

Cancer Support Groups and Survivors' Classes

Cancer Support Groups

The Swedish Cancer Institute offers a variety of support groups. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is facilitated by an experienced Swedish Cancer Institute support group facilitator and are open to all people in the community. Please call **206-540-0477** for more information. We offer the following groups for all patients and caregivers, whether you are receiving care at Swedish Medical Center or at another cancer center in the community.

Living with Cancer Support Group

A group for those living with any type of cancer. Meets weekly on Thursdays, 1:30-3 p.m., **Swedish/First Hill**

Caregivers Support Group

A drop-in group for caregivers. Meets weekly on Thursdays, 1:30-3 p.m., **Swedish/First Hill**

Gynecological Cancers Support Group

A group for women with gynecological cancers. Meets weekly on Tuesdays, 10:30 a.m.-noon., **Swedish/First Hill**

Prostate Cancer Educational Support Group

Meets the third Thursday of the month, 8:30-9:30 a.m. in the Swedish Cancer Institute A-floor West. For more information, please call Leo Ward, prostate cancer survivor, at **425-957-7440**, **Swedish/First Hill**

Oral and Head & Neck Cancer Support



Support for People with Oral and Head and Neck Cancer, Inc. (SPOHNC), hosts monthly meetings to offer information, support and encouragement to newly diagnosed oral and head and neck cancer patients, survivors, family members and friends. The group meets the third Thursday of each month from 6-7:30 p.m. in the 1 East Conference Room at Swedish/First Hill, 747 Broadway in Seattle. SPOHNC is a patient-directed, self-help organization that was founded by an oral cancer survivor. It is a nonprofit organization dedicated to meeting the emotional, physical and humanistic needs of patients and their caregivers. For information, please contact Joanne Fenn at 206-215-1770 or joanne.fenn@swedish.org, or Susan Vetto, RN, BC at 206-341-1720 or susan.vetto@vmmc.org, **Swedish/First Hill**

Cancer Survivors' Classes

The Swedish Cancer Institute offers a few classes specific to cancer survivorship. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is facilitated by an experienced class facilitator and is open to all people in the community.

The Anticancer Lifestyle

Explore recent findings on ways to increase your resistance to cancer with health educator Carol Robl. Learn how to create an anti-cancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional wellbeing. Please call **206-386-2502** to register for the next available session.

ABC — After Breast Cancer: What's Next?

An eight-week group for women who are preparing to live life after breast cancer treatment. Advance registration is required for this group. Please call **206-386-2502** to register.

2013 DATES:

Swedish/First Hill: Wednesdays, 4:30-6 p.m. Winter: Jan. 9-Feb. 27 Spring: March 20-May 8 Fall: Sept. 25-Nov. 13	Swedish/Edmonds: Thursdays, 4:30-6 p.m. Winter: Jan. 10-Feb. 28 Spring: March 21-May 9 Fall: Sept. 26-Nov. 14
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ACT — After Cancer Treatment: What's Next?

An eight-week group for all patients who are preparing to live life after cancer treatment. For more information on this group, please call **206-386-2502**.

2013 DATES:

Swedish/First Hill: Tuesdays, 4:30-6 p.m.
Winter: Jan. 8-Feb. 26
Spring: March 19-May 7
Summer (*4-week sessions available during the summer months*): June 4-25 and July 16-Aug. 6
Fall: Sept. 24-Nov. 12

Creative Expression

Art Therapy: An Approach for Healing

Art therapy is a confidential, supportive and individualized experience for visually and verbally examining health issues through self-exploration. Prior art experience is not a requirement. Appointment necessary. For more information, call **206-215-6178**.

A-floor West, Cancer Education Center
Ongoing weekly sessions, by appointment only
9 a.m.-5 p.m.

Swedish/First Hill

Healing Arts Group

Experience the healing benefits of art-making in a supportive setting. This drop-in art therapy group is open to cancer patients, their family members and caregivers. No experience or confidence in art-making necessary. All materials provided. Questions? Please call **206-215-6178**.

True Family Women's Cancer Center Healing Forum
Thursdays (ongoing), 10 a.m.-noon

Swedish/First Hill

Knit for Life™

This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers during treatment and recovery. It provides a supportive environment for beginning and experienced knitters. All materials are provided. For more information, call **206-386-3200**.

Swedish/First Hill:

Swedish Cancer Institute, First-floor Lobby
Thursdays (ongoing), 1-3 p.m.

Swedish/Issaquah:

Medical Office Building Main Lobby, in front of the fireplace
Mondays (ongoing), 1-3 p.m.



SWEDISH
CANCER INSTITUTE

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