



Hope
Connections
FOR CANCER SUPPORT



PROGRAM CALENDAR

October – December 2026

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 provides support to people who have been diagnosed with cancer, along with their caregivers and those who are grieving the loss of a loved one to cancer. Our services are available to individuals from the time of diagnosis, throughout treatment, and within three years of completing treatment.

We offer support groups, mind-body classes, and educational programs. All our services are professionally facilitated and free of charge. As a nonprofit cancer organization, we are dedicated to providing support and community so that individuals do not have to navigate the stress of a cancer diagnosis alone. All programs are available to anyone affected by cancer regardless of diagnosis, stage, income, race, religion, sex, sexual orientation, gender identity, or where they receive 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*
- Gynecological 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 October – December 2026

Closed: November 26–November 27, December 25–January 1 *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: 6:30-7:30 pm		Weekly: 12:00–1:00 pm	Weekly: 2:00–3:00 pm	
	All Cancers Group					
	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 Monthly: 3rd, 6:30–8:00 pm	
	Gastrointestinal Cancer Support Group					
	Gynecological Cancer Support Group		Monthly: 3rd, 6:30–8:00 pm			
	Lung Cancer Group			Monthly: 1st, 6:30–7:30 pm		
	Prostate Cancer Group				Monthly: 1st, 6:30–7:30 pm Monthly: 2nd, 6:30–8:00 pm	
	Young Adults with Cancer Group					

MIND - BODY (M - B)**	Acupuncture		Drop-In Monthly: 1st, 12:30-2:00 pm Weekly: 11:30 am			
	Chair Yoga					
	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: 2nd, 10:00-11:00 am
	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		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				

EDUCATIONAL	The Role of Physical Therapy & Exercise During and After a Breast Cancer Diagnosis (In Spanish)			10/14, 7:00–8:00 pm		
	Your Oral Health Matters: What to Know During and After Cancer			10/28, 6:30-7:30 pm		
	Special Event: Mind-Body Retreat Saturday, 11/14 ,10:30 am -1:15 pm (In-Person/Bethesda)					
	Mental Fitness: Tools for Navigating Cancer and Beyond			11/18, 6:30–7:30 pm		
	Advanced Directives and Why They are Important			12/9, 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 October – December 2026

Closed: November 26–November 27, December 25–January 1

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 Monthly: 1st, 6:30–7:30 pm		
	Lung Cancer Group					
	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.***	Build Your Personal Advocacy Plan			10/7, 7:00-8:00 pm		
	Your Heart Matters: Cardiac Health During and After Cancer			10/21, 6:30-7:30 pm		
	Radiation Therapy for Gastrointestinal Cancers: What You Need to Know			11/11, 6:30-7:30 pm		
	Social Security Disability Benefits		12/8, 7:00-8:00 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.

Build Your Personal Advocacy Plan Jennifer Stephens, MPH, BCPA, a board-certified patient advocate and wife and caregiver to a stage IV colon cancer survivor, will share tips on advocating for your wants and needs during brief visits without becoming “the difficult patient. She'll also share a framework for communicating, questioning, and partnering with your oncology team, plus a list of free and paid patient advocacy resources. At the end of the talk, you will leave with a personal advocacy plan.

The Role of Physical Therapy & Exercise During and After a Breast Cancer Diagnosis Learn how physical therapy and exercise can support strength, mobility, function, and overall well-being during and after breast cancer treatment. This informative talk will provide practical guidance on staying active, managing treatment-related challenges, and safely incorporating movement into your cancer journey. **This talk will be presented in Spanish.**

Your Heart Matters: Cardiac Health During and After Cancer Join us for an informative talk with an oncologist exploring why heart health matters throughout the cancer journey. Learn about the potential impact of cancer and its treatments on the heart, ways to support cardiovascular health during and after treatment, and important questions to discuss with your healthcare team.

Your Oral Health Matters: What to Know During and After Cancer Join a dentist and periodontist for an informative discussion on protecting your oral health during and after cancer treatment. Learn practical tips for caring for your teeth and gums, managing common oral health concerns, and maintaining a healthy mouth and smile.

Radiation Therapy for Gastrointestinal Cancers: What You Need to Know Join a radiation oncologist for an informative overview of radiation therapy for gastrointestinal cancers. Learn how radiation is used in treatment, what to expect during therapy, and how to prepare for and manage common side effects.

Mental Fitness: Tools for Navigating Cancer and Beyond Living with cancer can bring uncertainty, emotional stress, and an ongoing inner dialogue about how we “should” be coping. In this 60-minute mental fitness webinar, we will explore practical tools from Positive Intelligence to help you recognize and shift the mental patterns that drain your energy.

Social Security Disability Benefits Diana Varela from SSA will speak about Social Security Administration's Concept of Disability, Eligibility requirements for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), Applications and Documentation needed, Appeals Process and What is the Ticket to Work and Work Incentives Program.

Advanced Directives and Why They Are Important Jane Markley is a nurse and healthcare executive with over 45 years of experience in the healthcare industry having worked in direct care, ethics and education. She will discuss Advanced Directives, what they are, and why they are important for everyone. She will also share helpful ways to approach this subject with your loved ones.

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

Special Events

ANNUAL COMMUNITY HEALTH FAIR

SATURDAY, OCTOBER 24

11 AM–2:30 PM

TANGER OUTLETS–NATIONAL HARBOR

6800 Oxon Hill Rd, National Harbor, MD 20745

Save The Date

MIND/BODY RETREAT

Saturday, November 14

10:30 AM-1:15 PM

W. Scott Funger 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 1

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 Senior Office & Volunteer Manager teresa@hopeconnectionsforcancer.org	MIND/BODY INSTRUCTORS Johnnette Armstrong - Pilates Aoife Baxter - Sound Bath Larry Bricker - Relaxation & Tranquility Tomica Carter - Core & More 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
Elena Gomez-Rey Director of Operations elena@hopeconnectionsforcancer.org	CLINICAL FACILITATORS: Nonie Akman, LCPC Natasha Dotrang, LCSW-C Chester McCoy, LCSW-C Stephanie Stern, LCSW-C Torn Sumser, LCSW-C Lindsey Wise, LCSW-C, OSW-C
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Stephanie Stern, LCSW-C Program Director stephanie@hopeconnectionsforcancer.org	
Jill Walling Director of Development jill@hopeconnectionsforcancer.org	

OUR STORY

BY: BRANDY BESEAU & JILL MIZRACHY

We Found Hope. We Found Each Other

Neither of us joined a Hope Connections support group expecting to find a lifelong friend.

We came separately, each navigating breast cancer during one of the most isolating times imaginable- the COVID pandemic. We were at different points in treatment and living very different lives. But in May 2021, our paths crossed at a Hope Connections support group.

We didn't know it then, but that group would be the beginning of a friendship that would reach far beyond cancer. We would share holidays and family milestones, attend weddings, travel, laugh—a lot—and eventually even work together.

Today, we call each other **soul sisters**.

But to understand how two strangers became such an important part of each other's lives, we have to go back to what first brought us to Hope Connections.

Brandy – At 45, I went for a routine mammogram. Then came the words I never expected: breast cancer.

I was facing chemotherapy, radiation, and surgery—all during COVID.

I had wonderful family and friends, but cancer can be deeply personal and isolating. There were things I was feeling that were hard to explain to someone who hadn't experienced them.

I had never been in a support group, but I wanted to learn everything I could—not only about cancer, but about staying physically and emotionally healthy.

Hope Connections became a respite. It was a place where I could show up as my bald, beautiful self. I could be strong when I felt strong and vulnerable when I didn't. No explanation was needed. Everyone understood.

And one of those people was Jill.

Jill – I was working 50 hours a week in corporate America when I was diagnosed with breast cancer.

I was lucky to have a loving, supportive family, but I knew I had a long road ahead—surgeries, chemotherapy, and radiation—and I needed more support.

Through Hope Connections, I found a virtual support group. I was no longer working, barely seeing people, and mostly leaving home for treatments and doctor appointments.

After a few meetings, Brandy asked if anyone wanted to meet in person. I immediately said yes. I needed connection. I needed to feel like more than a cancer patient.

Our Story – When our Hope Connections group ended, our connection didn't.

Over the years, we've shared holidays, celebrations, travel, and some of life's biggest milestones. We've become part of each other's extended families. And, incredibly, our lives eventually crossed professionally, too.

Cancer may have been what brought us to Hope Connections, but it doesn't define the friendship that grew from it.

Had it not been for Hope Connections, we likely never would have met.

That's why we encourage anyone touched by cancer to take advantage of what Hope Connections offers. You may find information, reassurance, a safe place to be vulnerable—or simply a place where you don't have to explain what you're going through.

You never know who you might meet or what that connection might become.

We found Hope Connections because of cancer.

We found each other because of Hope Connections.



Many of us remember the moment cancer changed everything.

The shock. The fear. Feeling alone and lost.

When the world turns upside down, we're here to help them find their way.

And because others have chosen to help, they can get the support they need without worrying about the cost.

Help someone find their way with your gift to Hope Connections.

Make a Gift Today at bit.ly/hccsdonation or scan the QR code.

Questions? Need Help? Contact us at (301) 634-7500 or info@hopeconnectionforcancer.org

Give in a way that works best for you: make a one-time or monthly gift, or give through your IRA, Donor Advised Fund, stocks, or other assets.



Give \$500 or More and Become Part of the Hope for the Future Society

Your leadership gift helps ensure that people facing cancer will continue to find support, strength, and belonging at Hope Connections for years to come. Hope for the Future Society members receive special recognition, invitations to exclusive events, and a commemorative brick in our Healing Garden.

Learn more: bit.ly/hccsfuture

NEW FOR 2026: Take the standard deduction? You may be eligible for an additional charitable deduction of up to \$1,000 for individuals or \$2,000 for married couples filing jointly. Consult with your tax advisor to learn more.

BOARD OF DIRECTORS

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Claudine Isaacs, MD Professor of Medicine and Oncology Associate Director of Clinical Research and Leader of Clinical Breast Cancer Program Georgetown Lombardi Comprehensive Cancer Center	

PROGRAM CALENDAR

October – December 2026



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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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