Cancer Support Groups and Education

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 led by an experienced Swedish Cancer Institute support group facilitator and is open to all patients and caregivers, whether you are receiving care at Swedish Medical Center or another cancer facility in the community.

**Living with Cancer Support Group**
A group for those living with any type of cancer.

- **Swedish Edmonds:** Radiation Oncology Building, second floor conference room 1-2:30 p.m., every first and third Wednesdays of the month For more information, please call 425-673-8328.
- **Swedish First Hill:** Arnold Pavilion, A-Floor West, Tesh Conference Room A & B 1:30-3 p.m., every Thursday For more information, please call 206-386-3228.
- **Swedish Issaquah:** Second Floor Conference Room Center 10-11:30 a.m., every second and fourth Tuesdays of the month For more information, please call 425-313-4224.

**Caregivers Support Group**
A drop-in group for caregivers.

- **Swedish Edmonds:** Radiation Oncology Building, second floor conference room 1-2:30 p.m., every first and third Wednesdays of the month For more information, please call 425-673-8328.
- **Swedish First Hill:** Arnold Pavilion, A-Floor West, Tesh Conference Room C 1:30-3 p.m., every Thursday For more information, please call 206-386-3228 or 206-215-3659.

**Gynecological Cancers Support Group**
A group for women with gynecological cancers.

- **Swedish First Hill:** Arnold Pavilion, A-Floor West, Tesh Conference Room C 10:30 a.m.-noon, last Tuesday of each month For more information, please call 206-386-3228.

**Prostate Cancer Educational Support Group**

- **Swedish First Hill:** Arnold Pavilion, A-Floor West, Tesh Conference Room C 8:30-9:30 a.m., every third Thursday of the month For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440.

**ACT — After Cancer Treatment: What’s Next?**
A six-week group for all patients who are preparing to live life after cancer treatment. For more information on this group, please visit www.swedish.org/cancer.

**ABC — After Breast Cancer: What’s Next?**
A six-week group for women who are preparing to live life after breast cancer treatment. Advance registration is required for this group. Please call 1-800-SWEDISH (1-800-793-3474) to register.

**2016 DATES:**

- **Swedish First Hill:**
  - Winter: Jan. 27-March 2
  - Spring: March 29-April 27
  - Summer: June 15-July 20
  - Fall: Sept. 28-Nov. 2
- **Swedish Edmonds:**
  - Winter: Wednesdays, Jan. 20-Feb. 24
  - Spring: Thursdays, March 24-April 28
  - Fall: Thursdays, Sept. 15-Oct. 20
- **Swedish Issaquah:**
  - Winter: Jan. 20-Feb. 24
  - Summer: June 30-Aug. 4

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Creative Expression Programs

**Art Therapy: An Approach for Healing**
Art therapy is a combination of counseling and expressive arts and can help you reduce stress, increase self-awareness, explore feelings and build positive coping skills. Sessions are confidential, supportive and individualized. No experience or confidence in art-making necessary. All materials provided. Please call 206-215-6178 to make an appointment.

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.


- **Swedish First Hill**
  - True Family Women’s Cancer Center, Healing Forum, fifth floor 8 a.m.-noon, Thursdays

(over)
Knit for Life
This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for beginners and experienced knitters. All materials are provided. For more information, call 206-386-3200.

- **Swedish Edmonds:**
  Swedish Cancer Institute, first floor lobby
  Noon-2 p.m., Tuesdays

- **Swedish First Hill:**
  Swedish Cancer Institute, first floor lobby
  1-3 p.m., Thursdays

- **Swedish First Hill:**
  True Family Women’s Cancer Center, Healing Forum, fifth floor
  10 a.m.-noon, Wednesdays

- **Swedish Issaquah:**
  Medical Office Building, main lobby, in front of the fireplace
  1-3 p.m., Mondays

Music and Wellness
Music Therapy uses the fundamental components of music such as rhythm, melody, tempo, and pitch to improve activities of daily living, reduce anxiety and stress, and support rehabilitation needs. Explore simple music exercises that can change your mood, improve coping skills, and enhance memory and organizational skills. No music confidence or prior experience required. For more information, call 206-386-3200.

- **Swedish First Hill:**
  True Family Women’s Cancer Center, Healing Forum, fifth floor
  Winter: 4:30-8:30 p.m., Thursdays, Jan. 15-Feb. 19
  Spring: 4:30-8:30 p.m., Thursdays, April 15-May 14
  Summer: 4:30-8:30 p.m., Thursdays, July 9-Aug. 13
  Fall: 4:30-8:30 p.m., Thursdays, Oct. 8-Nov. 12

- **Swedish Issaquah:**
  Winter: 10 a.m.-noon, Wednesdays, Jan. 21-Feb. 25
  Spring: 10 a.m.-noon, Wednesdays, April 15-May 20
  Summer: 10 a.m.-noon, Wednesdays, July 15-Aug. 19
  Fall: 10 a.m.-noon, Wednesdays, Oct. 14-Nov. 18

Edmonds – Bereavement Support Services
Swedish is delighted to offer our Edmonds-specific bereavement support services. If you have any questions about the program or would like to register for a group, please contact the bereavement coordinator, Kathy Albin, at 425-640-4404 or kathy.albin@swedish.org.

**The Early Days of Grief**
This monthly drop-in group is for those who are in the first year of their mourning after the death of a loved one. It will provide an overview of grief responses and coping ideas. This class is held in Auditorium C, fourth floor.

**Ongoing Grief Support Group**
Offered two times a month, this group does not require registration. You may attend once, or as often as you wish, for as long as two years. The class is held at The Center for Healthy Living, Lynnwood.

**Journey of Grief Support Group**
This six-week support group provides a safe, confidential time and place for people to learn about grief and loss after the death of a loved one. Please call 425-640-4404 to register and for room locations.