For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org
Cancer Lifeline is committed to the safety of our clients. We continue to monitor the COVID-19 impacts in our community and are holding support groups, classes and presentations online as necessary.

Please visit www.cancerlifeline.org to find out which offerings are available online.

**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.

**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.

**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.

**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.

**Classes**

**EXERCISE & MOVEMENT**

- **Gentle Yoga**
  Bring your own mat and arrive 5 minutes early.
  **Session I - Mondays**
  [May 11 - June 29 | 6:30-7:30pm]
  [No Class May 25]
  **Session II - Mondays**
  [July 13 - Aug 24 | 6:30-7:30pm]
  [PACCAR Education Center: Inspiration Room]

**ARTISTIC EXPRESSION**

- **Meditative Doodling**
  June 9 | 11am-1pm

**NUTRITION**

- **Meditation Practices for Self-care**
  Thursdays | May 28 - July 2 | 5:30 - 6:30pm
  [Come to one or come to all. Register for each separately.]
- **Managing Caregiver Fatigue**
  June 2 | 10-11:30am
- **Nutrition in Survivorship**
  June 3 | 10-11am
- **Calming the Nervous System with Music**
  June 17 | 6-7pm
- **Benefits of Acupuncture**
  July 1 | 10-11am
- **Life in Survivorship**
  July 15 | 6-7pm
- **Flexitouch Pump for Lymphedema**
  July 21 | 6:30-7:30pm
- **Feel More Like You: Beauty Support for Cancer**
  July 30 | 11am-12:30pm

**PRESENTATIONS**

- **Strategies for Self-care**
  May 20 | 6-7pm

**Support Groups**

- **Support Group**
  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 | [May 6, June 3, July 1, Aug 5] | 10am-12pm
  **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 | [May 20, June 17, July 15, Aug 19] | 6-7:30pm
  **SWELL Lymphedema Support Group**
  Open to those living with lymphedema and their friends and family.
  3rd Tuesday | [May 19, June 16, July 21, Aug 18] | 6:30-8pm

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

- **How to Cope with Caregiver Anger & Resentment**
  Aug 4 | 10-11:30am
- **Infection Risk Reduction Practices for Lymphedema**
  Aug 18 | 6:30-7:30pm
- **Navigating Difficult Conversations**
  Aug 19 | 6-7pm

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

**Support Groups**

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

**Living with Cancer Support Group**
Open to those living with any type of cancer from diagnosis through post-treatment.
1st Wednesday | 📅 May 6, Jun 3, Jul 1, Aug 5 | 6-8pm

**Living with Metastatic Cancer Support Group**
Open to those living with any type of advanced cancer and their family and friends.
2nd Saturday | 📅 May 9, Jun 13, Jul 11, Aug 8 | 10am-12pm

**Lymphedema Support Group**
Open to those living with lymphedema.
2nd Saturday | 📅 May 9, Jun 13, Jul 11, Aug 8 | 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 | 📅 May 16, Jun 20, Jul 18, Aug 15 | 10am-12pm

**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 | 📅 May 16, Jun 20, Jul 18, Aug 15 | 9-10:30am

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

Presentations:
📅 May 16 | 9-10am: Mindfulness & Stress Reduction
📅 June 20 | 9-10am: The Benefits of Laughter

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**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.
Classes

**EXERCISE & MOVEMENT**

**Chair Yoga**
- **Session I – Wednesdays**
  - May 6 - June 24 | 11am-12pm
- **Session II – Wednesdays**
  - July 22 - Aug 26 | 11am-12pm
  
**Gentle Yoga**
- Bring your own mat and arrive 5 minutes early.
- **Session I – Thursdays**
  - May 14 - June 25 | 6:15-7:15pm
- **Session II – Thursdays**
  - July 9 - Aug 20 | 6:15-7:15pm
  - No Class July 16

**ARTISTIC EXPRESSION**

**Inspiration Boards**
- May 19 | 11am-1pm
  
**Collage Journaling**
- June 16 | 11am-1pm
  
**NUTRITION**

**Superfoods for Spring**
- May 12 | 12:30-2:30pm

**Delicious Greens & Grains**
- June 13 | 2-4pm
  
**Medical Marijuana**
- June 4 | 6:30-7:30pm
  
**Addressing Fears of Recurrence**
- June 17 | 1-2pm

**Managing Difficult Conversations**
- June 25 | 1-2pm

**COMING SOON**

**Superfoods for Spring**
- June 24 | 9am-11am
  
**Delicious Greens & Grains**
- July 15 | 9am-11am

**PRESENTATIONS**

**Boosting Energy with Nutrition**
- May 7 | 6:30-7:30pm
  
**Writing Practices to Limit Anxiety**
- May 20 | 1-2pm

**Support Groups**

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

**Survivorship Support Group**
- 1st Thursday | May 7, June 4, July 2, Aug 6 | 6:30-8pm
  
**Women's Cancer Support Group**
- 3rd Wednesday | May 20, June 17, July 15, Aug 19 | 1-2:30pm

**HOPE in Your Heart Cancer Support Group**
- 4th Thursday | May 28, June 25, July 23, Aug 27 | 6:30-8pm
  
For more information or to register for classes, call our Lifeline at (206) 297-2500 or go to cancerlifeline.org.
Please visit www.cancerlifeline.org to find out which offerings are available online.

Classes

Virginia Mason Cancer Institute
Seattle

**EXERCISE & MOVEMENT**

- **Gentle Exercise:** Stretch & Strength
  - May 4 | 11am-12pm
  - June 1 | 11am-12pm
  - July 6 | 11am-12pm
  - Aug 3 | 11am-12pm
  [Come to one or come to all. Register for each separately.]

- **Tools for Navigating Difficult Conversations for Caregivers**
  - July 8 | 12:30-1:30pm

- **The Importance of Self Compassion**
  - July 15 | 5:30-6:30pm

- **Managing Caregiver Fatigue**
  - Aug 7 | 2-3:30pm

- **Tools for Managing Grief & Loss**
  - Aug 12 | 12:30-1:30pm

- **Strategies for Better Sleep**
  - Aug 19 | 5:30-6:30pm

**PRESENTATIONS**

- Managing Information Overload
  - May 5 | 11am-12:30pm
  - Meditation Room

- **Tools for Coping with Anxiety**
  - May 13 | 12:30-1:30pm

- **Intimacy & Cancer**
  - May 20 | 5:30-6:30pm
  - Meditation Room

- **Scanxiety**
  - June 2 | 2-3pm

- **Tools for Managing Fear**
  - June 10 | 12:30-1:30pm

- **Foods to Fight Fatigue**
  - June 17 | 5:30-6:30pm
  - Meditation Room

- **Addressing Fears of Recurrence**
  - July 7 | 11am-12:30pm
  - Meditation Room

- **The Importance of Self Compassion**
  - July 15 | 5:30-6:30pm
  - Meditation Room

- **Managing Caregiver Fatigue**
  - Aug 7 | 2-3:30pm

- **Tools for Managing Grief & Loss**
  - Aug 12 | 12:30-1:30pm

- **Strategies for Better Sleep**
  - Aug 19 | 5:30-6:30pm
  - Meditation Room

**NUTRITION**

- **Anti-inflammatory Foods**
  - June 3 | 11:30am-1pm

- **Delicious Greens & Grains**
  - June 23 | 6:30-8:30pm

- **Summer Salads**
  - Aug 25 | 6:30-8:30pm

**Support Groups**

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

- **Living with Cancer Support Group**
  - Open to those living with any type of cancer from diagnosis through post-treatment.
  - 3rd Wednesday
  - May 20, June 17, July 15, Aug 19 | 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
  - May 5 & 19, June 2, 16 & 30, July 14 & 28, Aug 11 & 25 | 10:11:30am
  - Conference Room 201, Buck Pavilion, Floor 2

- **Managing Caregiver Fatigue**
  - Aug 13 | 6:30-7:30pm
  - Meditation Room, Buck Pavilion, Floor 2

Virginia Mason Cancer Institute
Federal Way

**NUTRITION**

- **Thrive through Treatment to Recovery with Culinary Nutrition**
  - June 15 | 11am-12:30pm

**PRESENTATIONS**

- **Keeping your Heart Healthy**
  - May 11 | 11am-12:30pm

- **Mindfulness For Decreased Anxiety**
  - May 14 | 6:30-7:30pm

- **Examining Grief & Loss**
  - June 22 | 11am-12pm

**ARTISTIC EXPRESSION**

- **Tapping Into the Body’s Remedies for Stress: Play & Rest**
  - July 15 | 10:30am-12pm

**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
  - May 14, June 11, July 9, Aug 13 | 6:30-8pm

- **Living with Cancer Support Group**
  - Open to those living with any type of cancer from diagnosis through post-treatment.
  - 1st Wednesday
  - May 6, June 3, July 1, Aug 5 | 12:30-2pm
  - 3rd Wednesday
  - May 20, June 17, July 15, Aug 19 | 10:30am-12pm

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

EXERCISE & MOVEMENT

Gentle Yoga
Bring your own mat and arrive 5 minutes early.
Session I - Mondays
May 11 - June 29 | 10-11:15am
No Class May 25
Session II - Mondays
July 13 - Aug 24 | 10-11:15am
Session I - Fridays
May 8 - June 26 | 10-11:15am
No Class May 22
Session II - Fridays
July 10 - Aug 21 | 10-11:15am

Vital Moves
Session I - Mondays
May 4 - June 22 | 12-1pm
No Class May 25
Session II - Mondays
July 13 - Aug 24 | 12-1pm
No Class Aug 3 & 10

Qigong
May 8 | 11:30am-1pm
May 15 | 11:30am-1pm
June 5 | 11:30am-1pm

NUTRITION

Fermented Foods for Gut Health
May 1 | 12:30-2:30pm

Tantalizing and Nutritious Thai
May 29 | 12:30-2:30pm

Anti-Inflammatory Foods
June 12 | 12:30-2:30pm

Summer Salads
June 26 | 12:30-2:30pm

Healthy Meals on a Budget
July 10 | 12:30-2:30pm

Summer Smoothies
Aug 14 | 12:30-2:30pm

ARTISTIC EXPRESSION

Experimenting with Lettering Techniques
May 22 | 1-3pm

 Ikebana Flower Arranging
June 29 | 1-3pm
Aug 3 | 1-3pm

Nature Sketching
July 24 | 1-3pm

Managing Digestive Health
July 1 | 6:30-7:30pm

Fighting Fatigue
July 7 | 6:30-7:30pm
At the Lung group. Open to those affected by lung cancer.

Nutrition to Support Your Immune System
July 11 | 10-11am

Supporting Family through Cancer
July 14 | 6:30-7:30pm

Benefits of Laughter
July 15 | 9:30-10:30am
At the Bosom Buddies Breast group. Open to women affected by breast cancer.

Understanding Medicare
Aug 11 | 6:30-7:30pm

Building with Clay: Working through Emotions
Aug 18 | 6:30-7:30pm
At the Breast Friends group. Open to women affected by breast cancer.

*NEW*

Expressive Arts Workshop for Children & Families
Beginning Fall 2020

For more information, please email Pamela Krueger at pkrueger@cancerlifeline.org or call 206-832-1271.

*NEW*

Expressive Arts Workshop for Adolescents & Young Adults
Beginning Fall 2020

For more information, please email Pamela Krueger at pkrueger@cancerlifeline.org or call 206-832-1271.

Equine Facilitated Support Workshop for Adolescent and Young Adult Cancer Patients
Aug 1 | 10:30am-1pm
Little Bit Therapeutic Riding Center

For more information and to register, call 206-832-1296 or email mwilkins@cancerlifeline.org. Registration is required.

Metastatic Cancer Retreat for Patients & Caregivers
July 5 & 6
Rainbow Lodge Retreat Center

For more information and to register, call 206-832-1277 or email bdriver@cancerlifeline.org. Registration is required.
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 | 📅 May 6, June 3, July 1, Aug 5 | 6:30-8pm

**Living with Metastatic Cancer Support Group**
Open to those living with any type of advanced cancer and their family and friends.
2nd & 4th Saturdays | 📅 May 9, June 13 & 27, July 11 & 25, Aug 8 & 22
10am-12pm
No Group May 23

**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 | 📅 May 12, June 9, July 14, Aug 11 | 6:30-8:30pm

**Bosom Buddies Breast Cancer Support Group**
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Wednesday | May 20, June 17, July 15, Aug 19 | 9:30-11:30am

**Lung Cancer Support Group**
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesday | 📅 May 5, June 2, July 7, Aug 4 | 6:30-8pm

**Breast Friends Breast Cancer Support Group**
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Tuesday | 📅 May 19, June 16, July 21, Aug 18 | 6:30-8:30pm

**Prostate Cancer Support Group**
Open to those living with prostate cancer from diagnosis through post-treatment and their family and friends.
3rd Thursday | 📅 May 21, June 18, July 16, Aug 20 | 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 | 📅 May 13, June 10, July 8, Aug 12 | 6:30-8:30pm

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**EXERCISE & MOVEMENT**

**Gentle Yoga**
Bring your own mat and arrive 5 minutes early.
Thursdays | May 7-Jun 25 | 12-1pm
Phinney Ridge Yoga Center
6615 Dayton Ave N
Seattle, WA 98103

**ARTISTIC EXPRESSION**

**Writing For The Moment**
Thursdays | May 7 - Aug 27 | 1-3pm

**Expressive Arts Workshop for Adolescents & Young Adults**
📅 May 30, June 27, July 25, Aug 22
2-4pm
[Come to one, come to all. Register for each separately.]

**Open Studio Process: Tuesdays**
📅 May 26, June 23, July 28, Aug 25
10am-1pm
[Come to one, come to all. Register for each separately.]

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**Dorothy S. O’Brien Center**
6522 Fremont Ave N | Seattle, WA 98103

Classes

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**Reading with Rover: A Family Friendly Event**
Aug 29 | 10-11:30am

**Lymphedema Self-Care Workshop**
📅 May 30 | 10am-4pm

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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
📅 May 2 & 16, Jun 6 & 20, Jul 18, Aug 1 & 15 | 11am-1pm
No Group July 4

**Young Adult Caregiver Support Group**
Open to young adults (20’s-40’s) caring for someone living with a cancer diagnosis.
1st Saturday | 📅 May 2, Jun 6, Aug 1 | 11am-1pm
No Group July 4

**Ovarian Cancer Support Group**
Open to women living with ovarian cancer from diagnosis through post-treatment.
3rd Saturday | 📅 May 16, Jun 20, Jul 18, Aug 15 | 11:30am-1pm

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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:

With appreciation to our in-kind sponsors:

Astor Electrics          Morgan Fromme
Fran's Chocolates        Sanderling Pictures
Ian & Laura MacNeil – Glass Vodka     Woven Legacies
Metropolitan Market      Patti Payne/The Payne Group