



Sudden Cardiac Arrest Survivors Group

Swedish Center for Cardiovascular Wellness hosts a monthly support group for Sudden Cardiac Arrest Survivors. This group is for those who have experienced Sudden Cardiac Arrest and who wish to discuss topics related to cardiac arrest, to find meaning in what a person endures during and after a cardiac arrest, and to meet and talk with others who have gone through this life-threatening, life-changing experience. Unlike other heart-related problems, cardiac arrest is unique, because those who have gone through it understand that they faced mortality and may have not memory of the event.

The group is facilitated by Suzan Rood Wilson, LMFT, LMHC, who is a Cardiac Arrest Survivor herself. Suzan has over 38 years of experience as a psychotherapist and psychoanalyst. She has facilitated many different groups throughout her career.

Topics of interest include personal recovery stories, challenges associated with returning to work, family issues, social situations, physical and emotional changes, and attempting to cope with thoughts and feelings that others who have not experienced Cardiac Arrest do not share. There will be healthy refreshments and an informal gathering at the end of each meeting.

There is no fee to attend the group. Participants are encouraged to come to one or all of the monthly sessions. Maximum group size is 15.

Monthly sessions are on the **2nd Thursday of each month, beginning May 10, 2018**

Time: **12:30 – 2:00 pm**

Location: Center for Cardiovascular Wellness Conference Room
Swedish Medical Center/ Cherry Hill
James Tower, Suite 100
500 17th Avenue
Seattle, WA 98122

If you or someone you know may be interested in participating in or talking further about attending this group or to register **please contact Suzan directly at 206-650-0660 or by email at cardiacarrestgroup@gmail.com**. Visit our Sudden Cardiac Arrest Survivors Group on Facebook.