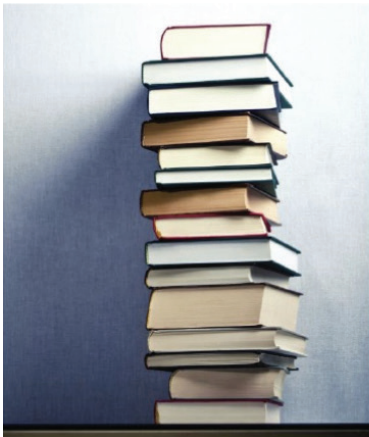


SWEDISH CANCER INSTITUTE

SPRING & SUMMER 2024 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.**



swedish.org/classes

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**.

Body Connect

A somatic-based movement, dance, and mindfulness group for building safety and autonomy in the body. Open to anyone with a cancer diagnosis, recovering from cancer, and caregivers. No prior dance or movement experience required.

Virtual Class

Tuesdays from 12:30 -2:00 p.m.
April 16, 23, 30 & May 7, 14, 21

Registration is required.

To register or for more information, contact
sci.education@swedish.org or **206-386-3200**



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.

Music Therapy Groups

All music therapy groups are temporarily paused.

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.

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

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, April 4 & 11

Webinar series, 6-8 p.m.:

Thursdays, May 2 & 9

Webinar series, 6-8 p.m.:

Thursdays, June 6 & 13

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, April 9 & 16

Webinar Series, 6-8 p.m.:

Tuesdays, June 4 & 11

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

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.

Autologous 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. 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 4th - May 23rd, Thursdays, 11 a.m. - 1 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:

State/Service	Civil Rights Coordinator
Washington/ Swedish	Office of Compliance & Privacy Swedish Health Services 747 Broadway Seattle, WA 98122 Email: Compliance@Swedish.org 206-215-2613

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:
<http://www.hhs.gov/ocr/office/file/index.html>.

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.

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 888-311-9127 (TTY: 711).



Scan for information about Swedish's nondiscrimination policy

 **Providence**
SWEDISH
CANCER EDUCATION CENTER
206-386-3200
SCI.Education@swedish.org
swedish.org/classes

Español (Spanish)	ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).
繁體中文 (Chinese)	注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)。
Tiếng Việt (Vietnamese)	CHÚ Ý: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn dành cho bạn. Gọi số 888-311-9127 (TTY: 711).
Tagalog (Tagalog – Filipino)	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-311-9127 (TTY: 711).
(Korean)	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (TTY: 711) 번으로 전화해 주십시오.
Русский (Russian)	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-311-9127 (телефайн: 711).
Հայերեն (Armenian)	ՈՒՇԱԿՈՒՄԻՔՈՒՄԷՆ. Եթե խոսում եք հայերեն, ապա ձեզ կադրող են տրամադրվել լեզվական աջակցության անվճար ծառայություններ: Չանգաժադեք 888-311-9127 (հեռախոյալ (TTY)՝ 711)։
العربية (Arabic)	يرجى الانتباه: إذا كنت تتكلمون اللغة العربية، فاعلموا أن خدمات المساعدة اللغوية متوفرة مجاناً لكم. اتصلوا برقم الهاتف 888-311-9127 (أو برقم الهاتف 888-311-9178 عند الاتصال بالمرکز الطبي السويدي في إدموندز (Swedish Edmonds)) (أو بخط المبرقة الكاتبة TTY لصعاف السمع والنطق على الرقم 711).
فارسی (Farsi)	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با شماره 888-311-9127 (تلفن: 711) تماس بگیرید.
日本語 (Japanese)	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。888-311-9127 (TTY:711) まで、お電話にてご連絡ください。
ਪੰਜਾਬੀ (Punjabi)	ਪੰਜਾਬੀ ਵਿਚ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਬਾਹਾ ਪਾਇਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 888-311-9127 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।
ខ្មែរ (Cambodian)	សូមចាំអារម្មណ៍: ប្រសិនបើលោកអ្នកនិយាយភាសាខ្មែរ នោះសេវាដ៏ឆ្លើយតបភាសានិងមានជួនជុនលោកអ្នកដោយឥតគិតថ្លៃ។ សូមទូរស័ព្ទទៅលេខ 888-311-9127 (TTY: 711)។
हिंदी (Hindi)	ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 888-311-9127 (TTY: 711) पर कॉल करें।
Hmoob (Hmong)	LUS CEEV: Yog tias koj hais lus Hmoob, koj tuaj yeem siv cov kev pab txhais lus pub dawb. Hu rau 888-311-9127 (TTY: 711).
ภาษาไทย (Thai)	โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการความช่วยเหลือทางภาษาไทยโดยไม่มีค่าใช้จ่าย โทร 888-311-9127 (TTY: 711)
Deutsch (German)	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 888-311-9127 (TTY: 711).
اردو (Urdu)	توجه: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 888-311-9127 (TTY: 711)۔
Українська (Ukrainian)	УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 888-311-9127 (телефайн: 711).
Français (French)	ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 888-311-9127 (ATS: 711).
Diné Bizaad (Navajo)	Díí baa akó nínízin: Díí saad bee yáńílt'i'go Diné Bizaad, saad bee áká'ánída' áwo'déé', t'áá' jiiik'eh, éí ná hóló, koji' hódíílnih 1-888-311-9127 (TTY: 711.)
ລາວ (Lao)	ໝາຍເຫດ: ຖ້າ ທ່ານ ກຳລັງ ນຳ ພາ ສາ ລາວ, ມີ ການ ນຳ ລິ ການ ຊ່ ອຍ ເຫ ື ອດ າ ນ ພາ ສາ ໂດຍ ບ ັ ສ ເອ ອດ າ ໃ ຫ ັ ຄ າ ັ ທ ັ ນ. ໂທ 888-311-9127 (TTY: 711).
ગુજરાતી (Gujarati)	સુચના: જો તમે ગુજરાતી બોલતા છો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 888-311-9127 (TTY: 711).
Cushite*	XIYYEEFFANNAA: Afaan dubbattu Oromiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 888-311-9127 (TTY: 711).
አማርኛ (Amharic)	ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች በነጻ ሊያግዝዎት ተዘጋጅተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 888-311-9127 (መስማት ለተሳናቸው: 711)
Română (Romanian)	ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistentă lingvistică, gratuit. Sunați la 888-311-9127 (TTY: 711).
Gagana fa'a Sāmoa (Samoan)	MO LOU SILAFIA: Afai e te tautala i le Gagana Samoa, o loo iai auaunaga fesoasoani, e leai se totogi mo oe, Telefoni mai i le: 888-311-9127 (TTY:711)
Ilokano (Ilocano)	AGATENSION: No agsasaokayo iti Ilocano, dagiti serbisio para ti tulong iti pagsasao nga awan ti bayadan ket siaadda para kadakayo. Tawagan ti 888-311-9127 (TTY: 711).
Italiano (Italian)	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 888-311-9127 (TTY: 711).
Polski (Polish)	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 888-311-9127 (TTY: 711).
Norsk (Norwegian)	MERK: Hvis du snakker norsk, er gratis språkassistanstjenester tilgjengelige for deg. Ring 888-311-9127 (TTY: 711).
Deitsch (Pennsylvania Dutch)	Wann du schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 888-311-9127 (TTY: 711).
Somali	OGAYSIIIS: Hadaa ku hadasho luuqada Soomaaliga, waxaa kuu diyaara caawiso xaga luuqa daada oo kuu bilaahsh ah Fadlan Wac taleefaankaan. 888-311-9127 (TTY: 711)
Tigrigna/Tigrinya	ኣትተጉትኦ፡ እኡ ሮኡ ስጵኣን ትግርኛ፡ ኣጉጉኣ፡ ኣስስስታ፡ ስርሺጪስ፡ ፍረኣ ኦፍ ቻር፡ ኣረ ኣቫላብል ቶ ሮኡ፡ ጫልል፡ 1-888-311-9127 (ትታይ: 711)
American Sign Language	