### Patient and Caregiver Support Group

#### 2021 Meeting Dates

| Tuesdays 11:00 am to 12:30 pm | January 5th  
February 2nd  
March 2nd  
April 6th  
May 4th  
June 1st  
July 6th  
August 3rd  
September 7th  
October 5th  
November 2nd  
December 7th |
|-------------------------------|-------------------------------------------------|
| Wednesdays 1:00 pm to 2:30 pm | January 20th  
February 17th  
March 17th  
April 21st  
May 19th  
June 16th  
July 21st  
August 18th  
September 22nd  
October 20th  
November 17th  
December 22nd |

**Patient Support Group:** After being diagnosed with a brain tumor, you may feel overwhelmed, frightened, and alone. You may want to connect with others going through a similar situation. A support group can help by providing a place to discuss your feelings, share information, and talk about coping with a brain tumor.

**Caregiver Support Group:** As a caregiver of a loved one diagnosed with a brain tumor, you may find yourself facing a host of new responsibilities, many of which are unfamiliar. At times, you may feel overwhelmed and alone. It’s comforting to give and receive support from others who understand what you’re going through.

**Patient and Caregiver Support Group**

1st Tuesday of every month  
11 am – 12:30 pm  
Facilitated by Ivy Center staff. We will meet for the first portion of the time as a whole and sometimes may have a speaker. The latter part, patients and caregivers will split into adjacent rooms and have opportunity to share and learn.

**Patient and Caregiver Casual Gathering**

3rd or 4th Wednesday of every month  
1:00 – 2:30 pm  
A casual gathering of patients and caregivers. Patients and their loved ones have the opportunity to meet and gather, providing each other with support, community, and exchange useful information learned living or loving someone with a brain tumor.

Due to COVID-19 Precautions, all Ivy Center Support Groups will be held via Zoom until further notice. A reminder e-mail with updated guest speaker information and Zoom meeting ID and Password will be sent prior to meeting dates.

For more information, please contact: Ivy Center Social Work at 206.320.8288

To be added to the distribution list, please e-mail:  
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