SWEDISH CANCER INSTITUTE

CLASSES AND SUPPORT GROUPS

JANUARY – APRIL 2020

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

Due to the COVID-19 outbreak, all in-person events are canceled until further notice. We are now offering online classes in a live format led by our certified educators.

To learn more about virtual classes that are offered and to register, please send us an email at SCI.Education@swedish.org.
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 and their loved ones. 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. to noon

SCI Issaquah – Cancer Education Center
2nd and 4th Wednesday of the month, 2-4 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. to noon

SCI First Hill – 5th Floor Healing Forum
Wednesdays, 10 a.m. to 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 and their loved ones. No music experience or confidence required. Drop-ins welcome. For more information regarding individual or group music therapy, call 206-386-6711.

SCI First Hill – 5th Floor, Healing Forum
Thursdays, 12:30-1:30 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.

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 all oncology patients and their loved ones. For more information regarding individual or group therapy, call 206-386-6711.

SCI First Hill – 5th Floor Healing Forum
Wednesdays, 2-3 p.m.
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 206-386-3200 or email SCI.Education@swedish.org.

Swedish First Hill – TESH Conference Room A
Mondays, Jan. 27, Feb. 3, 10 and 24, 6-8 p.m.

Swedish Issaquah – Leadership Room
Mondays, March 16, 23, 30 and April 6, 6-8 p.m.

Swedish Edmonds – 4th Floor Conference Room
Mondays, April 27, May 4, 11 and 18, 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 over a lifetime. To register, email SCI.Education@swedish.org or call 206-215-6558.

Swedish Issaquah – Leadership Room
Thursday, Jan. 16, 6-8 p.m.

Online Webinar
Thursday, Feb. 6, April 2, 6-8 p.m.

Swedish Edmonds – 3rd Floor Conference Room
Thursday, March 5, 6-8 p.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, 1-2:15 p.m., 2:30-3:45 p.m.

Get Fit! Staying Active During & After Cancer
Exercise class and fitness consults for women 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 206-386-3200.

SCI Edmonds – Radiation Oncology
Thursdays, Noon to 1 p.m.
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 of the month, 11 a.m. to 12:30 p.m.
Casual gatherings: 3rd Wednesday of the month, 1-2:30 p.m.

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

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

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

CLIMB Program
Children’s Lives Include Moments of Bravery (CLIMB) is a special program providing emotional support for children who have a parent or primary caregiver with cancer. For more information or to register, contact Sharla or Grace at 206-386-3228.

SCI First Hill – Arnold Pavilion
Thursdays, March 5 to April 2, 5:30-7:30 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 206-748-1410.

Swedish Cherry Hill – Casey Conference Room
Various days, 7-8:30 p.m.
To confirm dates, please call the number above.

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

Swedish First Hill – TESCH Conference C
Last Wednesday of the month, 10:30 a.m. to 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 of the month, 11:30 a.m. to 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 of the 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 of the month, 10-11:30 a.m.

Prostate Cancer Educational Group
A drop-in group for men with prostate cancer. For more information, call 206-232-7297.

SCI First Hill – A-Floor West
3rd Thursday of the 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 206-749-7702.

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THYCA: Thyroid Cancer Group

A drop-in group for education and support. For more information, call 206-708-7198.

**Swedish Ballard – 2nd Floor Conference Room**
3rd Saturday of the month, 10-11:30 a.m.

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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

FRYE ART MUSEUM
704 Terry Ave.
Seattle, WA 98104

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

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
1101 Madison St.
Seattle, WA 98104

SWEDISH ISSAQUAH
751 NE Blakely Drive
Issaquah, WA 98029

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

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:

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<tr>
<th>Service location</th>
<th>Civil rights coordinator</th>
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<tbody>
<tr>
<td>All locations except</td>
<td>Civil rights coordinator, 101 W. 8th Ave., Spokane, WA 99204</td>
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<tr>
<td>Swedish Edmonds</td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127</td>
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<td>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</td>
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<tr>
<td></td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9178</td>
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<td></td>
<td>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</td>
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<td></td>
<td>Telephone: 1-844-469-1775; Interpreter line: 1-888-311-9127;</td>
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<td>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).
