



# GW Cancer Center Events and Support Groups



## April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Yoga 6:00 – 7:15PM				
19	20	21	22	23	24	25
Young Adult Cancer & Caregiver 5:00-6:30pm		Multiple Myeloma Support Group- 12:30 - 1:30PM Yoga 6:00 – 7:15PM	Caregiver Group 12:30 - 1:30PM	Prostate Cancer Support Group 12:30 - 1:30PM	Coping with Cancer and COVID-19 12:30 – 1:30 PM	
26	27	28	29	30		
		Metastatic Breast Cancer Group 12:30-1:30PM Yoga 6:00 – 7:15PM	Head and Neck Group 12:30-1:30PM			

All groups are free and open to anyone in the metropolitan DC area. Groups will be held online over Zoom. Please RSVP by emailing [vtripp@mfa.gwu.edu](mailto:vtripp@mfa.gwu.edu) for guidelines and to get registration information.

**Caregiver Support Group:** The Caregiver support group is a place to share common concerns, get and give advice, and learn coping skills. It is open to all people who are supporting a person with cancer. RSVP for group guidelines and registration information.

**Gentle Yoga:** In an effort to protect our community as best as we can, **we are requiring you to register for every program you would like to participate in. That includes each individual session of each program, e.g. Gentle PM Yoga each week.** You may register online at [smithcenter.org/programs-retreats-calendar](https://smithcenter.org/programs-retreats-calendar) or by emailing [carla@smithcenter.org](mailto:carla@smithcenter.org)

On the day of your program, you will receive an email from [carla@smithcenter.org](mailto:carla@smithcenter.org) with a Zoom link and password to enter the program. Only the program host, your facilitator, can begin the video or phone conference. Participants may choose to participate via phone or webcam, at the discretion of the facilitator. Programs will continue to begin and end at their scheduled times.

If you have any issues with the information you receive or in trying to participate in Zoom programs, please contact Carla at [carla@smithcenter.org](mailto:carla@smithcenter.org).

**Head and Neck Group:** This group includes patients/survivors and caregivers. The group convenes on a monthly basis and will incorporate education lectures coupled with emotional support. RSVP for group guidelines and registration information.

**Metastatic Breast Cancer Group:** The advanced breast cancer group is open to patients with stage 4 breast cancer. Share common concerns, fears, and coping strategies with others facing advanced breast cancer. RSVP for group guidelines and registration information.

**Multiple Myeloma Group:** The Multiple Myeloma group is open to patients/survivors and their caregivers. Speakers are present at some meetings to provide education and offer support. RSVP for group guidelines and registration information.

**Prostate Cancer Group:** The Prostate cancer support group is open to patients and survivors. RSVP for group guidelines and registration information.

**Young Adult Cancer and Young Adult Caregiver Meet-Up and Support Group:** The young adult groups are specifically designed for those people ages 19-39 who are currently in treatment or have been treated for cancer and their caregivers. It is held online during this time. Please [Register for 4/19 here](#).

**Coping with Cancer and COVID-19:** This group is open to patients and caregivers. We know that the past couple of weeks have brought a lot of stress and uncertainty. Come together and share any concerns, fears, and coping strategies with others feeling the weight of the pandemic.