Classes and Support Groups

May–August 2019

FREE programs for patients, family, friends and caregivers to help the mind, body and spirit to heal.

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

The address for each location can be found on page 6.
Coping and Creative Expression

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

SCI Edmonds – Medical Oncology
Fridays, 10-11:30 a.m.

SCI First Hill – 5th Floor, Healing Forum
Tuesdays, 10 a.m.-noon

SCI Issaquah – Cancer Education Center
2nd and 4th Wednesday/month, 2-4 p.m.

Art, Music & Mindfulness
Patients, caregivers and loved ones are invited to an afternoon of art, music and mindfulness where we explore a variety of topics, with a focus on relaxations and stress-reduction. No experience in art, music or mindfulness required; supplies and encouragement provided. Participants are welcome to attend all sessions or just one. To register call 206-386-2895 or email SCI.Education@swedish.org.

SCI First Hill – A-Floor West
Thursdays, June 6, July 11, Aug. 1, 3:30-5:30 p.m.

Mindfulness Meditation
Weekly drop-in sessions open to all. For more information, visit: http://fryemuseum.org/program/meditation.

Frye Art Museum – Auditorium
Select Wednesdays, 12:30-1 p.m.

Knit for Life
This drop-in group 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 Issaquah – 1st Floor, Main Lobby
Mondays, 1-3 p.m.

SCI First Hill – 1st Floor, Lobby
Thursdays, 1-3 p.m.

SCI Edmonds – Medical Oncology
Tuesdays, 10 a.m.-noon

SCI First Hill – 5th Floor Healing Forum
Wednesdays, 10 a.m.-noon

Music & Wellness Group
Experience the healing benefits of music through activities such as listening to music, instrument playing, songwriting, and singing. This group is open to all oncology patients, family members and caregivers. No music experience or confidence required. Drop-ins welcome. For more information, call 206-386-6711.

SCI First Hill – 5th Floor, Healing Forum
Thursdays, 12:30-1:30 p.m.
Ukulele Club
Experience how playing the ukulele can improve your mood while reducing stress and anxiety. No prior music experience required. This drop-in group is open to patients, family members, and caregivers. For more information, call 206-386-6711.

SCI First Hill – 5th Floor Healing Forum
Wednesdays, 2-3 p.m.

Community Cancer Education

#BloodFacts Webinars
The Swedish Cancer Institute and the Leukemia & Lymphoma Society partner to provide live webinars for hematology patients, caregivers and providers. To register, call 206-957-4585 or email erin.paschall@lls.org.

Online Webinar
Monday, May 20, Noon-12:30 p.m.
Join SCI’s music therapist, Betsy Hartman, MT-BC, to learn how to use music to reduce anxiety and stress while improving mindfulness and relaxation. Learn how Betsy is integrating music therapy into the hematology clinic at SCI.

Online Webinar
Wednesday, July 17, Noon-1 p.m.
Join SCI’s chief of Hematologic Malignancies and Hematopoietic Stem Cell Transplantation, John Pagel, M.D., Ph.D., as he provides an overview of the cutting edge CAR (Chimeric Antigen Receptor) - T Cell therapy treatment.

Sound Generations Community Dining Program
The Swedish Cancer Institute and Sound Generations partner to provide short lunch-time presentations on cancer prevention and awareness topics at local senior centers. To register call 206-386-2895 or email SCI.Education@swedish.org.

Southeast Seattle Senior Center
Thursday, June 27
Presentation at 11:30 a.m. with lunch to follow

Sno-Valley Senior Center
Friday, June 28
Presentation and lunch at noon

First Tongan United Methodist Church
Wednesday, July 3
Presentation at 11:45 a.m. with lunch to follow

Kawabe Memorial House
Thursday, July 25
Presentation at 11:30 a.m. with lunch to follow

Central Area Senior Center
Thursday, Aug. 8
Presentation and lunch at noon

International Drop-In Center
Friday, Aug. 9
Presentation and lunch at noon

Survivorship

After Breast Cancer, What’s Next?
Make peace with impacts of cancer treatment, reduce stress cancer places on relationships, overcome fear of recurrence, renew hope and increase resilience. This series is for women who have already both completed treatment or are in active treatment. To register, call 206-386-2895 or email SCI.Education@swedish.org.

SCI First Hill – 4th Floor, Conference Room
Thursday, May 9, 16, 23, 30, 6-8 p.m.

Cancer Survivor Celebration
Meet other cancer survivors and learn about the latest evidence-based resources about overall wellness from local experts. Space is limited. To register, email Patti.Kwok@swedish.org or call 206-215-6558.

Swedish Cherry Hill – James Tower Auditorium
Saturday, May 18, 9 a.m.-1:30 p.m.
Thoughts about Recurrence

One of the biggest obstacles in transitioning from cancer patient to survivor is overwhelming fear, anxiety and uncertainty about the future. This class offers a holistic perspective on healing that includes body, mind and spirit. We offer methods and tools to help reduce fear and anxiety for better wellbeing over a lifetime. To register, email SCI.Education@swedish.org or call 206-386-2895. For more information, call Patti at 206-215-6558.

SCI First Hill – A-Floor West
Saturday, May 4, 9:30-11:30 a.m.

Online Webinar
Saturday, June 1, Aug. 3, 9:30-11:30 a.m.

Swedish Issaquah – 2nd Floor, Leadership
Saturday, July 13, 9:30-11:30 a.m.

Staying Active

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. To register, call 206-732-8350.

Swedish Issaquah – 1st Floor, Flex Space
Mondays, 6:30-7:30 p.m.

Swedish Edmonds – Auditorium B
Mondays, 7-8 p.m.

Gentle Yoga & Wellness Skills

Introductory class appropriate for all mobility levels and those who are new to yoga. Transitioning to the floor is optional; wheelchairs are welcome. To register, call 206-991-2099.

Swedish Cherry Hill – MS Center
Tuesdays, 2:30-3:45 p.m.

Get Fit! Staying Active During & After Cancer

Exercise class and fitness consults for patients who have finished cancer treatment. To register, email tosh3aramaki@yahoo.com.

Swedish Cherry Hill – Center for Health and Wellness
Saturdays, 10-11 a.m.

Hawaiian Hula

Learn the basics of Hula dancing and storytelling (standing or seated) while working your core, arms and legs. No experience required. To register, email SCI.Education@swedish.org or call 206-386-2895.

SCI Edmonds – Radiation Oncology
Thursdays, Noon-1 p.m.

Modified Mat & Chair Pilates

Participate in gentle exercises that stretch, tone and lengthen your muscles and improve your posture, flexibility, balance and core strength. To register, call 206-991-2099.

Swedish Cherry Hill – MS Center
Mondays and Fridays
Mat: 10-11 a.m.; Chair: 11 a.m.-noon
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 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.

Brain Tumor Support Group
A drop-in support group for patients with brain tumors and their caregivers. For more information, call 206-320-2300.

Swedish Cherry Hill – Casey Conference Room
1st Tuesday/month, 11 a.m.-12:30 p.m.
Casual gatherings: 3rd Wednesday/month, 1-2:30 p.m.

Caregiver Support Group
A drop-in support group for caregivers.

SCI Edmonds – Radiation Oncology
1st and 3rd Wednesday/month, 1-2:30 p.m.

SCI First Hill – A-Floor West
Thursdays, 1:30-3 p.m.

Greater Seattle Ostomy Association Group
Support and education for individuals with an ostomy or those facing surgery. Drop-ins welcome. For more information, call 206-784-1410.

Swedish Cherry Hill – Casey Conference Room
2nd Wednesday/month, 7-8:30 p.m.

Gynecological Cancers Group
A drop-in support group for women with gynecological cancers.

Swedish First Hill – Suite 1590
Last Wednesday/month, 10:30 a.m.-noon

Head & Neck Cancers Group
A drop-in support group for those living with head and neck cancers.

SCI First Hill – A-Floor West
4th Wednesday/month, 11:30 a.m.-1 p.m.

Living With Cancer Support Group
A drop-in support group for those living with any type of cancer.

SCI Edmonds – Radiation Oncology
1st and 3rd Wednesday/month, 1-2:30 p.m.

SCI First Hill – A-Floor West
Thursdays, 1:30-3 p.m.

Swedish Issaquah – 1st Floor Flex Space
2nd and 4th Tuesday/month, 10-11:30 a.m.

Prostate Cancer Educational Group
A drop-in group for men with prostate cancer. For more information, call 425-957-7440.

SCI First Hill – A-Floor West
3rd Thursday/month, 8:30-9:30 a.m.

Providence Bereavement Groups

Edmonds
Variety of groups, times and locations. For more information, call 425-640-4404.

Seattle and Issaquah
Variety of groups, times and locations. For more information, call 206-320-4000.

THYCA: Thyroid Cancer Group
A drop-in group for education and support. For more information, call 206-708-7198.

Swedish Ballard – 2nd Floor
3rd Saturday/month, 10-11:30 a.m.
When Teri was diagnosed with breast cancer, she was completely caught off guard. She turned to Swedish for her cancer care — care that’s backed by research.

Donations from the community help to make programs like these at Swedish possible. To donate or learn more about how you can support our programs contact: Jeff Walker at 206-386-3194 or jeff.walker@swedish.org.

Locations

Central Area Senior Center  
500 30th Ave. S.  
Seattle, WA 98144

First Tongan United Methodist Church  
9001 9th Ave. SW  
Seattle, WA 98106

Frye Art Museum  
704 Terry Ave.  
Seattle, WA 98104

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

Kawabe Memorial House  
221 18th Ave. S.  
Seattle, WA 98144

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

SCI Issaquah  
Medical Oncology  
751 NE Blakely Drive  
Issaquah, WA 98029

Sno-Valley Senior Center  
4610 Stephens Ave.  
Carnation, WA 98014

SouthEast Seattle Senior Center  
4655 South Holly St.  
Seattle, WA 98118

Swedish Ballard  
5300 Tallman Ave. NW  
Seattle, WA 98107

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

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

Swedish Edmonds  
21601 76th Ave. W.  
Edmonds, WA 98026

Swedish First Hill  
Gynecologic Oncology Clinic  
1101 Madison St., Suite 1590  
Seattle, WA 98104

Swedish Issaquah  
751 NE Blakely Drive  
Issaquah, WA 98029
Notice of Nondiscrimination and Accessibility Rights

We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Swedish does not exclude people or treat them differently because of race, color, national origin, age, disability or sex. Swedish:

(1) Provides free aids and services to people with disabilities to communicate effectively with us, such as: (a) Qualified sign language interpreters; and (b) Written information in other formats (large print, audio, accessible electronic formats, other formats).

(2) Provides free language services to people whose primary language is not English, such as: (a) Qualified interpreters; and (b) Information written in other languages.

If you need any of the above services, please contact the appropriate civil rights coordinator below. If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1. If you believe that Swedish has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Swedish by contacting the civil rights coordinator for your service location as listed below:

<table>
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<tr>
<th>Service location</th>
<th>Civil rights coordinator</th>
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<tbody>
<tr>
<td>All locations except Swedish Edmonds</td>
<td>Civil rights coordinator, 101 W. 8th Ave., Spokane, WA 99204 Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127 Email: <a href="mailto:Nondiscrimination.WA@providence.org">Nondiscrimination.WA@providence.org</a></td>
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<tr>
<td>Swedish Edmonds</td>
<td>Civil rights coordinator (Bed Control), 21601 76th Ave. W. Edmonds, WA 98026 Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9178 Email: <a href="mailto:Nondiscrimination.SHS@providence.org">Nondiscrimination.SHS@providence.org</a></td>
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<tr>
<td>Senior Services</td>
<td>Civil rights coordinator, 2811 S. 102nd St., Suite 220, Tukwila, WA 98168 Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127; Email: <a href="mailto:Nondiscrimination.pscs@providence.org">Nondiscrimination.pscs@providence.org</a></td>
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You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, one of the above-noted civil rights coordinators is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Ave. SW
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD).
