Virtual Classes and Support Groups

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

We offer online classes led by certified educators and facilitators.
COPING AND CREATIVE EXPRESSION

Art Therapy
Join our Art Therapists virtually or in-person and experience the healing benefits of making art in a supportive and non-judgmental setting. Available to SCI patients and family members free of charge. No experience necessary.

Individual Sessions
In-person or virtually by appointment only.

Weekly Workshops
Art & Wellness
Join us for a creative pause in your day and make art to process emotions, calm the mind, soothe the soul, and promote overall wellbeing. Instructions, supplies, and encouragement provided.

Tuesdays, 10-11:30 a.m., Virtual via Zoom
Wednesdays, 10-11:30 a.m., In-Person at SCI Issaquah

For more information, contact sciarttherapy@swedish.org or call 206-309-5437.

Meaning Centered Psychotherapy Group
This 8-week, structured series is designed to help patients with late stage cancer reconnect with sources of meaning to diminish feelings of despair and hopelessness. Open to patients experiencing cancer who are interested in exploring sources of meaning in their past, present, future, and everyday life.

Virtual Class
Tuesdays from 2:00 -3:30 p.m.
June 11 - July 30

Registration is required.

To register or for more information, contact Danielle.McLaughlin@swedish.org or 206-386-3228.

Music Therapy
SCI’s music therapists help patients and families learn how to use music to improve physical and mental health during and after cancer treatment. No prior music experience required.

Individual sessions (in-person or virtual)
Available to SCI patients and family members free of charge.

Virtual Music & Wellness Group
Thursdays, 12:30-1:30 p.m.

Issaquah Music & Wellness
Drop-in (in-person)
Mondays, 1:30-2:30 p.m.

Monthly Music Therapy Newsletter
Subscribe to our monthly newsletter to receive group login details, updates, research and try-at-home self-care tips.

To be added to the newsletter email list, register for a class, or for more information on music therapy, please contact scimusictherapy@swedish.org or call 206-386-6711.
**Knit for Life**
This virtual 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. Email tanya@knitforlife.org to register.

**Issaquah**
Mondays, 1-3 p.m.

**Edmonds**
Tuesdays, 10 a.m.-12 p.m.

**First Hill**
Wednesdays, 10 a.m.-12 p.m.
Thursdays, 1-3 p.m.

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**SURVIVORSHIP**

**After Breast Cancer, What’s Next?**
Make peace with the impacts of breast cancer treatment, reduce stress cancer places on relationships, overcome fear of recurrence, renew hope, and increase resilience. This virtual series is for women who have already both completed treatment or are in active treatment. Email patti.carey@swedish.org to register.

**Webinar series, 6-8 p.m.**
Mondays, April 22, 29, & May 6

**Webinar series, 6-8 p.m.**
Mondays, July 22, 29, & August 5

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**Tools for Healing**
This class offers a holistic perspective on healing that includes body, mind, and spirit regardless of the treatment phase or stage of cancer. We offer methods and tools to help reduce fear and anxiety for better well-being over a lifetime. Email patti.carey@swedish.org to register.

**Webinar series, 6-8 p.m.:**
Thursdays, May 2 & 9

**Webinar series, 6-8 p.m.:**
Thursdays, June 6 & 13

**Webinar series, 6-8 p.m.:**
Thursdays, August 1 & 8

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**Reflective Journaling**
Participants will respond and reflect on engaging questions, poetry, and writing prompts to help process emotions that arise with cancer treatments. Email patti.carey@swedish.org to register.

**Webinar series, 6-8 p.m.:**
Tuesdays, June 4 & 11

**Webinar Series, 6-8 p.m.:**
Tuesdays, August 13 & 20

**Crafting a Survivorship Plan for Body, Mind, & Spirit**
Participants will explore what has changed because of their diagnosis. They will discover how to move through uncertainty after illness with more patience, self-compassion and possibility. Email patti.carey@swedish.org to register.

**Webinar series, 10 a.m. - 12 p.m.**
Saturdays, May 4 & 11
Saturdays, June 8 & 15

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**STAYING ACTIVE**

**Move to Heal**
Women of all fitness levels are encouraged to join certified instructor led classes exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. Visit teamsurvivornw.org/programs to register.

**Virtual class**
Wednesdays, 10-11 a.m.

**Virtual class**
Saturdays, 10-11 a.m.

**Gentle Yoga for Navigating the Cancer Journey**
Utilize the mind-body tools of yoga to reduce stress, ease side effects, and increase physical and mental resilience with gentle movement, breath, meditation, and relaxation. No experience is necessary. Chair options are offered throughout the practice. Email sci.education@swedish.org to register.

**Virtual class**
Wednesdays, biweekly, 1-2:15 p.m.
Gentle Yoga & Wellness Skills – Multiple Sclerosis Center
Introductory class for all mobility levels and those who are new to yoga. Held by the Swedish Multiple Sclerosis Center, but open for SCI patients as well. Transitioning to the floor is optional; wheelchairs are welcome. Email MSCenterPrograms@swedish.org to register.

Virtual class
Tuesdays, 1-2:15 p.m. and 2:30-3:45 p.m.

Hawaiian Hula
Learn the basics of hula dancing and storytelling (standing or seated) while working your core, arms, and legs. No experience required. Email JoanMarie Hughes at hulaohanaseattle@gmail.com to register.

Virtual class
Thursdays, 12-1 p.m.

SUPPORT GROUPS
Swedish Cancer Institute offers a variety of virtual support groups. The groups provide an opportunity to talk with others having experiences similar to your own. Each group is facilitated by an experienced 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 or to register for a group, contact the facilitators for each group listed below.

Autoalogous Stem Cell Transplant and CAR T-Cell Therapy Group
This support group is designed for any patient that is a candidate for Autologous Stem Cell Transplant or CAR T-Cell Therapy or within 1 year post-treatment.
1st and 3rd Tuesday of the month, 2-3 p.m.
For more information or to register, please email samuel.jonas@swedish.org or call the Social Work Referral Line at 206-386-3228.

Brain Tumor Support Group
Virtual support group held via Zoom for patients with brain tumors and their caregivers.
1st Tuesday of the month, 11 a.m. - 12:30 p.m.
3rd or 4th Wednesday of the month, 1-2:30 p.m.
Email brenda.autobee-bigalk@swedish.org to register.

Brown Bag Breast Cancer Support Group
Virtual support group for patients with breast cancer. Held during lunch — patients are welcome to eat lunch during the group.
2nd Monday of the month, 11:30 a.m. - 1 p.m.
Contact Rachel Cox at 425-673-8353 to register.

Caregiver Support Group
Virtual support group for those caring for someone with cancer.
Thursdays, 1:30-3 p.m.
Email sylvia.farias@swedish.org to register.

CLIMB Program
Children’s Lives Include Moments of Bravery (CLIMB) is a special program providing emotional support for children (6-11 years old) who have a parent or primary caregiver with cancer.

Virtual Class, from 5:00 - 6:30 p.m. via Zoom
Wednesdays, September 18 - October 16
For more information, contact the Oncology Social Work referral line at 206-386-3228.
Gynecological Cancers Group
Virtual support group for women with gynecological cancers.
1st & 3rd Wednesday of each month, 12:00 to 1:30 p.m.
Email lauren.zemer@swedish.org or call 206-215-6015 to register.

Head & Neck Cancers Group
Virtual support group for those living with head and neck cancers.
4th Wednesday of the month, 11:30 a.m. to 1 p.m.
For more information, contact:
Mark Filler at mark.filler@swedish.org or 206-781-6359
Ailish Mackey at ailish.mackey@swedish.org or 206-215-2287

Living with Cancer Group
This is a virtual support group that aims to provide a safe space for patients with cancer.
Thursdays, 1:30-3 p.m.
Call 206-386-3228 for more information.

Mandarin Chinese Living with Cancer Group:
2nd and 4th Wednesday of the month, 1 p.m. - 2 p.m.
Contact Dora Xie at 206-386-6329 or zhaoyang.xie@swedish.org to register.

Prostate Cancer Educational Group
Virtual group meetings for those with prostate cancer. Partners are welcome.
Third Thursday of the month, 10-11 a.m.
Contact Dr. Weber at webered56@gmail.com or 206-232-7297.

SMART Program
This eight-week virtual program, led by Swedish Cancer Institute’s SMART-trained Oncology Social Workers and Art Therapists, will help you develop self-care tools to manage your stress, reduce cancer treatment symptoms and side effects, and enhance your quality of life.

General Patient Group: April 24th - June 12th, Wednesdays, 3-5 p.m.

Young Adult Patient Group (Ages 18-45): April 10th - May 29th, Wednesdays, 3 p.m. – 5 p.m.
Email SMART@swedish.org or call the Oncology Social Work Referral Line at 206-386-3228 for more information or to register.

Thyroid Cancer Group
Virtual group meetings for those with thyroid cancer held by THYCA: Thyroid Cancer Survivors’ Association.
3rd Saturday of the month, 10-11:30 a.m. Email the group facilitators at seattle-wa@thyca.org to register.

BEREAVEMENT SUPPORT
Bereavement offers a variety of opportunities for ongoing support and education regarding grief, loss and life adjustments following the death of a significant person for individuals, families and communities. All groups are currently held virtually.

Edmonds
If you are looking for support or have any questions, please call 425-640-4404 or email bereavement@swedish.org.

Seattle and Issaquah
If you are looking for support or have any questions, please visit the following resources:
Providence Hospice: 206-320-4000
Swedish Bereavement Services: 425-640-4404 or email bereavement@swedish.org
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. You can also donate online at https://swedishfoundation.org/our-priorities/cancer-institute.

LOCATIONS

Swedish Cancer Institute - First Hill
1221 Madison St.
Seattle, WA 98104

Swedish Cancer Institute - Ballard
5409 Tallman Ave. NW
Seattle, WA 98107

Swedish Cancer Institute - Edmonds
21632 Highway 99
Edmonds, WA 98026

Swedish Cancer Institute - Issaquah
751 NE Blakely Drive, Suite 1090
Issaquah, WA 98029

Swedish Cherry Hill
500 17th Ave.
Seattle, WA 98122

For questions or feedback, please contact the Cancer Education Center at 206-386-3200 or SCI.Education@Swedish.org.
NOTICE OF NONDISCRIMINATION AND ACCESSIBILITY RIGHTS

Providence St. Joseph Health and its Affiliates1 (collectively "PSJH") comply with applicable Federal civil rights laws and do not discriminate against, exclude or treat differently any individuals accessing any PSJH Program or Activity on any basis prohibited by local, state or federal laws, including but not limited to on the basis of race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status as those terms are defined under federal and state laws and rules.

In compliance with the Americans with Disabilities Act (ADA), PSJH provides qualified interpreters and other auxiliary aids and services free of charge:

(1) 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); and

(2) 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 Civil Rights Coordinator below.

If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1.

If you believe that PSJH has failed to provide these services or discriminated in another way on the basis race, color, religious creed (including religious dress and grooming practices), national origin (including certain language use restrictions), ancestry, disability (mental and physical including HIV and AIDS), medical condition (including cancer and genetic characteristics), marital status, age, sex (including pregnancy, childbirth, breastfeeding and related medical conditions), gender, gender identity, gender expression and sexual orientation, genetic information (including family medical history), or military/veteran status, you can file a grievance with PSJH by contacting the Civil Rights Coordinator for your location listed below:

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<tr>
<th>State/Service</th>
<th>Civil Rights Coordinator</th>
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<tbody>
<tr>
<td>Washington/Swedish</td>
<td>Office of Compliance &amp; Privacy Swedish Health Services</td>
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<tr>
<td></td>
<td>747 Broadway</td>
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<tr>
<td></td>
<td>Seattle, WA 98122</td>
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<tr>
<td></td>
<td>Email: <a href="mailto:Compliance@Swedish.org">Compliance@Swedish.org</a></td>
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<td></td>
<td>206-215-2613</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, the above-noted civil rights coordinator 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 Avenue SW., Room 509F, HHH Building,
Washington, DC 20201
1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at:

1 For purposes of this notice, “Affiliates” is defined as any entity that is wholly owned or controlled by Providence St. Joseph Health (PSJH), Providence Health & Services, St. Joseph Health System, Western HealthConnect, Covenant Health Network, Inc., or is jointly owned or controlled by PSJH or its Affiliates and bears the Providence, Swedish Health Services, Swedish Edmonds, St. Joseph Health, Covenant Health Network, Covenant Health, Kadlec Regional Medical Center, or PacMed Clinics name.