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. Individual sessions and virtual art group available. No experience or skill is necessary to join.

Art Therapy Individual Sessions & Patient Newsletter
Individual sessions are available to SCI patients free of charge.

SCI Art Therapy Patient Newsletter includes Zoom meeting information for art groups, SCI art therapy updates and art information for self-care.

To be added to the newsletter email list, to register for a class, or for more information on art therapy, please contact kim.mcandrews@swedish.org or call 206-309-5437.

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

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 & Wellness Group
Thursdays, 12:30-1:30 p.m.
*Paused October 2023 - April 2024

‘World Tour of Music
Improve anxiety and stress management with studies of global rhythms and percussion music. 2nd and 4th Monday of the month, 12:30-1:30 p.m

‘Starting October 23rd’

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.

First Hill & Issaquah Music Therapy
Betsy Hartman: betsy.hartman@swedish.org or 206-386-6711

Edmonds Music Therapy
Alexander Fermanis: alexander.fermanis@swedish.org or 206-395-2699
**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.

**STAYING ACTIVE**

**Fitness Basics**

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.

**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**
  - Mondays, September 11, 18, 25, & October 2

**Webinar series**

Mondays, October 23, 30, November 6 & 13

**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:**
  - Thursdays, September 7 & 14

- **Webinar series:**
  - Thursdays, October 5 & 12

- **Webinar series:**
  - Thursdays, November 2 & 9

**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:**
  - Wednesdays, September 20, 27, & October 4

**Webinar Series:**

- Wednesdays, October 18, 25, & November 1

**SURVIVORSHIP**

**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 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 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 or to register, contact the Oncology Social Work referral line at 206-386-3228.

CLIMB Fall 2023
Wednesdays, Sept. 27-Oct. 25, 5:15-7 p.m.
Gynecological Cancers Group
Virtual support group for women with gynecological cancers.
1st & 3rd Thursday 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, will help you develop self-care tools to manage your stress, reduce cancer treatment symptoms and side effects, and enhance your quality of life.

Art Therapy Patient/ Survivor Group: Sept 11th–Oct 30th, Mondays, 2 p.m.–4 p.m.

Family Caregiver Group: Sept 12th–Oct 31st, Tuesdays, 11 a.m.–1 p.m.

Hematology Group: Oct 3rd–Nov 21st, Tuesdays, 5 p.m. – 7 p.m.

Patient/ Survivor Group: Sept 14th – Nov 2nd, Thursdays, 9 a.m.–11 a.m.
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 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 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 1-800-368-1019, 800-537-7697 (TDD).

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).


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.
<table>
<thead>
<tr>
<th>Language</th>
<th>Attention: If you speak another language, language assistance services, free of charge, are available to you. Call 888-311-9127 (TTY: 711).</th>
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</thead>
<tbody>
<tr>
<td>Spanish</td>
<td>ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).</td>
</tr>
<tr>
<td>Chinese</td>
<td>注意：如果您讲中文，我们为您提供免费语言翻译服务，请致电 888-311-9127 (TTY: 711)。</td>
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<tr>
<td>Tagalog</td>
<td>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).</td>
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<tr>
<td>Korean</td>
<td>주의: 한어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (TTY: 711) 번으로 전화해 주십시오.</td>
</tr>
<tr>
<td>Russian</td>
<td>ВНИМАНИЕ: Если вы говорите на русском языке, вы можете получить бесплатные услуги перевода. Звоните 888-311-9127 (телетайп: 711).</td>
</tr>
<tr>
<td>Ukrainian</td>
<td>УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мової підтримки. Телефонуйте за номером 888-311-9127 (телетайп: 711).</td>
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<tr>
<td>Hindi</td>
<td>मुहूर्त: यदि आप हिंदी बोलते हैं, तो आप अनुशीलन की मदद के लिए फ्री सेवा में उपविधि कर सकते हैं। कॉल करें 888-311-9127 (TTY: 711).</td>
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<tr>
<td>Hungarian</td>
<td>ÜGYÉKÖRŰ: Ha magyarul beszél, és látogatónkra van szüksége, részesíthetek félrehozható nyelvi segítséggel. Kérjük, hívja fel 888-311-9127 (TTY: 711).</td>
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<tr>
<td>Ilocano</td>
<td>ABADVISO: Si fale Ilocano, dapat serbisyo para ti puluhan nga pagasao nga awan ti bayadan ket siadada para kadakayo. Tawagan ti 888-311-9127 (TTY: 711).</td>
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<tr>
<td>Italian</td>
<td>ATTENZIONE: In caso la lingua parlatà sia l’italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 888-311-9127 (TTY: 711).</td>
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<tr>
<td>Polish</td>
<td>UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 888-311-9127 (TTY: 711).</td>
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<tr>
<td>Somali</td>
<td>OSIYIS: Hadax ku haddii huu adeegso Soomaaliga, waxaas ku warqayn caawiso xaga luuqda daada oo ku bilash ah Fadlan. Wac taleefanka. 888-311-9127 (TTY: 711).</td>
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<td>American Sign Language</td>
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