



Support Groups – Diagnosis, Treatment, Survivorship

Are you a cancer patient or survivor? A family member? A caregiver? A friend? You are not in this alone. Our professional facilitators are here to help you navigate the road ahead, to educate and encourage. HopeWell support groups are communities that allow you to connect, share your experiences, and learn ways to cope with your particular cancer diagnosis.



Grief Support – Be With Those Who Know

HopeWell's grief groups offer a safe, supportive, non-judgmental environment in which you can share your feelings and connect with others who truly understand. There is no timeline for grief; the fluctuating levels of pain and loss are real, and your journey is unique. Be with companions who also need to share or just to sit. We also offer activities that invite adults and children into this circle as a family unit.



*"At HopeWell, from day one,
there were no barriers,
no bureaucracy, and no fees.
HopeWell was there for me...
where I was, at that moment...
without questions or hesitation."*

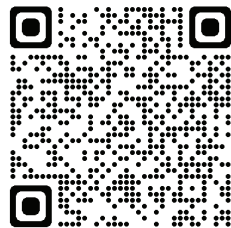
– HopeWell participant

For more information, please contact us:

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info@hopewellcancersupport.org
410-832-2719

10628 Falls Rd, Timonium, MD 21093
(near Meadowood Park and Greenspring Station)

Mailing Address
P.O. Box 755, Brooklandville, MD 21022



HopeWell is here for you.

Our Mission

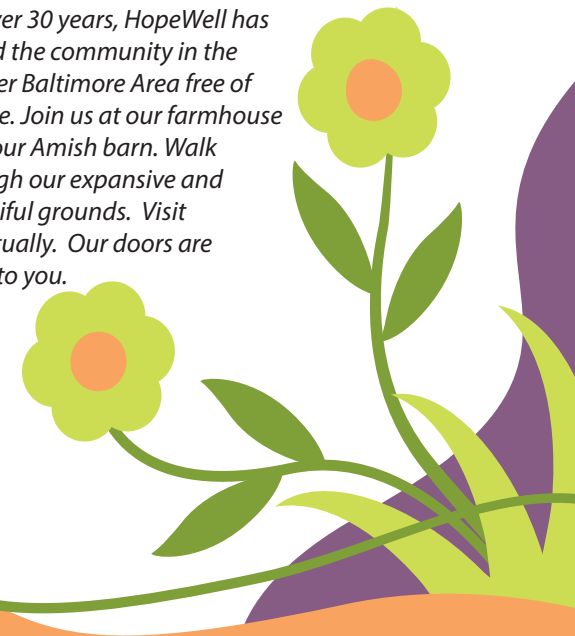
To create a community for individuals impacted by cancer, including family and friends, by providing support and education to empower each person on their journey with healing, resilience, and hope.

Our Vision

To be the premier support resource for individuals impacted by cancer.

How may we help you?

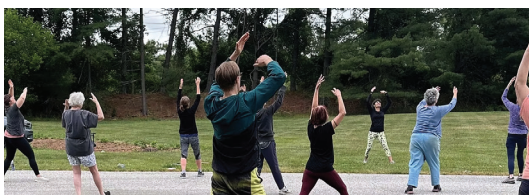
For over 30 years, HopeWell has served the community in the Greater Baltimore Area free of charge. Join us at our farmhouse or in our Amish barn. Walk through our expansive and beautiful grounds. Visit us virtually. Our doors are open to you.





Educational Workshops – Learn From Specialists

How do you cope with the emotional, social, and spiritual challenges that are a real part of living with cancer? Our Speaker Series and Workshops can help. Listen to, learn from, and ask questions of oncology specialists and other subject-matter experts whose goal is to provide you with the tools and information you need within an informal conversational space.



Mind Body Spirit Classes – Reach, Stretch, And Breathe

Need to move? Strengthen and tone? Or relax, visualize, and breathe? HopeWell has a class for you. Our instructors are certified in and passionate about their specialties. We invite you to try a class that encourages you to move, stretch, breathe, and enhance the mind-body connection. Our classes can help you manage stress, improve well-being, and provide you with a sense of community.

Learn the fluid movements of Qigong (seated option available) and Tai Chi. Flow into morning and evening with gentle yoga. Surprise yourself with Strength and Tone classes. Prepare for your best night's sleep with Yoga Nidra. No experience is needed. Come as you are!



Family Circle – Programs For All Ages

The unwelcome presence of cancer impacts every member of the family. HopeWell's Family Circle Program offers an intentional space for mutual support, open discussion, creative exploration, and the development of coping tools.

Facilitated by our certified staff, Family Circle programs provide age-specific activities as well as a welcoming space to gather, share experiences, and build friendships.

Children and Teens Ages 5-17

Feeling and Dealing: A unique program offering children and teens a safe place for self-expression and the opportunity to develop coping skills when an adult loved one has been diagnosed with cancer.

Feeling and Healing: A compassionate program that provides space for creativity, and self-expression for children and teens who have experienced the cancer-related death of an adult loved one.

Adult Loved Ones

Raising Children. Facing Cancer: A supportive group where adults can connect with peers and share the challenges of navigating cancer while raising a family.

Parenting through Grief: A group designed for adults facing the complexities of parenting after the loss of a partner, with space to explore challenges such as isolation, loneliness, and relationship changes.

Whole Family Events

These in-person gatherings invite the whole family to participate in fun, interactive, and supportive activities. Coming together in this way helps reinstate a sense of normalcy and connection that is so important to maintain. At these events, we “hold the space” for families to engage, play, and support one another while balancing life with cancer.

Through participation in Family Circle programs, children, teens, and parents alike find peer support, stress relief, and opportunities for open and direct communication within the family.

Expressive Arts Groups – A Creative Outlet For Your Feelings

These groups use activities such as art, writing, music, and movement to provide safe and supportive ways to explore feelings, reduce stress, and build resilience. Participants can discover new ways to cope, connect with others, and find a sense of relief and empowerment. No experience needed – these groups focus on the process of expression, not the product.

