FREE CLASSES and SUPPORT GROUPS for CANCER PATIENTS, SURVIVORS, and CAREGIVERS

We welcome patients, caregivers, friends, family members & survivors to attend programs at any and all of our locations.

January—April 2020

CancerLifeline

OVERLAKE MEDICAL CENTER
Support Groups & Classes . . . 2

UW MEDICAL CENTER - NORTHWEST
Support Groups & Classes . . . 3

SCCA PROTON THERAPY
Support Group . . . . . . . . . 3

VALLEY MEDICAL CENTER
Support Groups & Classes . . . 4

HIGHLINE MEDICAL CENTER
Classes . . . . . . . . . . . . . 4

VIRGINIA MASON
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ADDITIONAL SITES
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WE SERVE ALL PEOPLE living with cancer—patients, survivors, family members, friends and co-workers at the following locations:

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
LIFELINE
(206) 297-2500 or (800) 255-5505
Our Lifeline is available M-F from 9am-5pm for emotional support, resource referrals and information about our programs and services. Ongoing emotional support is also available.

LIFELINE CHAT
Lifeline Chat is an instant messaging service. Individuals can benefit from receiving emotional support for cancer related issues including anxiety, isolation, stress, grief, transitions, family stressors and more. Go to cancerlifeline.org/lifeline-chat to get connected today.

CANCER SUPPORT CONSULTATION SERVICES
Looking for expert training on how to deliver cancer support? We offer customized consultation services based on your needs including Workplace Support, Support Group Facilitation and Active Listening Training. For more info, call (206) 832-1296.

THERAPIST REFERRAL PROGRAM
This program provides free referrals to therapists who have experience working with people living with a cancer diagnosis. For more info, call (206) 297-2500.

FINANCIAL SERVICES
Cancer Lifeline offers financial resource referrals and financial assistance for low income patients with any type of cancer. For more info, call (206) 832-1282. To apply, contact your social or healthcare worker. Support for breast cancer patients is made possible by Susan G. Komen of Puget Sound.

FAMILY & COUPLE SUPPORT PROGRAM
We offer facilitated conversations to help couples, parents, and extended families open lines of communication, clarify concerns and better understand how to support one another through the cancer experience. Call (206) 832-1279 for more info.

EXPRESSIVE ARTS THERAPEUTIC SUPPORT - PILOT
Come work with an expressive arts therapist in-training who will provide up to six no-fee sessions for individuals, couples, families and groups affected by a cancer diagnosis. This offering is available at Cancer Lifeline’s Dorothy S. O’Brien Center. For more info, call Pamela Krueger at (206) 832-1271 or email pkrueger@cancerlifeline.org.

Classes

ARTISTIC EXPRESSION
Collaged Journals
Feb 11 | 11am-1pm
Simple Sketching
Apr 7 | 11am-1pm

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I - Mondays
Jan 6 - Mar 2 | 6:30-7:30pm
No Class Jan 20 & Feb 17
Session II - Mondays
Mar 16 - Apr 27 | 6:30-7:30pm
PACCAR Education Center:
Inspiration Room

NUTRITION
Cooking with Seasonal Vegetables
Feb 6 | 11am-12:30pm
Simple Salads
Apr 2 | 1:30-3pm

PRESENTATIONS
Managing Uncertainty with Creative Expression
Jan 15 | 6:30-7:30pm
Compression Garment Options
Jan 21 | 6:30-7:30pm
Strategies for Better Sleep
Feb 5 | 10-11am
Meditation for Beginners
Feb 13, 20 & 27 | 5-6pm
Mar 5, 12 & 19 | 5-6pm
[Come to one or come to all. Register for each separately.]
Managing Caregiver Fatigue
Feb 18 | 10-11:30am
Addressing Fears of Recurrence
Feb 19 | 6:30-7:30pm
Lymph Node Transfer (One Person’s Story)
Mar 17 | 6:30-7:30pm

Support Groups

These are drop-in groups that provide educational presentations, group discussion & emotional support.

Living with Cancer Support Group - Daytime
Open to those living with any type of cancer from diagnosis through post-treatment.
1st Wednesday | Feb 5, Mar 4, Apr 1 | 10am-12pm
No Group Jan 1

Living with Cancer Support Group - Evening
Open to those living with any type of cancer from diagnosis through post-treatment and their friends and family.
3rd Wednesday | Jan 15, Feb 19, Mar 18, Apr 15 | 6:30-8pm

SWELL Lymphedema Support Group
Open to those living with lymphedema and their friends and family.
3rd Tuesday | Jan 21, Feb 18, Mar 17, Apr 21 | 6:30-8pm

Overlake Medical Center
1135 116th Ave NE | Bellevue, WA 98004
* All classes and groups are held in the Cancer Center Conference Room unless otherwise noted.

PARKING INFO:
Overlake Medical Center offers validated parking in the North garage for those attending Cancer Lifeline classes or support groups.

Sex, Intimacy & Cancer Care
Mar 18 | 6:30-7:30pm
Self-care for the Caregiver
Apr 14 | 10-11:30am
Palliative Care: An Important Component of Cancer Care
Apr 1 | 10-11am
Foods that Optimize Your Health
Apr 15 | 6:30-7:30pm

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Classes

ARTISTIC EXPRESSION
Exploring Fear of Recurrence with Collage
Jan 18 | 1-4pm

Beginning Watercolor
Mar 14 | 3-5pm

Six-Word Memoir & Collage
Apr 4 | 12:30-2:30pm

STRESS REDUCTION & RELAXATION
Meditation Mantras to Focus & Calm the Mind
Jan 11 | 10-11am

Deep Relaxation with Yoga Nidra
Feb 5 | 6-7pm

Meditation Mantras to Focus & Calm the Mind
Feb 8 & 15 | 3-4:30pm

Deep Relaxation with Yoga Nidra
Mar 21 & 28 | 1-2:30pm

PRESENTATIONS
Infection Risk Reduction Practices
Jan 11 | 12:30-1:30pm

Manual Lymphatic Massage to Reduce Anxiety & Stress
Feb 8 | 12:30-1:30pm

Therapeutic Touch: Jin Shin Jyutsu
Feb 15 | 10-11am

Riding Cancer’s Emotional Roller Coaster
Feb 22 | 1-2:30pm

Dietary Supplements & Vitamins Before & After Treatment
Mar 4 | 6-7pm

Therapeutic Touch: Jin Shin Jyutsu
Mar 14 | 10-11am

The Connection Between the Lymph System & Fascia
Mar 14 | 12:30-1:30pm

NUTRITION
Anti-Inflammatory Diet
Jan 18 | 10-11am

* Supporting Immunity with Food
Jan 30 | 11am-1pm

* Make Ahead Freezer Meals
Mar 5 | 11am-1pm

Sublime Spices: Adding More Nutrients to Meals
Mar 28 | 10:30am-12pm

* Gluten-Free Baking
Apr 2 | 11am-1pm

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I – Tuesdays
Jan 7-Feb 18 | 6:30-7:30pm
Session II – Tuesdays
Mar 3-Apr 21 | 6:30-7:30pm

Healthy Steps
Session I - Thursdays
Jan 9-Feb 20 | 5:30-6:30pm
Session II - Thursdays
Mar 5-Apr 30 | 5:30-6:30pm
No Class Apr 9

NUTRITION
Anti-Inflammatory Diet
Jan 18 | 10-11am

* Supporting Immunity with Food
Jan 30 | 11am-1pm

* Make Ahead Freezer Meals
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Jan 7-Feb 18 | 6:30-7:30pm
Session II – Tuesdays
Mar 3-Apr 21 | 6:30-7:30pm

Healthy Steps
Session I - Thursdays
Jan 9-Feb 20 | 5:30-6:30pm
Session II - Thursdays
Mar 5-Apr 30 | 5:30-6:30pm
No Class Apr 9

FACIAL THERAPY
Deep Relaxation with Yoga Nidra
Feb 5 | 6-7pm

Meditation Mantras to Focus & Calm the Mind
Feb 8 & 15 | 3-4:30pm

Support Groups
These are drop-in groups that provide educational presentations, group discussion & emotional support.

Living With Cancer Networking Group
Open to those living with any type of cancer from diagnosis through post-treatment.
1st Wednesday | Jan 11, Feb 8, Mar 14, Apr 1 | 6-8pm
No Group Jan 1

Living With Metastatic Cancer Support Group
Open to those living with any type of advanced cancer and their family and friends.
2nd Saturday | Jan 11, Feb 8, Mar 14, Apr 11 | 10am-12pm

Lymphedema Support Group
Open to those living with lymphedema.
2nd Saturday | Jan 11, Feb 8, Mar 14, Apr 11 | 12:30-2:30pm

Women’s Cancer Support Group
Open to women living with any type of cancer from diagnosis through post-treatment.
3rd Saturday | Jan 18, Feb 15, Mar 21, Apr 18 | 10am-12pm

Volunteering Opportunities
Volunteers are an important part of our programs at Cancer Lifeline.
Volunteers help by supporting events, completing administrative tasks, and by taking calls on the Lifeline, where they provide resources and information as well as emotional support for patients, caregivers, family members and friends.

We invite you to become a volunteer!
To learn more, call (206) 832-1290.

Sponsored by UW Medical Center - Northwest
Hosted by PCC Community Markets
450 NE 71st St. | Seattle, WA 98115

SCCA Proton Therapy Center Breakfast Buddies
A support group open to those in any stage of proton therapy treatment and their family and friends.
3rd Saturday | Jan 18, Feb 15, Mar 21, Apr 18 | 9-10:30am

SCCA Proton Therapy Center Lobby
1570 N 115th St | Seattle, WA 98133

Presentations:
Jan 18 | 9-10am: Naturopathy and Proton Treatment
Mar 21 | 9-10am: Riding Cancer’s Emotional Roller Coaster

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Classes

ARTISTIC EXPRESSION
Decorative Calendars
Jan 14 | 11am-1pm
Medical Arts Center: Room E&F

Simple Valentine’s Embroidery
Feb 4 | 11am-1pm
Medical Arts Center: Room E&F

Creative Card Making
Mar 3 | 11am-1pm
Medical Arts Center: Room E&F

Pressed Flower Cards & Bookmarks
Apr 16 | 11am-1pm
Medical Arts Center: Room D

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I - Thursdays
Jan 9-Feb 20 | 6:15-7:15pm
Medical Arts Center: Room A

Session II - Thursdays
Mar 5-Apr 16 | 6:15-7:15pm
Medical Arts Center: Room A

Life in Survivorship
Feb 6 | 6:30-7:30pm
Breast Center Conference Room

NUTRITION
Nutrition classes are held at Merrill Gardens
104 Burnett Ave S
Renton, WA 98057

Winter Salads
Jan 11 | 2-4pm

Healthier Breakfast
Feb 22 | 2-4pm

Healthy on a Budget
Mar 14 | 2-4pm

Healthy Wraps & Snacks
Apr 25 | 2-4pm

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I - Thursdays
Jan 9-Feb 20 | 6:15-7:15pm
Session II - Thursdays
Mar 5-Apr 16 | 6:15-7:15pm
Medical Arts Center: Room A

NUTRITION
Nutrition classes are held at Merrill Gardens
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Winter Salads
Jan 11 | 2-4pm

Healthier Breakfast
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Healthy on a Budget
Mar 14 | 2-4pm

Healthy Wraps & Snacks
Apr 25 | 2-4pm

Support Groups

These are drop-in groups that provide educational presentations, group discussion & emotional support.

Survivorship Networking Group
1st Thursday | Jan 2, Feb 6, Mar 5, Apr 2 | 6:30-8pm
Open to anyone living with a cancer diagnosis, whether in treatment or post treatment and caregivers.
Breast Center Conference Room

Women’s Cancer Support Group
3rd Wednesday | Jan 15, Feb 19, Mar 18, Apr 15 | 1-2:30pm
Open to women living with any type of cancer from diagnosis through post-treatment.
Breast Center Conference Room

HOPE in Your Heart Cancer Support Group
4th Thursday | Jan 23, Feb 27, Mar 26, Apr 23 | 6:30-8pm
“The Den” building on the Maple Valley Community Center Campus
22010 SE 248th St | Maple Valley, WA 98038

Breakfast with Friends
Thursday, Apr 23 | 7-9am
Bell Harbor Conference Center
2211 Alaskan Way | Seattle, WA 98121
Tickets on sale now.
Save the date! Bring your friends!

Health & Safety Policy

Many of our clients are immune-suppressed. If you have symptoms of a contagious illness, please refrain from attending our programs. Please read our full Health & Safety Policy at cancerlifeline.org.

Breakfast with Friends
Thursday, Apr 23 | 7-9am

Bell Harbor Conference Center
2211 Alaskan Way | Seattle, WA 98121

Tickets on sale now.
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For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Classes

**ARTISTIC EXPRESSION**
Managing Uncertainty with Creative Expression
Jan 7 | 10-11am

**EXERCISE & MOVEMENT**
Chair Yoga
Jan 6, Feb 3, Mar 2, Apr 6
11am-12pm
Conference Room 290

**NUTRITION**
Anti-Inflammatory Foods
Jan 22 | 11am-12pm
Foods to Decrease Nausea
Mar 25 | 11am-12pm
Cooking with Seasonal Foods
Apr 22 | 11am-12pm

**PRESENTATIONS**
Tools for Managing Fear
Feb 12 | 12:30-1:30pm
Conference Room 290

Benefits of Laughter
Feb 19 | 5:30-6:30pm

Coping with Cancer When You’re On Your Own
Feb 26 | 11am-12:30pm
Conference Room 290

Strategies for Better Sleep
Mar 3 | 10-11am

Mindfulness Meditation for Stress Management
Mar 11 | 12:30-1:30pm
Conference Room 290

Life in Survivorship
Mar 18 | 5:30-6:30pm

Combating Chemo Brain
Apr 7 | 10-11am

Coping with Stress
Apr 8 | 12:30-1:30pm
Conference Room 290

Navigating the Emotional Side of Cancer
Apr 15 | 5:30-6:30pm

Support Groups

These are drop-in groups that provide group discussion & emotional support.

**Living with Cancer Support Group - Daytime**
Open to those living with any type of cancer from diagnosis through post-treatment.
1st Tuesday | Jan 7, Feb 4, Mar 3, Apr 7 | 10-11:30am
Meditation Room, Buck Pavilion, Floor 2

**Living with Cancer Support Group - Evening**
Open to those living with any type of cancer from diagnosis through post-treatment.
3rd Wednesday | Jan 15, Feb 19, Mar 18, Apr 15 | 5:30-7pm
Meditation Room, Buck Pavilion, Floor 2

**Pancreatic Cancer Support Group: Building Resilience**
Educational and supportive workshops for patients and caregivers facing pancreatic cancer. Call 206-341-0930 to RSVP for on-site or conference call participation.
Every Other Tuesday
Jan 7 & 21, Feb 4 & 18, Mar 10 & 24, Apr 7 & 21 | 10-11:30am
Conference Room 201, Buck Pavilion, Floor 2

Support Groups

These are drop-in groups that provide group discussion & emotional support. All groups meet in the Auditorium, Floor 2.

**Caregiver Support Group**
Open to those caring for someone with a cancer diagnosis.
2nd Thursday | Jan 9, Feb 13, Mar 12, Apr 9 | 6:30-8pm

**Living with Cancer Support Group**
Open to those living with any type of cancer from diagnosis through post-treatment.
1st Wednesday | Feb 5, Mar 4, Apr 1 | 12:30-2pm
No Group Jan 1

**Living with Cancer Support Group**
Open to those living with any type of cancer from diagnosis through post-treatment.
3rd Wednesday | Jan 15, Feb 19, Mar 18, Apr 15 | 10:30am-12pm
Classes

ARTISTIC EXPRESSION
Sketching Facial Portraits
Jan 17 | 1-3pm

Ikebana Flower Arranging
Feb 24 | 1-3pm
Apr 20 | 1-3pm

Mandala Rock Painting
Mar 6 | 1-3pm

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.

Session I - Mondays
Jan 6 - Mar 2 | 10-11:15am
No Class Jan 20 & Feb 17

Session I - Fridays
Jan 10 - Feb 21 | 10-11:15am

Session II - Mondays
Mar 6 - Apr 20 | 10-11:15am

Session II - Fridays
Mar 6 - Apr 17 | 10-11:15am

Healthy Steps
Session I - Mondays
Jan 13 - Feb 10 | 12-1pm
No Class Jan 20

Session II - Mondays
Mar 2 - Apr 13 | 12-1pm

Qigong
Jan 31 | 11:30am-1pm
Feb 21 | 11:30am-1pm
Mar 20 | 11:30am-1pm

NUTRITION
Immune Boosting Foods
Jan 10 | 12:30-2:30pm

Healthy Vegan Options
Jan 24 | 12:30-2:30pm

Nutrition Basics: Fiber
Feb 7 | 12:30-2:30pm

Healthy Meals on a Budget
Feb 28 | 12:30-2:30pm

Healthy Mediterranean
Mar 13 | 12:30-2:30pm

Spring Salads
Apr 17 | 12:30-2:30pm

PRESENTATIONS
Coping with Cancer
Jan 14 | 6:30-7:30pm

Survivorship Care Plans for Breast Cancer
Jan 15 | 9:30-10:30am
At the Bosom Buddies Breast group. Open to women affected by breast cancer.

Treatment for Erectile Dysfunction
Jan 16 | 6:30-7:30pm
At the Prostate group. Open to those affected by prostate cancer.

Lung Cancer: Managing Stigma, Guilt & Shame
Feb 4 | 6:30-7:30pm
At the Lung group. Open to those affected by lung cancer.

Foods to Decrease Nausea
Feb 5 | 6:30-7:30pm

Navigating Challenging Conversations around Cancer
Feb 11 | 6:30-7:30pm

Nutrition for Oral, Head & Neck Cancers
Feb 12 | 6:30-7:30pm

Combating Chemo Brain
Feb 18 | 6:30-7:30pm
At the Breast Friends group. Open to women affected by breast cancer.

Navigating the Emotional Side of Cancer
Feb 22 | 10-11am

Antioxidants & Lung Cancer
Mar 3 | 6:30-7:30pm
At the Lung group. Open to those affected by lung cancer

Ostomy Bag 101
Mar 4 | 6:30-7:30pm

Palliative Care: An Important Component of Cancer Care
Mar 10 | 6:30-7:30pm

Long Term Care Options
Mar 14 | 10-11am

Current Trends in Genetic Testing for Breast Cancer
Mar 17 | 6:30-7:30pm
At the Breast Friends group. Open to women affected by breast cancer.

Exploring Grief & Loss through Creative Expression
Mar 18 | 9:30-10:30am
At the Bosom Buddies Breast group. Open to women affected by breast cancer.

Prostate Cancer: Hormone Therapy Explained
Mar 19 | 6:30-7:30pm
At the Prostate group. Open to those affected by prostate cancer.

Coping with Cancer When You’re On Your Own
Mar 26 | 6-7:30pm

Boosting Energy with Nutrition
Apr 14 | 6:30-7:30pm

Swallow Therapy for Oral, Head & Neck Cancers
Apr 8 | 6:30-7:30pm

Benefits of Exercise for Prostate Cancer Patients
Apr 16 | 6:30-7:30pm
At the Prostate group. Open to those affected by prostate cancer.

Support Groups
These are drop-in groups that provide educational presentations, group discussion & emotional support.

Gastrointestinal (GI) Cancers Support Group
Open to those living with any gastrointestinal cancer from diagnosis through post-treatment and their family and friends.
1st Wednesday | Feb 5, Mar 4, Apr 1 | 6:30-8pm
No Group Jan 1

Living with Metastatic Cancer Support Group
Open to those living with any type of advanced cancer and their family and friends.
2nd & 4th Saturdays | Jan 11 & 25, Feb 8 & 22, Mar 14 & 28, Apr 11 & 25
10am-12pm

Living with Cancer Support Group
Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.
2nd Tuesday | Jan 14, Feb 11, Mar 10, Apr 14 | 6:30-8:30pm

Bosom Buddies Breast Cancer Networking Group
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Wednesday | Jan 15, Feb 19, Mar 18, Apr 15 | 9:30-11:30am

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Support Groups (cont.)

Lung Cancer Networking Group
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesday | Jan 7, Feb 4, Mar 3, Apr 7 | 6:30-8pm

Breast Friends Breast Cancer Support Group
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Tuesday | Jan 21, Feb 18, Mar 17, Apr 21 | 6:30-8:30pm

Prostate Cancer Networking Group
Open to those living with prostate cancer from diagnosis through post-treatment and their family and friends.
3rd Thursday | Jan 16, Feb 20, Mar 19, Apr 16 | 6:30-8:30pm

Oral, Head & Neck Cancer Support Group
Open to those living with oral, head or neck cancer from diagnosis through post-treatment and their family and friends.
2nd Wednesday | Jan 8, Feb 12, Mar 11, Apr 8 | 6:30-8:30pm

CLIMB for Children
A support program for children whose parents are diagnosed with cancer. Children between the ages of 6-12 learn how to normalize their feelings of sadness, anxiety, fear and anger, while improving positive

Additional Sites

EXERCISE & MOVEMENT
Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Thursdays | Jan 9-Mar 12 | 12-1pm
Phinney Ridge Yoga Center
6615 Dayton Ave N
Seattle, WA 98103

ARTISTIC EXPRESSION
Writing For The Moment
Thursdays | Jan 9 - Apr 30 | 1-3pm

Creative Writing (Fiction):
Illness Narratives
Jan 14 | 6:30-8:30pm

Addressing Transitions Using Creative Expression at Young Adult Group
Jan 18 | 11am-12pm

Creative Writing (Nonfiction):
Illness Narratives
Jan 21 | 6:30-8:30pm

After Treatment: Who Am I Now? A Creative Process
Feb 15 | 2-4:30pm

Caregivers: Coping with Grief & Loss through Art
Feb 26 | 9:30am-12:30pm

Caregiver Workshop:
Caring for Self
Mar 7 | 2-4:30pm

Metastatic Cancer:
Coping with Grief through Art
Mar 11 | 9:30am-12:30pm

Beneficial Sound With Gongs
Apr 18 | 2:30-4:30pm

Family Workshop: Creative Expression for All Ages
Jan 11, Feb 8, Mar 14, Apr 11
10am-12pm
[Come to one, come to all.
Register for each separately.]

Open Studio Process: Mondays
Mondays | Jan 6 - April 27
9:30am-12:30pm
No Class Jan 20 & 27, Feb 17, Mar 16 & 23, Apr 13
[Come to one, come to all.
Register for each separately.]

Exploratory Workshop: Being Cured vs. Being Healed
Feb 13 & Apr 9 | 6:30-8:30pm

Therapeutic Touch:
Jin Shin Jyutsu
Mar 7 | 10am-12pm

Avoiding Cancer as You Age:
Benefits of Nutrition
Feb 12 | 10:30am-12:30pm
Rainier Beach Library
9125 Rainier Ave S
Seattle, WA 98118

Support Groups
These are drop-in groups that provide educational presentations, group discussion & emotional support.

Young Adult Cancer Support Group
Open to young adults (20's-40's) living with any type of cancer from diagnosis through post-treatment and their family and friends.
1st & 3rd Saturday
Jan 4 & 18, Feb 1 & 15, Mar 7 & 21, Apr 4 & 18 | 11am-1pm

Young Adult Caregiver Support Group
Open to young adults (20's-40's) caring for someone living with a cancer diagnosis.
1st Saturday | Jan 4, Feb 1, Mar 7, Apr 4 | 11am-1pm

Ovarian Cancer Support Group
Open to women living with ovarian cancer from diagnosis through post-treatment.
3rd Saturday | Jan 18, Feb 15, Mar 21, Apr 18 | 11:30am-1pm

Expressive Arts Therapy Group: Teens with Cancer in the Family
Registration Required: Call (206) 832-1271 for more information.
Tuesdays | Feb 4 - Mar 17 | 3:30-5pm

Expressive Arts Therapy Group: Teens with Cancer
Registration Required: Call (206) 832-1271 for more information.
Wednesdays | Feb 5 - Mar 18 | 3:30-5pm

Lymphedema Self-Help Workshop
Jan 25 | 10am-4pm

For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Thank You!

We extend our sincere appreciation to Cancer Lifeline’s event sponsors and in-kind partners:

We extend our appreciation to Cancer Lifeline’s Community Partner:

Fran’s Chocolates
Ian & Laura MacNeil - Glass Vodka
Morgan Fromme

With appreciation to our in-kind sponsors:

Metropolitan Market
The Payne Group
Woven Legacies