Swedish Cancer Institute (SCI) offers programs to assist you, your family, friends and caregivers in making treatment decisions, managing symptoms, and accessing complementary programs to help the mind, body, and spirit to heal.

Registration: Registration is required unless otherwise indicated. Find instructions within the program description.

Win a $50 PCC Gift Card: Register and attend a class marked with an asterisk * in the title to enter into that month’s drawing!

Health & Safety: Patients in active cancer treatment have a weakened immune system. If you have any cold or flu-like symptoms, please do not attend the program until all symptoms are gone.

For questions or feedback regarding these programs, please contact the SCI Cancer Education Center at 206-386-3200 or email SCI.Education@Swedish.org

Education Classes

Cancer Prevention

Sound Generations Community Dining Program*
Join us for a nutritious meal prepared by a Sound Generations chef. This monthly lunch & educational series focuses on cancer prevention. Please RSVP at minimum two weeks prior to each event: call 206-386-3200 or email SCI.Education@swedish.org

Friday, May 11, Noon-1:00pm
Ballard NW Senior Center
Topic: The Cancer Connection - Nutrition & Exercise

Friday, June 8, 11:30am-12:30pm
International Drop-In Center
Topic: Self-Care, Stress Reduction, & Caregiver Resources

Friday, July 13, Noon-12:45pm
Greenwood Senior Center
Topic: Skin Cancer Awareness

Sound Generations Community Dining Program* (continued)
Friday, Aug. 10, 11:30am-12:30pm
Shoreline-Lake Forest Park
Topic: Colorectal Cancer Awareness

PCC Walk, Talk & Taste Tour: Foods that help prevent the “big c”
Learn basic nutrition principles and sample delicious foods that may help prevent cancer. You will leave with new recipe ideas, tips for eating well on a budget, and a PCC coupon to help put what you learn into practice. To register, call 206-545-7112 or visit www.pcccooks.com

Thursday, May 24, 7:00-8:30pm
Issaquah PCC

Tuesday, June 19, 7:00-8:30pm
Greenlake Village PCC

Coping

Harmony Hill Cancer Wellness Program*
Join us to explore and heal from the emotional distress of cancer. Open to anyone with a cancer diagnosis, companions, caregivers and those in survivorship. Topics; May: Reframing Our Thoughts & Beliefs June: Healing Through Art & Gratitude July: Self Care Aug.: Relationships & Communication To register, please visit www.swedish.org/classes or call 1-800-SWEDISH. For more information, call Meridithe at 206-215-1743

1st Thursday/Month, 6:00-8:30pm
Swedish Ballard – Conference Room 3N

2nd Thursday/Month, 6:00-8:30pm
Swedish Edmonds – 3rd Floor

3rd Thursday/Month, 5:00-7:30pm
Swedish Issaquah – 1st Floor Flex Space

Look Good, Feel Better
This American Cancer Society class focuses on skin care, cosmetics, hair care, and hair loss and is for women in active cancer treatment. To register, call 1-800-227-2345

Monday, May 14, 6:00-8:00pm
Monday, July 16, 6:00-8:00pm
Swedish Edmonds – 3rd Floor

Look Good, Feel Better (continued)
Monday, May 14, 1:00-3:00pm
Monday, June 18, 1:00-3:00pm
Monday, July 16, 1:00-3:00pm
Monday, Aug. 20, 1:00-3:00pm
SCI First Hill – A-Floor West, TESH A/B

Monday, May 28, 1:00-3:00pm
Monday, July 23, 1:00-3:00pm
Swedish Issaquah – 1st Floor Flex Space

Mindfulness Meditation
These weekly drop-in sessions are open to all. No registration is required.

Online Webinars

#BloodFacts Coffee Break Webinar Series
The Swedish Cancer Institute and the Leukemia & Lymphoma Society have partnered to provide live webinars for hematology patients and caregivers. To register, please visit: http://www.lls.org/washingtonalaska

Thursday, Apr. 19, Noon-12:30pm
Topic: #EatingWellWithLymphoma

Staying Active

Active Women, Healthy Women
Women of all fitness levels are encouraged to join this certified instructor led class. Co-sponsored by Team Survivor Northwest. To register, call 206-732-8350

Mondays, 7:00-8:00pm
Swedish Edmonds – Auditorium A/B

Mondays, 6:30-7:30pm
Swedish Issaquah – 1st Floor Flex Space

Gentle Yoga & Wellness Skills
This introductory class is appropriate for all mobility levels and those who are new to yoga. Transitioning to the floor is optional; wheelchairs are welcome. Please RSVP to Erin.Carper@swedish.org or call 206-991-2099

Tuesdays, 2:30-3:45pm
Swedish MS Center
Get Fit! Staying Active During and After Cancer
Exercise class and fitness consults for patients who have finished their cancer treatment. To register, call Meridith at 206-215-1743

Saturdays, 10:00-11:00am
Swedish Cherry Hill

Hawaiian Hula*
Learn the basics of Hula dancing and story telling (standing or seated) while working your core, arms, and legs. No prior dance experience required. To register, call 1-800-SWEDISH or visit www.swedish.org/classes

Thursdays, Noon-1:00pm
SCI Edmonds – Radiation Oncology

Modified Mat & Chair Pilates
Participate in gentle exercises that stretch, tone, and strengthen your muscles and improve your posture, flexibility, balance, and core strength. Please RSVP to Erin.Carper@swedish.org or call 206-991-2099

Mondays & Fridays, Mat: 10:00-11:00am; Chair: 11:00am-Noon
Swedish MS Center

Support Programs

Creative Expression

Art and Wellness
Experience the healing benefits of making art in a supportive and non-judgmental setting. These drop-in groups are open to all oncology patients, family members and caregivers. No art experience or skill is necessary to join. All materials are provided. For more information, call 206-215-6178

Fridays, 10:00-11:30am
SCI Edmonds – Medical Oncology

Tuesdays, 10:00am-Noon
SCI First Hill – 5th Floor Healing Forum

Knit for Life
Use knitting as a healing experience to enhance the lives of cancer patients and survivors, their family and caregivers during treatment. It provides a supportive environment for beginners and experienced knitters. All materials are provided. For more information, call 206-386-3200

Tuesdays, Noon-2:00pm
SCI Edmonds – Medical Oncology

Wednesdays, 10:00am-Noon
SCI First Hill – 5th Floor Healing Forum

Thursdays, 1:00-3:00pm
SCI First Hill – 1st Floor Lobby

Mondays, 1:00-3:00pm
Swedish Issaquah – Main Lobby

Music and Wellness
Join us in a dynamic group setting to experience how simple music exercises can change your mood, improve coping skills, and enhance memory and organizational skills. No music confidence or experience required. Drop-ins welcome. For more information, call 206-386-6711

Thursdays, 12:30-1:30pm
SCI First Hill – 5th Floor Healing Forum

Ukulele Club
Experience how playing the ukulele can improve your mood while reducing stress and anxiety. This drop-in group requires no music experience or confidence. For more information, call 206-386-6711

Wednesdays, 2:00-3:00pm
SCI First Hill – 5th Floor Healing Forum

 SCI Support Groups
These 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. For more information, call 206-386-3228

Caregiver Support Group
A drop-in group for caregivers.

1st & 3rd Wednesday/Month, 1:00-2:30pm
SCI Edmonds – Radiation Oncology

Thursdays, 1:30-3:00pm
SCI First Hill – A-Floor West, TESH C

CLIMB Program
Emotional support for children with a parent or primary caregiver with cancer. A parent/caregiver group occurs at the same time. Registration required. For more information, call 206-386-6508

Thursdays, May 3-31, 5:30-7:30pm
SCI First Hill

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

Last Tuesday/Month, 10:30am-Noon
SCI First Hill – A-Floor West, TESH C

Head & Neck Cancer Support Group
A group for those with head & neck cancers.

4th Wednesday/Month, 11:30am-1:00pm
SCI First Hill – A-Floor West, TESH C

Living With Cancer Support Group
A group for those living with any cancer.

1st & 3rd Wednesday/Month, 1:00-2:30pm
SCI Edmonds – Radiation Oncology

Thursdays, 1:30-3:00pm
SCI First Hill – A-Floor West, TESH A/B

2nd & 4th Tuesday/Month, 10:00-11:30am
Swedish Issaquah – 1st Floor Flex Space

Prostate Cancer Educational Group
A group for men with prostate cancer. For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440

3rd Thursday/Month, 8:30-9:30am
SCI First Hill – A-Floor West, TESH C
Bereavement Support – Edmonds
If you have any questions about the program or would like to register for a group, please contact bereavement@swedish.org or call 425-640-4404.

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. Registration required.

Ongoing Grief Support Group
Offered two times a month. You may attend once, or as often as you wish, for as long as two years. No registration is required.

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. No registration is required.

Bereavement Support – Seattle & Issaquah
For a current list of grief support services, or to register for a group, visit www.providence.org/grief-support-seattle or call 206-320-4000.

Growing Through Grief
A six-week support group for adults coping with the death of a loved one. Registration required.

Thursdays, July 12 – Aug. 16, 6:00-8:00pm
SCI First Hill

Mondays, June 4 – July 9, 10:00am-Noon
Swedish Issaquah

Partner/Spouse Loss
A monthly drop-in group for adults who have experienced the death of a spouse or partner in the past 15 months. Call for more information.

Education Classes & Support Program Locations

Ballard NW Senior Center
5429 32nd Ave NW
Seattle, WA 98107

Frye Art Museum
704 Terry Ave
Seattle, WA 98104

Greenlake Village PCC
450 NE 71st St.
Seattle, WA 98155

Greenwood Senior Center
525 N. 85th St.
Seattle, WA 98103

International Drop-In Center
7301 Beacon Ave S
Seattle, WA 98108

Issaquah PCC
1810 12th Ave NW
Issaquah, WA 98027

Shoreline-Lake Forest Park Senior Center
18560 1st Ave NE
Shoreline, WA 98155

SCI Edmonds
Radiation Oncology
21605 76th Ave W
Edmonds, WA 98026

SCI Edmonds
Medical Oncology
21632 Highway 99
Edmonds, WA 98026

SCI First Hill
Arnold Pavilion
1221 Madison St.
Seattle, WA 98104

Swedish Ballard
5300 Tallman Ave. NW
Seattle, WA 98107

Swedish Cherry Hill
Center for Health & Wellness
500 17th Ave
Seattle, WA 98122

Swedish Edmonds
21601 76th Ave W
Edmonds, WA 98026

Swedish Issaquah
751 NE Blakely Dr.
Issaquah, WA 98029

Swedish MS Center
Hedreen Wellness Studio
1600 E. Jefferson St.
Seattle, WA 98122

Cancer Education Center
1221 Madison Street
Seattle, WA 98104
1-800-SWEDISH
www.swedish.org/classes

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