SWEDISH CANCER INSTITUTE

VIRTUAL CLASSES AND SUPPORT GROUPS

SEPTEMBER - DECEMBER 2021

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

Due to the COVID-19 pandemic, most in-person classes are canceled until further notice. We are now offering online classes led by our certified educators and facilitators.

swedish.org/classes
COPING AND CREATIVE EXPRESSION

Art Therapy
Join our art therapists virtually and experience the healing benefits of making art in a supportive and non-judgmental setting. No experience or skill is necessary to join.

Art Therapy Newsletter
Includes Zoom meeting information for art groups, art therapy updates, art in the news, and an art therapy activity you can do from home for self-care. To be added to the newsletter email list, or for more information, contact Bonnie.Walchuk@Swedish.org or call 206-215-6178.

Individual sessions – (virtual and in-person)
First Hill and Issaquah:
Tuesday-Thursday by appointment only
Email Bonnie.Walchuk@Swedish.org or call 206-215-6178.

Edmonds:
Thursday and Friday by appointment only
Email Kim.McAndrews@Swedish.org or call 425-640-4984.

Virtual Art & Wellness Group
Tuesdays, 10-11:30 a.m.

Music Therapy
Amidst the ever changing rhythms of life, experience how music can offer support and healing in our weekly music therapy groups. Experience or confidence in music is not required. For more information or for Zoom login information, email Betsy.Hartman@Swedish.org or call 206-386-6711.

Individual sessions – (virtual and in-person)
Available Mondays, Wednesday and Thursdays by appointment only

Music and Wellness Group (virtual)
Thursdays, 12:30-1:30 p.m.

Ukulele Group (virtual)
Wednesdays, 2-3 p.m.

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 SCI.Education@Swedish.org to register.

Issaquah
Mondays, 1-3 p.m.

Edmonds
Tuesdays, 10 a.m. to noon

First Hill
Wednesdays, 10 a.m. to noon
Thursdays, 1-3 p.m.
**SURVIVORSHIP**

**After Breast Cancer, What’s Next?**
Make peace with impacts of breast 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. Email **SCI.Education@Swedish.org** to register.

**Webinar series**
- Mondays, September 6, 13, 20, 27, 26, 6-8 p.m.
- Mondays, October 11, 17, 25 & Nov 1, 6-8 p.m.

**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 and over a lifetime. Email **SCI.Education@Swedish.org** to register. For more information about the class, call Patti Kwok, facilitator for Tools for Healing, at **206-215-6558**.

**Webinar series**
- Thursdays, October 7 and 14, 6-8 p.m.
- Thursdays, November 4 and 11, 6-8 p.m.
- Thursdays, December 2 and 9, 6-8 p.m.

**Changing Bodies**
Many patients with cancer struggle with coming to terms with how their bodies are impacted by treatment. This workshop will offer information about the physical and emotional impacts of treatment, and provide evidence strategies to cope and practical resources. Visit [www.cancerlifeline.org](http://www.cancerlifeline.org) or call **206-297-2500** to register.

**Virtual class**
- Saturday, October 16th, 1:00-2:30 p.m.

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**STAYING ACTIVE**

**Active Women, Healthy Women**
Women of all fitness levels are encouraged to join these certified instructor led classes exclusively for cancer patients and survivors. Co-sponsored by Team Survivor Northwest. Visit [teamsurvivornw.org/programs](https://teamsurvivornw.org/programs) to register.

**Virtual class**
- Mondays, 6:30-7:30 p.m.
- Tuesdays, 10 - 11 a.m.

**Get Fit! Staying Active During & After Treatment**
Exercise class and fitness consults for women who have finished cancer treatment. Co-sponsored by Team Survivor Northwest. Visit [teamsurvivornw.org/programs](https://teamsurvivornw.org/programs) to register.

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

**Gentle Yoga for Navigating the Cancer Journey**
Biweekly yoga class for cancer patients. 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. All are welcome, from diagnosis through recovery. 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 appropriate 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 Erin.Carper@Swedish.org to register.

Virtual class
Tuesdays, 1-2:15 p.m. and 3:15-4:30 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 SCI.Education@Swedish.org to register.

Virtual class
Thursdays, Noon to 1 p.m.

Relaxation and Stress Reduction
Guided Visualization for Stress Reduction
Visualization practice provides numerous positive benefits. Come learn simple visualization techniques to reduce daily stress.

Virtual Class
Saturday, October 19, 10:00-11:00 a.m.

Mindfulness to Support Mind, Body & Spirit
Mindfulness practice is focused on the here and now. Come learn simple practices to ground yourself in the moment and reset.

Virtual Class
Saturday, November 13, 10:00-11:30 a.m.

Meditation & Sleep Resilience
Learn how to slow down and set the state for a good night’s sleep with calming and sleep-inducing techniques and meditation.

Virtual Class
Saturday, December 11, 10:00-11:30 a.m.

SUPPORT GROUPS
The 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 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 or to register for a group, contact the facilitators for each group listed below.

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. to 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 group.
2nd Monday of the month, 11:30 a.m. - 1:00 p.m.
Contact Rachel Cox at 425-673-8353

Caregiver Support Group
Virtual support group for those caring for someone with cancer.
First Hill: 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 or to register, contact the Oncology Social Work referral line at 206-386-3228.

Virtual class
Thursdays, 5:30-7:15 p.m., October 14 - November 11
Gynecological Cancers Group
Virtual support group for women with gynecological cancers.
2nd and 4th Wednesday of the month, 12:00 - 1:30 p.m.
Email Carolyn.Maret@Swedish.org or call 425-673-8329 to register.

Head & Neck Cancers Group
Virtual support group for those living with head and neck cancers.
Fourth Wednesday of the month, 11:30 a.m. to 1:00 p.m.
Email Mark.Filler@Swedish.org or call 206-215-2287 to register.

Living With Cancer Support Group
Virtual support group for those living with cancer.
First Hill: Thursdays, 1:30-3 p.m.
Email SandraS.Johnson@Swedish.org or Sharon.Mast@Swedish.org to register.

Edmonds: 1st and 3rd Wednesday of the month, 1:30-3:00 p.m.
Call the Edmonds Social Work Referral line at 425-673-8328 to register.

Prostate Cancer Educational Group
Virtual group meetings for those with prostate cancer. Partners are welcome.
Third Thursday of the month, 8:30-9:30 a.m.
Email Dr. Weber at weberd56@gmail.com or call 206-232-7297 to register.

SMART Program
This eight-week virtual program, led by Swedish Cancer Institute’s SMART-trained oncology social workers, will help you develop self-care tools to manage your stress, reduce cancer treatment symptoms and side effects, and enhance your quality of life. Call the Oncology Social Work referral line at 206-386-3228 for more information or to register.

General Patient Group:
Wednesdays, 3:30-5:30 p.m; September 22 - November 10

Family Caregivers:
Tuesdays, 2:00 - 4:00 p.m; September 28 - November 16

Hematology Group: Sponsored by LLS
Mondays, 4:30-6:30 p.m.
September 27-November 15

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
Providence Bereavement offers a variety of opportunities for ongoing support and education regarding grief, loss and life adjustments following the death of a significant person. We are here to help individuals, families and communities identify their needs and strengths and to provide them a supportive presence.

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 call 206-749-7702 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.

LOCATIONS

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

Swedish Cancer Institute - Ballard
5409 Barnes 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 Affiliates (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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<th>State/Service</th>
<th>Civil Rights Coordinator</th>
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<td>Washington/Swedish</td>
<td>Office of Compliance &amp; Privacy Swedish Health Services 747 Broadway Seattle, WA 98122 Email: <a href="mailto:Compliance@Swedish.org">Compliance@Swedish.org</a> 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:


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 [insert language], language assistance services, free of charge, are available to you. Call 888-311-9127 (TTY: 711).