

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. Please call **1-800-SWEDISH** (1-800-793-3474) for more information.

Living with Cancer Support Group

A group for those living with any type of cancer.

- Meets 1-2:30 p.m., the first and third Wednesdays of each month. Starting April 1, **Swedish Edmonds First Hill**
- Meets weekly from 1:30-3 p.m., Thursdays, **Swedish First Hill**
- Meets 10-11:30 a.m., the second and fourth Tuesdays of the month, **Swedish Issaquah**

Caregivers Support Group

A drop-in group for caregivers.

- Meets 1-2:30 p.m., the first and third Wednesdays of each month. Starting April 1, **Swedish Edmonds First Hill**
- Meets weekly from 1:30-3 p.m. on Thursdays, **Swedish First Hill**

Gynecological Cancers Support Group

A group for women with gynecological cancers.

- Meets weekly 10:30 a.m.-noon on Tuesdays, **Swedish First Hill**

Prostate Cancer Educational Support Group

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

After Treatment Groups

The Swedish Cancer Institute offers 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.

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:

4:30-6 p.m., Wednesdays

Winter: Jan. 27-March 2

Spring: March 23-April 27

Summer: June 15-July 20

Fall: Sept. 28-Nov. 2

Swedish Edmonds:

4:30-6 p.m.

Winter: Wednesdays, Jan. 20-Feb. 24

Spring: Thursdays, March 24-April 28

Fall: Thursdays, Sept. 15-Oct. 20

Swedish Issaquah:

4:30-6 p.m., Thursdays

Winter: Jan. 20-Feb. 24

Summer: June 30-Aug. 4

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. Questions? Please call **206-215-6178**.

True Family Women's Cancer Center, Healing Forum, fifth floor

10 a.m.-noon, Thursdays

Swedish First Hill

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 Therapy Support Group

Music therapy is the use of music to improve emotional, physical, physiological and spiritual well-being. A typical session consists of talking with a counselor followed by an activity that involves music and sound. No musical experience is necessary. Some techniques used include drumming, singing, chanting and songwriting. For more information, call **206-386-3200**.

Swedish First Hill:

Tesh Conference Room C
Arnold Pavilion, A-Floor West
Noon-1 p.m., Thursdays

Swedish Issaquah:

Second Floor Conference Center – Success Room
9-10 a.m., every second Thursday of the month

Bereavement Support Services

Swedish is pleased to offer a wide range of bereavement support services through its affiliation with Providence Hospice of Seattle. For a current list of grief support services, visit www.providence.org/grief-support-seattle or call **206-320-4000**.

Newly Bereaved Support Group

Grief support and education for people who have experienced a loss within the last three months. A drop-in, one-time-only group.

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.

Growing Through Grief

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

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 9-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.