bethesda, Maryland, for an evening of breezy elegance, generosity, and treasured memories – all for a wonderful cause. Step into a tropical night with vibrant colors and island-inspired details designed to transport you. Enjoy music, themed cocktails, and an unforgettable atmosphere as you hear from inspiring guest speakers, watch compelling mission videos, and have the chance to support our work through paddle raising and bidding on exceptional auction prizes.

Friday, June 5th
Cocktail Party 6:00 - 7:00 pm
Dinner & Program 7:00 - 9:30 pm
After Party 9:30 - 11:00 pm

Festive Attire
To donate or register visit: <https://bit.ly/HopeGala26>

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10100 Laureate Way
Bethesda, MD 20814

PRESENTING SPONSOR
Hope Connections FOR CANCER SUPPORT
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FOR ADDITIONAL INFORMATION, CALL 301-634-7500

REGISTER TODAY

8th Annual
GI Cancer Patient Summit
7.25.2026
10:00 AM – 1:00 PM EST
10100 LAUREATE WAY,
BETHESDA, MD 20814

Disease-specific information and education for patients and families, along with tools for managing their cancer care.

Learn more at bit.ly/GISummit26

GEORGETOWN UNIVERSITY Lombardi Comprehensive Cancer Center
RUSCH CENTER
Hope Connections FOR CANCER SUPPORT

SAVE THE DATE

Hope Connections FOR CANCER SUPPORT

SCOTT OGDEN 22nd ANNUAL DRIVE OUT CANCER GOLF TOURNAMENT

Bethesda Country Club
MONDAY, OCTOBER 5, 2026
PRESENTING SPONSOR: MIKE & AMY AQUILINO

OUR STAFF

Teresa Click
Senior Office & Volunteer Manager
teresa@hopeconnectionsforcancer.org

Elena Gomez-Rey
Director of Operations
elena@hopeconnectionsforcancer.org

Vanessa Homsani
Operations & Program Coordinator
vanessa@hopeconnectionsforcancer.org

Mary K. McCusker
President and CEO
mary@hopeconnectionsforcancer.org

Stephanie Stern, LCSW-C
Program Director
stephanie@hopeconnectionsforcancer.org

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jill@hopeconnectionsforcancer.org

MIND/BODY INSTRUCTORS

Johnette Armstrong - Pilates
Larry Bricker - Relaxation & Tranquility
Tomica Carter - Core & More
Amy Jo DiGiovanni - Sound Bath
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 - Strength & Balance
Mary Pappas-Sandonas - Reiki and Energy Healing
Don Pelles - Hypnosis For Symptom Reduction
Sherry Steine - Yin & Restorative Yoga for Wellness
Charles Votaw - Tai Chi

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NAVIGATING UNCERTAINTY AFTER A CANCER DIAGNOSIS

BY RACHEL RESS, MSW, LICSW



Uncertainty and lack of control are difficult to manage regardless of circumstances. When living with cancer or caring for someone who is, an individual is faced with uncertainty and lack of control countless times throughout the experience. Whether they are waiting for test results to see if treatment is working as hoped, unsure of how side effects might impact them, or struggling to manage daily responsibilities, uncertainty and lack of control can have an immense impact on how they feel. As an oncology social worker, I often hear that managing these two new emotions are the hardest parts of this experience.

The brain resists uncertainty. Human beings crave information, safety, and certainty because it makes us feel in control. Humans have evolved to notice and react to a threat. Our brains are deeply wired to protect us and keep us safe and alive. When we are faced with a threat, part of our brain called the amygdala sets off an alarm system sending a message to the hypothalamus which turns on adrenaline, cortisol, and other hormones so that our body is prepared to respond to the threat. Your heart rate increases, your breathing speeds up, muscles tense, all because your brain is preparing the body to take action. Once the threat has passed, our body returns to its regular state and resumes its normal activities.

But what happens when the threat or stressors are ever-present and don't go away? What if the cancer experience continues to turn on that alarm system in our brain sending signals to our body that something isn't right? The brain's alarm system doesn't just respond to external threats; the alarm system can turn on from thoughts like "I can't handle this" or "Everything is falling apart."

The brain is doing exactly what it is supposed to do - protect itself. But sometimes, that instinct can overrespond. When we understand how the brain is working, we can work with it to help reset the system and care for it when it is perceiving threats. The brain is also an amazing tool that can learn to adapt to stress and notice when we are safe. We can do this through cognitive, mindfulness, and body-based strategies. Identifying thoughts and reframing them, using senses to bring awareness to the present moment, and focusing on breathwork can all help calm the nervous system to turn down the volume on the brain's alarm system. Increasing positive self-talk and self-compassion also supports the brain and can increase feelings of calm.

While a cancer experience creates many external factors that can't be controlled, as an individual, you do have control over how you support yourself and how you respond to the stress. Uncertainty is something that can't be ignored, but it can be influenced by the brain to calm the body and increase a sense of safety and security.

Thank You!

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PROGRAM CALENDAR

April – June 2026



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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info@hopeconnectionsforcancer.org
hopeconnectionsforcancer.org



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