**SWEDISH**
The Ben and Catherine Ivy Center for Advanced Brain Tumor Treatment

**PATIENT AND CAREGIVER SUPPORT GROUP**

**2022 Meeting Dates**

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

**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 Zoom breakout rooms and have an 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: brenda.autobee-bigalk@swedish.org