








LIFE WITH CANCER PROGRAM GUIDE

JANUARY 2024

LOCATION	
	In-Person (masks optional)
	Virtual/Online
	Family Center – 8411 Pennell Street, Fairfax, VA 22031
	Inova Schar Cancer Fairfax – 8081 Innovation Park Drive, Fairfax, VA, 22031
	Fair Oaks Cancer Center – 3580 Joseph Siewick Drive, Lower Level - Suite 005, Fairfax, VA, 22033
	Inova Loudoun Hospital – 44045 Riverside Parkway, North Tower, 1st Floor, Leesburg, VA, 20176
	Inova Alexandria Hospital – 4320 Seminary Road, Alexandria, VA 22304

CATEGORIES

Click on the desired topic below to jump to its various free classes, groups and events.

- **Class or Group Series** (multi-week programs where content builds on the week prior. We ask that you attend the full series for the best outcome.)
- **Education**
- **Education – Nutrition**
- **Fitness & Exercise**
- **Fitness & Exercise – Yoga**
- **Pediatrics – Children, Teen & Parents**
- **Stress Reduction**
- **Support Groups & Networking** (many are specific to cancer/disease-type)

Register for free at events.lifewithcancer.org or scan the QR code





Events are listed in alphabetical order and Eastern Standard Time (EST). Click the class/group title to register unless noted in the description.

CLASS OR GROUP SERIES

●● **Balance for Neuropathy at Fairfax Family Center** – Tuesdays, January 2-30, 1-1:30pm

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength.

● **Compassion Cultivation Training** – Thursdays, January 11-February 29, 2:30-4pm

Over this 8-week series, you will learn practices to support your health, increase self-compassion and self-care, and enhance connections with others. This course is only offered once or twice per year and is only open to people who have completed Mindfulness-Based Cancer Recovery (MBCR). Facilitators: Dr. Sermsak Lolak and Micheline Toussaint, LCSW. To register, please contact the IPOP Coordinator, Kim Lowery Walker, at kimberly.lowerywalker@inova.org.

●● **Good Grief at Fairfax Family Center** – Tuesdays, January 30-March 6, 6:30-8pm

A 6-week series for those who have experienced the death of a loved one from cancer within the last two years. Good Grief aims to give you the opportunity to understand and express myriad grief reactions, while sharing stories of caregiving and our loved one's lives.

**To learn more about the Mind over Matter or Mindfulness-Based Cancer Recovery series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimberly.lowerywalker@inova.org or 703-698-2524.*

EDUCATION

● **Breast Cancer Surgery Pre-Operative (Pre-Op) Class** – Various times (12pm, 1pm or 5pm EST) on January 4, 8, 10, 16 & 25

If you are scheduled for a mastectomy, mastectomy with reconstruction or lumpectomy with reconstruction, this online/virtual, educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator. Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prosthesis and more. Family/friends welcome. [View breast cancer support and networking groups>>](#)

● **Colorectal/Ostomy Surgery Pre-Operative (Pre-Op) Class** – Tuesday, January 2, 5-6pm

This is a monthly virtual pre-op education class for patients scheduled for colorectal surgeries who will likely have temporary or permanent ostomies. Topics include nursing care, complication prevention, nutrition, and living with an ostomy. Have questions? E-mail annabel.anderson@inova.org.

● **Mindfulness-Based Cancer Recovery (MBCR) Drop-In** – Wednesday, January 3, 11am-12pm

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For those that completed the 7-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, LCSW.

● **Need Sleep** – *Tuesday, January 16, 5:30pm-7pm*

Sleep is identified as one of the primary concerns of patients with cancer and caregivers. Learn evidence-based tools for getting back to sleep. For more information, contact instructor Darah Curran, LCSW at darah.curran@inova.org or 703-206-5435.

● **Planning Ahead: Palliative Care & Hospice** – *Tuesday, January 23, 6:30pm-8pm*

James Parker, LCSW-S, ACHP-SW, DCSW, CCM will provide information about the role of palliative and hospice care in improving symptom management and quality of life for those undergoing treatment at all stages of illness. He will also discuss how insurance impacts coverage of these services. Facilitated by Sarah Brooks, LPC.

EDUCATION – NUTRITION

● **Nutrition During Prostate Radiation Treatment** – *Thursdays, 12-1pm*

This class is intended for patients who are about to start or are undergoing radiation therapy for prostate cancer. We will discuss common side effects of pelvic radiation and nutritional strategies for managing them. Opportunity for Q&A at the end of class. [View information on the prostate cancer support group>>](#)

● **Nutrition Recommendations after a Breast Cancer Diagnosis** – *Mondays, 11am-12pm*
(No class January 1 & 15)

Do you have questions about diet and nutrition after a new diagnosis of breast cancer? Join oncology Registered Dietitian, Lauren Fay, to learn correctly interpreted evidence-based recommendations about nutrition and breast cancer to alleviate confusion and stress. [View breast cancer support and networking groups>>](#)

● **Nutrition Recommendations When Receiving Chemotherapy for Breast Cancer** – *Wednesdays, 11am-12pm* (No class January 17)

Do you have questions about diet and nutrition as you start chemotherapy to treat breast cancer? Join oncology Registered Dietitian, Lauren Fay, to learn correctly interpreted evidence-based recommendations about nutrition and breast cancer to alleviate confusion and stress. [View breast cancer support and networking groups>>](#)

● **Survivorship Nutrition** – *Tuesday, January 9, 5-6pm*

Are you familiar with the latest evidence-based recommendations for survivorship nutrition? Registered Dietitian, Kelsey Coulter, will review the latest evidence, and provide ideas and resources on how to adjust your own diet to help decrease the risk of cancer recurrence.

FITNESS & EXERCISE

Note: In January 2024, online fitness classes will transition from the Zoom platform to Microsoft Teams. For any questions, please reach out to lifewithcancer@inova.org.



● **Body Positive Belly Dance** – *Wednesdays, 11-11:45am*

Immerse yourself in the music, rhythms, patterns, and pure joy of Middle Eastern belly dance! Learn shimmies, belly rolls, undulations, isolations, and more as you feel your body getting stronger, more relaxed, and more limber. Belly dance is an amazing workout, a ton of fun, and absolutely beautiful! Wear comfortable clothing and bare feet.

● ● ● **Cardio Drumming at the Fairfax Family Center or Online** – *Thursdays, 11-11:45am – Resuming in February 2024!*

An energetic, full-body workout that's just plain fun! We work on cardiovascular endurance, balance, and perform movements that challenge the brain. Come be part of our supportive community and enjoy this joyful connection with others. Plan to substitute plastic kitchen utensils in lieu of drumsticks or, just use your arms!

● **EZ Tai Chi** – *Wednesdays, 6-6:45pm*

Paired with a Tai-Chi-based warm-up and cool down exercise, EZ Tai Chi addresses the key components of fitness while relieving tension, stress and improving balance. Using the "Harvard Medical School Guide to Tai Chi" protocol, you'll learn 5 easy-to-remember movements that can be practiced at home, work or while traveling.

● **Love the Mat** – *Mondays, 8:30-9am (No class on January 1 & 15)*

Take a different position on strength and join Stacey on the floor for thirty minutes of flexibility and a total body workout. Being able to get down on the floor, on all fours, and on your back is necessary. A good mat or comfy carpet to lie on is essential and weights are optional.

● **Mindfulness in Motion** – *Fridays, 1:30-2:15pm*

Join Life with Cancer's peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear.

● ● ● **Osteoblast at the Fairfax Family Center or Online** – *Mondays, 3-4pm (No class on January 1 & 15)*

This class is the advanced version of Buff Bones. 60-minutes in length, this class will address the mind and body with breathwork and flow from the lower body to the upper body to the floor followed by a cool down. Weight-bearing exercises will be performed. Please have a set of weights or resistance bands that are appropriate for your fitness level (light to medium). Participants must be able to work from the floor. Modifications for various conditions and fitness levels will be provided.

● **Qigong** – *Thursdays, 2-2:45pm*

This class is a specialized program designed to provide support, relief, and healing for individuals recently diagnosed, living with or in recovery from cancer. Qigong (Chi-gong) is an ancient Chinese practice that combines gentle movements, rhythmic breathing, and meditation, and scientific studies have shown remarkable benefits for cancer patients and seniors alike. Moreover, the community aspect of Qigong classes can provide a sense of peace and connectedness, combating feelings of isolation that many experience while dealing with illness.



●●● **Series: Balance for Neuropathy at Fairfax Family Center – Tuesdays, January 2-30, 1-1:30pm**

Work with a Cancer Exercise Certified Personal Trainer to learn how to improve balance and reduce your risk of falls. This is a 4-week series that will help with the fundamentals of posture, balance, and core strength. [View other series>>](#)

●●●● **Stay Strong at the Fairfax Family Center or Online – Tuesdays, 2:30-3:15pm**

Need to build muscle and strength as well as maintain your cardio fitness? Stay Strong is what you're looking for. This all-level class builds muscle and strength by incorporating weights and body weight to get and keep you strong. If joining online, you may substitute water bottles, canned, goods, bags of dried beans, or rice for weights.

●●● **Tai Chi Level 1 & 2 – Wednesdays, 3:15-4:30pm**

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness rather than force and resistance it has been recognized for thousands of years as both a method of self-cultivation and a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, straight posture, and balance. *Tai Chi I – learn basic movements 3:15-3:45pm (30-minute practice). Continue your practice and stay online for Tai Chi Level II – 3:45-4:30pm.*

●●●● **Total Body Conditioning at the Fairfax Family Center or Online – Tuesdays & Thursdays, 10-10:45am**

Designed for all levels, TBC combines aerobic conditioning with strength training and balance elements, to keep your fitness routine fresh. Don't have weights, no problem! Water bottles, body weight, or cans of soup will do the trick.

●●● **Zumba – Tuesdays, 7-8pm**

Zumba combines slow and fast rhythms with resistance training while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, Zumba can help to lift your mood and improve your general sense of well-being.

●●● **Zumba Gold – Fridays, 10:30-11:15am**

Easy-to-follow choreography that promotes balance, range of motion, and coordination. Come prepared to sweat!

FITNESS & EXERCISE – YOGA

●●●● **Chair Yoga at Inova Loudoun Hospital-LWC Suite or Online – Wednesdays, 1-1:45pm**

Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breathwork, and gentle stretches all without the stress of getting up and down off the floor. The chair is used for seated postures and meditation and for greater stability in standing and balance postures. You will also learn techniques to calm the mind and body that can be practiced anywhere. All levels and abilities are welcome.



● **Gentle Yoga** – Mondays, 6:30-7:30pm (No class on January 1 & 15)

Blending gentle movement to increase flexibility and stamina, breath work, and guided relaxation to help restore balance and harmony to your body and mind. You'll learn movements that stretch, strengthen, and relax muscles.

● **Lymphatic Flow Yoga** – Fridays, 9:30-10:15am

Lymphatic Flow Yoga is a moderately-paced class that can increase circulation, and blood flow, and support the lymphatic drainage process. Using a combination of yoga flow, static holds, and gravity, this class is accessible for all levels using props to explore modifications and increase your confidence. Learn more about your immune system and techniques to use in your daily life.

● **Somatic Yoga** – Sundays, 6-6:45pm (No class January 7)

Somatic Yoga is a movement therapy that is accessible to everyone. Many mitigate persistent stress, physical and emotional pain, stiffness, and postural imbalances with this subtle practice. By observing the brain-to-muscle behaviors, we may be able to mindfully re-educate the patterns and have long-lasting and immediate results.

● ● **Yin Yoga at Inova Schar Cancer Fairfax** – Wednesdays, 11:30am-12:30pm

Yin Yoga is a slow and deep practice to open the connective tissues including joints of the hips, legs, and spine. The postures are all practiced on the floor, and the most poses would be held for about 3-5 minutes. The benefits include increased joint health, flexibility, and improved circulation. This class is open for anyone as long as one can get up and down off of the floor. Please bring a mat or towel to be able to lie down.

● **Yoga Nidra Mindfulness Meditation** – Mondays, 1-1:45pm (No class on January 1 & 15)

Experience deeper levels of relaxation with this meditative practice that can be done lying down or seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props.

● **Yoga Sculpt** – Tuesdays, 1-1:45pm (No class on January 23)

Yoga Sculpt combines yoga, light weight training, core work and cardio, for a full body workout. It is designed to help tone and strengthen muscles and improve balance and overall fitness. Have a small towel and water available.

PEDIATRICS – CHILDREN, TEENS & PARENTS

● **On-Demand Movement Classes/Videos** – Available at your leisure!

In partnership with Create Calm, enjoy mindfulness-based movement and yoga ranging from quick 1-minute videos to 20-30-minute videos, in both English and Spanish. Great for the entire family. Visit <https://createcalm.org/classes-trainings/inova-on-demand/>.

● **Where to Start: How to Support your Child After Your Cancer Diagnosis** – Monday, January 22, 11-12am

If you or your partner have been recently diagnosed with cancer, this class will provide information and guidance on how to support your children throughout your cancer journey. You will learn



strategies for engaging your children in conversations around cancer, in addition to learning what to look out for in case your child needs additional support. This is a single educational class that serves as an introduction to the Pediatric Life with Cancer Program and the resources available to support your family. Parents or caregivers are welcome.

● **Young Adults in Treatment Hangout** – Thursday, January 11, 7-8pm

This casual Zoom hangout (for cancer patients ages 16-23) is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can. All are welcome!

For questions or more information about our Pediatric Program, please email LWCpeds@inova.org.

STRESS REDUCTION

●●● **Healing through Art Therapy at the Fairfax Family Center** – Monday, January 8, 1-3:30pm and **Online** – Monday, January 22, 1-3:30pm

Engage in the creative process through art therapy and connect with others. No prior artistic experience is necessary, just a willingness to explore and be part of a supportive, creative community. Consider compiling any of the following materials in preparation for the group: paper and art materials of your choice. Some examples include paint, markers, collage materials (glue, scissors, old magazines), and colored pencils. Facilitator: Jane Woo, MA, ATR-BC.

● **Journaling Group** – Wednesday, January 17, 1-2:30pm

If you have taken a journaling workshop offered by Deborah Ross, then continue the journey with a monthly writing group. Writing prompts from a variety of sources will be offered along with technique refreshers. Each month will have a different theme. *You must have taken a previous writing workshop to attend this drop-in.

●● **Kintsugi: Art of Healing for Bereavement** – Thursday, January 18, 5:30-8pm

Kintsugi is a Japanese art form in which breaks and repairs become part of the object's history. Participants will engage in the Kintsugi process and how it can relate to one's experiences with bereavement. This workshop is *for those who have experienced the death of a loved one from cancer within the last 3 years*. Facilitators: Jane Woo, MA, ATR-BC and Jenna Sangastiano, LPC, CSAC.

● **Meditation & Guided Imagery** – Tuesdays, 11-11:45am

Guided imagery can quickly calm your body whilst relaxing your mind. Gentle stretches, breathwork, and guided meditation deepen your practice. If you don't have props at home, pillows, blankets, and towels can be substituted.

● **Mind over Matter Skills Building Group** – Wednesday, January 10, 5:30-6:30pm

Have you already taken Mind Over Matter and want to keep learning more? Join us for a monthly drop-in skill building group, where we will take a deeper dive into the skills and tools covered in Mind Over Matter. Each month we will practice a relaxation exercise together, discuss our challenges and successes using tools from Mind Over Matter, and explore a skill or tool. This month will focus on ways we can identify thoughts vs. feelings. NOTE: this program is only open to



people who have already completed the Mind over Matter series.

● **Mindfulness-Based Cancer Recovery (MBCR) Drop-In** – *Wednesday, January 3, 11am-12pm*

For those that completed the 7-session Mindfulness-Based Cancer Recovery Program. This monthly meditation group is designed to support continued learning from MBCR Series. Facilitator: Cheryl Hughes, LCSW.

● **Mindfulness in Motion** – *Fridays, 1:30-2:15pm*

Join Life with Cancer's peaceful movement class based on ancient Tai Chi principles. The sequences will involve coordinating slow-flowing movements with calm and deep rhythmic breathing to restore the mind and body to a state of ease. This is a 45-minute moving meditation practice. All fitness abilities are welcome. Please wear comfortable clothing and footwear.

● **Music Therapy** – *Tuesdays, 10-11am*

Music Therapy is the clinical and evidence-based use of music to further development, emotional, physical, and social goals in an individual. Music therapy can help support the physical and psychosocial needs of patients and family members who are dealing with cancer. This weekly group will offer the opportunity to discover how the healing nature of rhythm and sound can be integrated into your cancer experience. Sessions may include music meditation, guided visualization, live improvisation, drumming, toning, song writing and song sensation. No past music experience is necessary, just a willingness to explore and be a part of a supportive, creative community. Facilitator: Raymond Leone, MMT, MT-BC.

● **Series: Compassion Cultivation Training** – *Thursdays, January 11-February 29, 2:30-4pm*

Over this 8-week series, you will learn practices to support your health, increase self-compassion and self-care, and enhance connections with others. This course is only offered once or twice per year and is only open to people who have completed Mindfulness-Based Cancer Recovery (MBCR). Facilitators: Dr. Sermsak Lolak and Micheline Toussaint, LCSW. To register, please contact the IPOP Coordinator, Kim Lowery Walker, at kimberly.lowerywalker@inova.org.

● **Somatic Yoga** – *Sundays, 6-6:45pm (No class January 7)*

Somatic Yoga is a movement therapy that is accessible to everyone. Many mitigate persistent stress, physical and emotional pain, stiffness, and postural imbalances with this subtle practice. By observing the brain-to-muscle behaviors, we may be able to mindfully re-educate the patterns and have long-lasting and immediate results. [View other yoga classes>](#)

● **Sound Bath Meditation** – *Thursdays, 6-6:45pm*

A sound bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sources, including healing instruments such as gongs and singing bowls. From the comfort of your own home, immerse yourself in sound and vibrations that will restore you to a state of ease so you can rest and feel more ready for sleep.

● **Yoga Nidra Mindfulness Meditation** – *Mondays, 1-1:45pm (No class on January 1 & 15)*

Experience deeper levels of relaxation with this meditative practice that can be done lying down or



seated. This meditation is for all levels and no experience is required. Blankets, pillows, and towels may be used as supportive props. [View other yoga classes>](#)

**To learn more about the Mindfulness-Based Cancer Recovery or Mind over Matter series, please contact Kim Lowery Walker, coordinator of the Integrative Psycho-Oncology Program or at kimblery.lowerywalker@inova.org or 703-698-2524.*

SUPPORT GROUPS & NETWORKING *(Groups are facilitated by oncology behavioral health therapists and oncology nurse navigators. Most groups meet monthly.)*

● **Bladder Cancer Group** – Tuesday, January 23, 2-3:30pm

This group serves as a way for the community of bladder cancer patients and their caregivers to connect. Facilitators also offer psycho-education for patients and their families on local and national resources, treatment changes, and clinical trials. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC.

● **Brain Tumor Group** – Wednesday, January 17, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant brain tumors at this monthly meeting. Facilitators: Alicia Gray, MSW, LCSW, OSW-C and Mary Kay Mecca, BSN, RN, OCN.

● **Breast Cancer Group, Advanced-Coalesce 1** – Monday, January 8 & 22, 12-1pm

This support group is for any patient living with metastatic breast cancer. Join us to meet with women of all ages to share life's joys and sorrows. Facilitator: Kim Lowery Walker, LCSW.

● **Breast Cancer Group, Young Adults, Metastatic** – Tuesday, January 2 & 16, 5:30-7pm

Young adults in their 20s, 30s and 40s with metastatic breast cancer are invited to meet with others in a supportive environment to learn how to best navigate survivorship. Facilitators: Maureen Broderick, LCSW, OSW-C and Kaitlyn Hegarty, BSN, RN, OCN, CBCN. If attending for the first-time, please call Maureen Broderick at 703-391-4180 or Kaitlyn Hegarty at 703-391-3673.

● **Breast Cancer Group, Young Women, Non-Metastatic** – Monday, January 9, 6:30-8pm

Women in their 20s, 30s and 40s with non-metastatic breast cancer are invited to meet with others to gather information and learn how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC, and Jenna Sangastiano, LPC.

● **Breast Cancer Support Group, Stage 0-3** – Tuesday, January 16, 5:30-7pm

This group is for women diagnosed with stage 0-3 breast cancer, up to 2-years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Facilitators: Karen Sachse, MSN, RN, CNS-BC and Jenna Sangastiano, LPC, CSAC.

● ● **Breast Cancer Support Group, Stage 0-3 at the Fairfax Family Center** – Tuesday, January 23, 6-7:30pm

For women with stage 0-3 breast cancer who are no more than 2-years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. Facilitators:

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Rebecca Berley, LCSW and Nina Neill, MD.

● ● **Breast Cancer Support Group, Stage 0-3 at Inova Loudoun-LWC Suite –**

Thursday, January 4, 5:30-7pm

For women diagnosed with stage 0-3 breast cancer who are no more than 2-years out of active treatment. Facilitators: Barbara Legnini MSW, LCSW and Christine Stone RN, MSN, OCN.

● **Breast Cancer Support Group, Triple Negative – Wednesday, January 23, 5:30-7pm**

Provides a safe space to connect with others about the experience of having triple negative breast cancer. Facilitators: Kelly Conen-Jablonski, LCSW and Laura Kaminski, BSN, RN, OCN, CBCN.

● **Breast Cancer Support Group, Weight Management After BC – Tuesday, January 9, 6-7pm**

Achieving a healthy weight after your diagnosis and treatment for breast cancer can be challenging. Meet with others who share a similar challenge, learn strategies, and gain support to help you achieve your goals. Facilitator: Lauren Fay, MPH, RD-AP, CSO, CNSC.

● **Breast Cancer Support Group, Women's Survivorship – Thursday, January 11, 6-7pm**

Your cancer treatment is done, now what? This group is designed to help you gain insight and balance in your life through discussion, problem-solving and various modalities so that you can go from "surviving" to "thriving". This group is intended for women who have completed breast cancer treatment and/or are on maintenance therapy. Facilitators: Sarah McHale, MSW, LCSW, OSW-C and Christine Stone, RN, MSN, OCN.

● **Carcinoid/Neuroendocrine Cancer (CACSNET) Support Group – Saturday, January 13, 10am-12pm**

Meet with other patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting for those with carcinoid tumors, a type of neuroendocrine tumor. For more information and to register, please email cacsnets@gmail.com.

● **Caregiver Connection – Monday, January 8, 7-8:30pm and Wednesday, January 24, 5:30-7pm**

Caregivers are invited to meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Jan. 8 Facilitators: Durene LeFlouria, MSW, LCSW and Rebecca DiPatri, BSN, RN, OCN. Jan. 24 Facilitators: Karen Archer, MSW, LCSW, OSW-C and Mary-Kay Mecca, RN, BSN, OCN.

● **Colorectal Cancer Support Group, Advanced Stage – Thursday, January 18, 6-7:30pm**

This support group is for any patient living with metastatic colorectal cancer; family caregivers may attend as well. Join us as we explore how to live well with an advanced cancer diagnosis and cope with associated challenges. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C and Annabel Anderson, MSN/MPH, RN.

● **forGing ahead (Gastrointestinal Cancer Group) – Thursday, January 4, 6-7pm**

Provides support to patients diagnosed with Stage 0-3 gastrointestinal cancers (anal, colon,



esophageal, gallbladder, liver, pancreatic, rectal, stomach). Facilitator: Anna Harkins-Joseph, LCSW.

● **Gynecologic Cancer Support Group** – *Wednesday, January 24, 5:30-7pm*

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to this monthly group to share experiences and learn from one another. Facilitators: Leigh Ann Caulkins, LCSW and Emily Hirsch, BSN, RN, OCN.

● **Head and Neck Cancer Group** – *Wednesday, January 10, 5:30-7pm*

This support group is open to patients, survivors and loved ones impacted by a diagnosis of head and neck cancer. Join us to connect with and learn from one another while discussing the challenges of diagnosis, treatment, and survivorship. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C and Zenaida Ferguson, RN, BSN.

● **Just for the Guys Support Group** – *Thursday, January 18, 6-7:30pm*

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. Join us in a place where you will be among brothers who truly understand. Note this group is for men with cancer not caregivers. Facilitator: David McGinness, LCSW.

● **Leukemia & Lymphoma Support Group** – *Wednesday, January 10, 10-11:30am*

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. The group's format is open discussion of such topics as coping with uncertainty and treatment side effects, alleviating anxiety, and expressing the many reactions to a cancer diagnosis. Group meets monthly, alternating between in-person and Zoom/online. Facilitators: Sarah Brooks, LPC and Jillian Powers, RN, BSN.

● **LGBTQ+ Virtual Cancer Group** – *Tuesday, January 9, 5-6pm*

This virtual group is for individuals living with cancer or survivors who identify as members of the LGBTQ+ community. Our monthly meeting is a safe, inclusive space for LGBTQ+ individuals to connect, build community, and process together. Facilitator: Kat O'Donnell, LCSW (they/she).

● **Living Well with Advanced Cancer** – *Thursday, January 11 & 25, 1-2:30pm*

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Meets the 2nd and 4th Thursday of each month. Facilitators: Karen Archer, MSW, LCSW, OSW-C and Kaitlyn Hegarty, RN, BSN, OCN.

● **Lung Cancer Support & Education Group** – *Tuesday, January 9, 6-7:30pm*

Join other patients, survivors, family members, and friends to discuss the challenges of living with lung cancer and its treatments. Facilitator: David McGinness, MSW, LCSW, OSW-C.

● **Melanoma Support Group** – *Thursday, January 4, 6:30-8pm*

Patient and family members are invited to come together to discuss the challenges, and experiences following a Melanoma diagnosis. Facilitators: Keela Lowry, MSW and Maryann Fix, RN.

● **Multiple Myeloma Group** – *Tuesday, January 16, 12-1:30pm*

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This month's group will be held online/virtually and is designed for patients and caregivers to get together to discuss, learn, and share the challenges of living with multiple myeloma. Facilitators: Darah Curran, LCSW and Rebecca H. DiPatri, BSN, RN, OCN. Co-sponsored with the Leukemia & Lymphoma Society.

● **Myelodysplastic Syndromes (MDS) Support Group** – *Saturday, January 13, 10:30am-12pm*

A patient-led support group open to all individuals affected by MDS. The objective for this group is to provide patients, caregivers and families a safe place to cope with the emotional aspects of MDS, to share with others their feelings and challenges and to hear from local MDShealthcare professionals. Please register with Brian Anderson at brian.s.anderson65@gmail.com or call 703.984.9379.

● **Pancreatic Support Group** – *Wednesday, January 3, 1-2:30pm*

Join us as we explore ways to learn to live with pancreatic cancer and the many questions and challenges that come along with diagnosis and treatment. For patients only. Facilitators: Carolyn Leonard, MSW and Mary-Kay Mecca, RN, BSN, OCN.

● **Prostate Cancer Support/Education Group** – *Thursday, January 11, 6-7:30pm*

This monthly group provides an opportunity to share and learn from other survivors both in and out of treatment. Spouses/partners/loved ones welcome! Facilitator: David McGinness, MSW, LCSW, OSW-C.

●● **Series: Good Grief at Fairfax Family Center** – *Tuesdays, January 30-March 6, 6:30-8pm*

A 6-week series for those who have experienced the death of a loved one from cancer within the last two years. Good Grief aims to give you the opportunity to understand and express myriad grief reactions, while sharing stories of caregiving and our loved one's lives.

● **Sexual Health - Get your Groove Back: Sexuality & Sensuality After Cancer Diagnosis for Women** – *Thursday, January 25, 12-1pm*

This group is open to women who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) and Jennifer Bires, MSW, LCSW, OSW-C (she/her).

● **Sexual Health - Sex and Cancer for Men: A Group for Exploring Sexuality and Sensuality After a Cancer Diagnosis** – *Thursday, January 18, 12-1pm*

This group is open to men who have been diagnosed with cancer. Join us to discuss the impact of cancer on sexual health, share how cancer has affected your sexuality, connect with others who have similar experiences, and learn from each other. Facilitators: Lauren Broschak, MSW, LCSW, OSW-C (she/her) and Jennifer Bires, MSW, LCSW, OSW-C (she/her).

● **Spirituality Quest** – *Tuesday, January 9, 10:30-11:30am*

Guiding Lights: Are you growing weary of the cold, dark days of winter? Come spend some time reflecting on who or what can be your guiding light as you move into the new year. "There is always



light. If only we're brave enough to see it. If only we're brave enough to be it." –Amanda Gorman.
Facilitator: Rev. Caroline Bass, M.Div., BCC.

● **Survivorship Support Group, Stage 0-3** – Wednesday, January 10, 6:30-7:30pm

Safe space for stages 0-3 survivors with any diagnosis to come together and share their experiences in survivorship and support one another. Facilitators: Molly Harden, MSW and Eva Ruiz Olivares, BSN, RN.

● **Young Adult Group** – Thursday, January 25, 7-8pm

This is not your grandmother's support group! We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people with cancer in the 18-39 age range. Facilitators: Kelly Conen-Jablonski, LCSW and Mythri Mudireddy, MD.

● **Young Adults in Treatment Hangout** – Thursday, January 11, 7-8pm

This casual Zoom hangout (for cancer patients ages 16-23) is a safe place to connect with other teens and young adults with cancer to share, listen, support one another, and make friends. Drop-in when you can. All are welcome! For more information, contact jemma.stratton@inova.org.

REMINDERS

- *Registration is required, unless noted in the descriptions. Registration enables us to appropriately plan for materials, send you Zoom details for online/virtual events and contact you in case the class is cancelled or postponed.*
- *If you cannot attend a class/group for which you are registered, please cancel your registration as soon as possible.*
- *Registration closes for a class or group 3pm the day prior, Monday-Friday. If an event falls on Monday, registration closes Friday at 3pm.*
- *Zoom links may be accessed 1-hour before class or group begins by logging into your account and clicking on "My Account" > "My Classes." An email reminder will also be sent at this time.*
- *Please check your Junk Mail or SPAM folder for class or event invitations.*
 - *If you are creating a new account / signing up, please ensure you verify your email to receive notifications (registration confirmation, links for virtual/online classes, etc.)*
- *Colored circles indicate virtual or in-person and the location. View color key.*

Register for free at events.lifewithcancer.org or scan the QR code



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OTHER LIFE WITH CANCER SERVICES AT NO-COST

- **Therapeutic & Art Therapy/Counseling - One-on-One, Couples and Pediatrics**
- **Nutrition Counseling**
- **Nursing Consultation / Navigation**
- **Fitness Consultation**
- **Oncology Psychiatry:** *fee-based services usually covered by health insurance. Accepting adults in-treatment with Inova.*
- **Massage & Acupuncture** *for patients in-treatment with Inova. Reduced cost massages of \$70/session are available for all other patients and caregivers. Acupuncture is also available for patients experiencing side effects from treatment within the last 12-months.*
- **Energy Therapy**

To receive news on upcoming Life with Cancer events and resources,
[click here to sign up for the weekly LWC e-newsletter](https://lifewithcancer.org/subscribe) at lifewithcancer.org/subscribe.

Need help or have questions? We're here for you.

Please contact lifewithcancer@inova.org or call 703.206.5433(LIFE).

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Interpreter Services are available at no cost to you. Please let our staff know of your needs for effective communication.

Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.

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