HopeWell will follow the Baltimore County Public School System’s policy for inclement weather. If schools are closed for the day, HopeWell will be closed. If there is a delay, HopeWell’s regular opening time of 9:00 am will adjust accordingly. If there is an early closure, please call us to find out if your program will be held.

Information can be found online at https://www.bcps.org/status/, on your local radio or television station, or by calling the BCPS status information line at 443.809.5555.

HopeWell’s Winter Weather Policy

It’s Cold and Flu Season!

If you are feeling under the weather, please do take care of yourself and consider staying home to rest. If you do come to HopeWell, you’ll notice hand purifier and facemasks in the house and barn to protect the health of all in our community. Thank you!

### HopeWell’s Programs

HopeWell helps people with cancer and their loved ones find their way through the life-changing impact of a cancer diagnosis. HopeWell’s programs are always offered at no charge!

### New to HopeWell?

Come to a Welcome Meeting Tuesdays at 7:00 pm Thursdays at 12:00 pm

### Something for everyone...

HopeWell offers more than 125 opportunities each month for people coping with cancer to find support, learn and feel better.

- Support groups
- Networking groups
- Programs for children and teens who have a loved one with cancer
- Yoga, Qigong, Exercise & Mindfulness Meditation
- Educational programs with health care experts
- Expressive Arts
- Bereavement groups for adults, kids and teens
- Information and referral services

### Weekly Participant Support Groups

#### For people with cancer
- Weekly Participant Groups are a powerful source of support. Facilitated by licensed mental health professionals, these groups provide opportunities to explore new ways of dealing with the stress of a cancer diagnosis, reduce isolation and feel inspired by others. For people with cancer, learn techniques to be an effective caregiver and take care of yourself at the same time.

#### For family members and significant others of someone with cancer
- Interested participants meet individually with program staff to learn more about these groups. Please call 410.832.2719 for more information.

### OPEN PROGRAMS

These programs are offered on a drop-in basis. No RSVP or pre-registration is required.

#### RSVP REQUIRED

Please call to join these group classes, or write to rsvp@hopewellcancersupport.org.

#### Interested participants meet individually with Program Staff to learn more about this group. Please call 410-832-2719.

### SPEAKER

- **Rosenberg Foundation**

### Special Events

- **It’s Cold and Flu Season!**
- **Thanksgiving Giveaway**
- **Presidents’ Day Holiday**
- **Thanksgiving Giveaway with Thanks to the Rosenberg Foundation**
- **Fairy Garden Teacups**
- **Evening Group**
- **Morning Group**
- **OPEN PROGRAMS**

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<th>SUNDAY</th>
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### Events

- **OPEN PROGRAMS**
- **These programs are offered on a drop-in basis. No RSVP or pre-registration is required.**
- **RSVP REQUIRED**
- Please call to join these group classes, or write to rsvp@hopewellcancersupport.org.
Did you know? . . .

HopeWell offers a variety of support groups for people with cancer, their families, friends and loved ones. All of our groups are facilitated by licensed clinicians, but the support comes from meeting others who truly understand what you’re going through.

Our diagnosis specific groups are all drop-in; please contact a program staff member for more information.

Breast Cancer Group
(open to those with breast cancer)
1st & 3rd Monday, 7 – 8:30 PM

Metastatic Breast Cancer Group
(open to those with metastatic breast cancer)
2nd & 4th Tuesday, 3 – 4:30 PM

Ovarian Cancer Group
(open to those with ovarian cancer)
2nd & 4th Thursday, 7 – 8:30 PM

Lung Cancer Group
(open to those with lung cancer and their support people)
4th Monday, 6:30 – 8 PM

Brain Tumor Group
(open to those with primary or metastatic brain tumors and their support people)
4th Monday, 6:30 – 8 PM

Blood Cancer Group
(open to those with blood cancers and their support people)
4th Tuesday, 6:30 – 8 PM

Pancreatic Cancer Group
(open to those with pancreatic cancer and their support people)
3rd Thursday, 6:30 – 8 PM

Our weekly participant and caregiver support groups are for those who are interested in more ongoing contact and are willing/able to commit to coming regularly.

There is an afternoon offering of an evening offering. These are closed groups; please contact a program staff member for more information.

Art Class: Pouring Paintings
Thursday, February 20, 1:00 – 2:30 PM
Instructor: David Cunningham
Please join us for this never before offered class where we will create designs utilizing the art of pouring paper. We will explore a unique process of applying color without brushes; using the liquid state of color in a variety of applications based on pouring and dripping. This process will allow a new way of moving our paper in relation to gravity. Color can be discovered through veils of tone built in layers. Come share with us this novel opportunity to explore color. All materials will be provided. No experience necessary.
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Pancreatic Cancer Support and Networking Group
Thursday, February 20, 6:30 – 8:00 PM
Facilitator: Veronica Lond-Davis, LCSW-C
This monthly group, specifically for people with pancreatic cancer, is designed to address the unique concerns, challenges and issues of living with this disease. Join us for inspiration, information and support. Adult family members are also welcome.
The Pancreatic Cancer Support and Networking Group is supported by a gift from The Pancreatic Cancer Support and Research Foundation in memory of Tim Fuller.
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Yarn, Needles and Hooks
Monday, February 24, 12:30 – 2:00 PM
Instructor: Wanda Harrison, LCSW-C
Knitting, crocheting and other needlecrafts are rewarding in that they provide a tangible result, but they can also be therapeutic. They provide a focal point, which can lessen stress and anxiety but also make it easier to share what’s troubling you. And repetitive motion may induce a relaxation response similar to that of meditation.

This group provides an opportunity to find and give support, as well as to socialize and share your skills. Bring your current projects, or—if you are new to the craft—come learn from others who can help you get started.

Update on Radiation Oncology: Overview and Side Effects
Wednesday, February 26, 6:30 – 8:00 PM
House Calls speaker: Dr. Fariba Asrari, Radiation Oncologist
Please join us as we welcome Dr. Fariba Asrari, senior radiation oncologist and director of the Johns Hopkins Breast Center at Greenspring Station. Dr. Asrari will provide an update on radiation oncology; discuss various types of radiation treatments and review their side effects, including fatigue. This overview is for those with any type of cancer. There will be ample time for questions as well during this conversational presentation.
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

The Art of Beading: Fairy Garden Teacups
Thursday, February 27, 1:00 – 3:00 PM
Instructor: Patti Campbell, HopeWell Staff
Please Note: Class is limited to 20 participants.
Tap into your “whimsical spirit” and join us to create a magical space in your own Fairy Garden using a teacup and saucer provided by HopeWell. We will provide soil and other items (beads, shells, found objects, etc.) Feel free to bring your own cherished teacup, saucer and special items to add to your project. Consider thinking about a theme in advance and bring theme-related items. No experience necessary. All materials will be provided.
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Sound Meditation – Two Drop-In Groups!
Monday Evenings
February 3, 10, 24
6:30 – 7:30 PM
(2ND CLASS February 17)
Instructor: Patti Campbell, HopeWell Staff
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Zentangle®
Monday, February 3, 1:00 – 2:30 PM
Instructor: Becky Byrouty, COT
Please Note: Class is limited to 15 participants.
Zentangle is a simple, relaxing and fun way to create beautiful abstract designs by drawing structured patterns. Join Becky, a Certified Zentangle Teacher, to learn this step by step method to create something unexpected. Geared toward both the first-time participant and those with previous experience; “Tangling” is calming, reduces stress, improves focus and can build self-confidence.
All materials will be provided. If you are wearing glasses, please bring them.
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Wednesday Evenings
February 5, 12, 19, 26
11:00 AM – 12:00 PM
Instructor: Michele Tsonis, CMT, Group Fitness Instructor
Zigzag practice involves moving meditation, slow, flowing movement in a rhythmic breathing, and a calm meditative state of mind. Michele focuses on stress reduction, stretching and strengthening, with moving meditation to help link body, mind and breath. The class incorporates music to enhance the experience, and helps restore your “chi” or personal energy.

Yoga Nidra
Sunday, February 2, 9, 16, 23
1:00 – 2:15 PM
Instructor: Lee Hoffpenny, RYT
Yoga Nidra, or yogic sleep as it is commonly known, is considered by some to be one of the easiest yoga practices to learn. Unlike traditional Yoga with its fixed poses and postures, participants lie comfortably on blankets/mats or sit on chairs. By the end, many experience deep relaxation and a sense of increased resilience and well-being. Time is allowed to explore and deepen the experience through group sharing and support.

Art and Healing
Tuesdays, February 4 and 18, 2:45 – 4:15 PM
Instructor: Danielle Eicher, MA, ATR-BC, LCPC, LCPT
The process of creating art is inherently therapeutic. Participating in the expressive arts may help you reclaim the creative part of yourself, especially during treatment, when everything is focused on your physical being. Research has documented potential benefits for those living with cancer; including a possible reduction in anxiety, depression and pain.
This class provides a supportive space in which to use a wide variety of art supplies to visually express feelings. Art therapy allows you the opportunity to benefit from creative freedom and discover new ways of healing. No experience necessary.

Qigong
Wednesday, February 5, 12, 19, 26
11:00 AM – 12:00 PM
Instructor: Patti Campbell, HopeWell Staff
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend)

Munch and Learn*
Music’s Healing Power: The Benefits of Music Therapy
Thursday, February 13
Lunch: 12:15 – 2:00 PM
Program: 12:30 – 2:00 PM
House Calls Speaker: Kelly Phair, MT-BC
Please join us for this unique opportunity to learn about and experience the healing benefits of music. Kelly Phair, Music Therapist with Seasons Hospice, will show us ways in which music and music therapy can be incorporated into cancer treatment to help alleviate adverse treatment side effects and provide an overall sense of well-being. She will demonstrate and invite you to participate in this therapeutic process and will offer the chance to take part in a music-facilitated relaxation experience. Come prepared to have fun and participate in this interactive program.

“Light snacks will be provided. You are welcome to bring your own bag lunch.”
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

Coloring the Spaces, Clearing the Mind
Friday, February 14, 11:00 AM – 12:30 PM
Instructor: Patti Campbell, HopeWell Staff
Research has shown that coloring can be relaxing and help focus your mind; participants have shared the following benefits of this group:

• “It’s hard to take time for myself, but when I come to my coloring group, I’m setting aside time that’s just for me.”
• “Focusing on my coloring slows down my breathing and makes me feel calmer.”
• “Sitting and coloring quietly with others gives me the space to let my thoughts flow freely in a way that doesn’t happen during my day-to-day life.”
RSVP@hopewellcancersupport.org (please specify which program(s) you wish to attend).

The Benefits of Music Therapy
Since 1993, it has been our pride and our privilege to create a community for all people with cancer, their families and friends, that encourages an exchange of information, the development of a support system and the presence of hope.

HopeWell Offers a Variety of Support Groups for People with Cancer, Their Families and Friends, and Their Support People
If you have any questions about how HopeWell can help:
Please email us at cancerhelp@hopewellcancersupport.org and we will get back to you.

If you would like to RSVP to a group or class offering:
Please email us at rssvp@hopewellcancersupport.org and specify which program(s) you wish to attend.

HopeWell’s programs are always offered at no charge!