Cancer Lifeline

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.

September - December 2020

WE SERVE ALL PEOPLE living with cancer—patients, survivors, family members, friends and co-workers sponsored by the following cancer treatment centers:

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

ST. ANNE HOSPITAL FOUNDATION
Classes . . . . . . . . . . . . . . 4

VIRGINIA MASON
Support Groups & Classes . . . 5

EVERGREEN HEALTH
Support Groups & Classes . . . 5 & 7

ADDITIONAL PROGRAMS
Support Groups & Classes . . . 7

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

Programs Online
See Page 2
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 at least through the end of 2020.

Please visit www.cancerlifeline.org to find out more information about online programs.

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) 832-1296 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
ARTISTIC EXPRESSION
Beginning Sketching
Sept 8 | 11am-12:30pm
Practicing Mindfulness Through Easy Drawing
Nov 17 | 11am-12:30pm

EXERCISE & MOVEMENT
Gentle Yoga
Session I - Mondays
Sept 14-Oct 26 | 6:30-7:30pm
Session II - Mondays
Nov 9-Dec 21 | 6:30-7:30pm

NUTRITION
Seasonal Foods for Fall
Sept 24 | 11am-12:30pm
Soups & Stews
Nov 19 | 11am-12:30pm

PRESENTATIONS
Introduction to Vital Moves: Support for Lymphedema
Sept 15 | 6:30-7:30pm
Coping with Cancer: Grief & Loss
Sept 30 | 5-6:30pm
Managing Caregiver Fatigue
Oct 6 | 10-11:30am
Breathing Practices to Help Reduce Stress
Oct 7 | 10-11am
Feel More Like You: Beauty Support for Cancer
Oct 8 | 11am-12:30pm
Cultivating Resilience with Creative Expression
Oct 21 | 6-7:30pm
COVID-19 & Cancer: Managing Isolation
Nov 4 | 10-11am
Lymphedema & Nutrition
Nov 17 | 6:30-7:30pm
Coping with Cancer During the Holidays
Nov 18 | 6-7:30pm
How to Cope with Caregiver Anger & Resentment
Dec 1 | 10-11:30am
Anti-inflammatory Foods
Dec 9 | 5-6:30pm
Meditation Practices for Self-care
Thursdays | Sept 3-Nov 19 | 4-5pm
[Come to one or come to all. Register for each separately.]

Support Groups
These groups 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 | Sept 2, Oct 7, Nov 4, Dec 2 | 10am-12pm

SWELL Lymphedema Support Group
Open to those living with lymphedema and their friends and family. 3rd Tuesday | Sept 15, Oct 20, Nov 17, Dec 15 | 6:30-8pm

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

Facing Cancer: Identifying Your Core Values and Strengths
Sept 2 | 6-7:30pm

Breathing for Your Health
Sept 12 | 12:30-1:30pm

COVID-19 & Cancer: Adressing Concerns Regarding the Treatment of Oncology Patients
Sept 15 | 1:30-2:30pm

Boosting Your Immune System Naturally
Sept 19 | 10-11am

COVID-19 & Cancer: Tips for Breathing Comfortably While Wearing a Mask
Sept 22 | 10-11am

Facing Cancer: The Importance of Self-Compassion
Oct 7 | 6-7:30pm

5 Wishes: Advanced Directives Part 1
Oct 10 | 3-5pm

5 Wishes: Advanced Directives Part 2
Oct 17 | 3-5pm

Using Movement Practices to Calm the Nervous System
Oct 10 | 12:30-1:30pm

Writing Practices to Limit Anxiety
Oct 17 | 10-11am

Facing Cancer: Exploring & Developing Confidence in Your Instincts
Nov 4 | 6-7:30pm

Therapeutic Treatment of Scar Tissue for Improved Lymphatic Drainage
Nov 14 | 12:30-1:30pm

Supporting Healthy Hormone Function
Nov 21 | 10-11am

Facing Cancer: Uncovering Your Unique Purpose
Dec 2 | 6-7:30pm

Natural Treatments to Enhance Healthy Lymphatic Movement
Dec 12 | 12:30-1:30pm

Foods that Promote a Healthy Life
Dec 19 | 10-11am

Support Groups

These groups 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 | Sept 2, Oct 7, Nov 4, Dec 2 | 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 | Sept 12, Oct 10, Nov 14, Dec 12 | 3-5pm

Lymphedema Support Group
Open to those living with lymphedema.
2nd Saturday | Sept 12, Oct 10, Nov 14, Dec 12 | 12:30-2:30pm

Women’s Cancer Support Group
Open to women living with any type of cancer from diagnosis through post-treatment.
1st & 3rd Saturdays | 10am-12pm
Sept 19, Oct 3 & 17, Nov 7 & 21, Dec 5 & 19
No Group Sept 5

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 | Sept 19, Oct 17, Nov 21, Dec 19 | 9-10:30am

Presentations:
Sept 19 | 9-10am: How to Navigate Difficult Conversations
Nov 21 | 9-10am: The Powerful Impact of Telling Your Story

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

### ARTISTIC EXPRESSION

**Collage Journaling**  
Sept 15 | 11:30am-1pm

**Exploring Grief & Loss through Creative Expression**  
Oct 14 | 1pm-2:30pm

**Metastatic Cancer Workshop: Leaving your Legacy**  
Nov 7 | 1-3pm

**Natural Landscape Art for Beginners**  
Dec 7 | 11:30am-1:30pm

### EXERCISE & MOVEMENT

**Chair Yoga**  
Session I – Saturdays  
Sept 12 - Oct 24 | 1-2pm  
Session II – Saturdays  
Nov 7 - Dec 19 | 1-2pm  
*No Class Nov 28*

**Gentle Yoga**  
Thursdays | Sept 17-Nov 5  
6:30-7:30pm

### NUTRITION

**Energizing Foods**  
Sept 22 | 12:30-2pm

**Nutrition to Support Brain Health**  
Oct 20 | 12:30-2pm

**Cooking with Seasonal Foods**  
Nov 10 | 12:30-2:00

**Healthy Holiday Side Dishes**  
Dec 15 | 12:30-2:00

### PRESENTATIONS

**Breathing Practices to Help Reduce Stress**  
Sept 3 | 6:30-7:30pm

**COVID-19 & Cancer: Managing Isolation**  
Sept 16 | 1-2pm

**Families & Cancer Workshop**  
Sept 29 | 1-2:30pm

**Life after Cancer: Finding Meaning & Purpose**  
Oct 1 | 6:30-7:30pm

**Balancing Family & Cancer**  
Oct 22 | 6:30-7:30pm

**Nutrition in Survivorship**  
Nov 5 | 6:30-7:30pm

**Strategies for Better Sleep**  
Sept 24 | 6:30-7:30pm

## Support Groups

These groups provide educational presentations, group discussion & emotional support.

### Women’s Cancer Support Group

3rd Wednesday | Sept 16, Oct 15, Nov 19, Dec 16 | 1-2:30pm
Open to women living with any type of cancer from diagnosis through post-treatment.

### HOPE in Your Heart Cancer Support Group

Thursday | Sept 24, Oct 22, Nov 19, Dec 17 | 6:30-8pm
Open to those living with any type of cancer from diagnosis through post-treatment and their family and friends.

## 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.

## Health & Safety Policy

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

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**ST. ANNE HOSPITAL FOUNDATION**

(Formerly Highline Cancer Center)

For more information about offerings at this sponsored location, visit www.cancerlifeline.org

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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

**EXERCISE & MOVEMENT**
- **Gentle Exercise:** Stretch & Strength
  - Session I - Mondays
    - Sept 14 - Oct 19 | 1:30-2:30pm
  - Session II - Mondays
    - Nov 2 - Dec 14 | 1:30-2:30pm

**PRESENTATIONS**
- **Understanding Medicare**
  - Sept 9 | 2-3pm
- **Strategies for Better Sleep**
  - Sept 16 | 12:30-1:30pm
- **Addressing Fears of Recurrence**
  - Sept 22 | 5:30-6:30pm
- **Supercharge Gut Health**
  - Sept 23 | 11am-12pm
- **Life in Survivorship**
  - Sept 28 | 11am-12pm

Virginia Mason Cancer Institute
Seattle

Virginia Mason Cancer Institute
Federal Way

**ARTISTIC EXPRESSION**
- **After Treatment: Who Am I Now? A Creative Process**
  - Oct 5 | 11am-12:30pm

**NUTRITION**
- **Nutrition in Survivorship**
  - Nov 9 | 11am-12pm
- **Stress Reducing Foods that Decrease Inflammation**
  - Dec 7 | 1-2pm
- **Healthier Holiday Cooking**
  - Dec 10 | 11am-12pm

**PRESENTATIONS**
- **COVID-19 & Cancer: Tools for Coping with Anxiety**
  - Oct 21 | 12:30-1:30pm
- **Managing Caregiver Fatigue**
  - Nov 10 | 2-3pm
- **Managing Information Overload**
  - Nov 16 | 11am-12pm

Support Groups

**Virginia Mason Cancer Institute Seattle**

**Support Groups**
These groups provide group discussion & emotional support.

**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
- Sept 8 & 22, Oct 6 & 20, Nov 3 & 17, Dec 1, 15 & 29 | 10-11:30am

**Virginia Mason Cancer Institute Federal Way**

**Support Groups**
These groups provide group discussion & emotional support.

**Caregiver Support Group**
Open to those caring for someone with a cancer diagnosis.
2nd Thursday | 6:30-8pm
- Sept 10, Oct 8, Nov 12, Dec 10

**Living with Cancer Support Group**
Open to those living with any type of cancer from diagnosis through post-treatment.
1st & 3rd Wednesdays | 11am-12:30pm
- Sept 2 & 16, Oct 7 & 21, Nov 4 & 18, Dec 2 & 16

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

ARTISTIC EXPRESSION

Upcycled Holiday Art
Nov 13 | 1-2:30pm

Journaling 101
Oct 9 | 1-2:30pm

EXERCISE & MOVEMENT

Gentle Yoga
Session I - Mondays
Sept 14-Oct 26 | 10-11:15am
Session I - Fridays
Sept 11-Oct 23 | 10-11:15am
Session II - Mondays
Nov 9-Dec 21 | 10-11:15am
Session II - Fridays
Nov 6-Dec 18 | 10-11:15am
No Class Nov 27

Qigong
Oct 23 | 11:30am-1pm
Oct 30 | 11:30am-1pm
Nov 20 | 11:30am-1pm

NUTRITION

Ask the Nutritionist: Pantry Edition
Sept 4 | 12:30-2:30pm

Healthy Latin Cooking: Empanadas
Sept 18 | 12:30-2:30pm

Foods to Fight Fatigue
Oct 2 | 12:30-2:30pm

Healthy Comfort Foods
Oct 16 | 12:30-2:30pm

Nourishing Spices
Nov 6 | 12:30-2:30pm

Healthy Holiday Sweets
Dec 4 | 12:30-2:30pm

PRESENTATIONS

Meditation for Chronic Pain
Sept 1 | 6:30-7:30pm
At the Lung group. Open to those affected by lung cancer.

Writing Practices to Limit Anxiety
Sept 2 | 6:30-7:30pm

Coping with Cancer
Sept 8 | 6:30-7:30pm

Coping with Cancer: Physical Impacts of Cancer Treatment
Sept 9 | 6:30-7:30pm
At the Oral, Head & Neck group. Open to those affected by oral, head & neck cancers.

Managing Side Effects of Breast Cancer Treatment
Sept 15 | 6:30-7:30pm
At the Breast Friends group. Open to women affected by breast cancer.

Power of Storytelling
Sept 16 | 9:30-10:30am
At the Bosom Buddies Breast group. Open to women affected by breast cancer.

Managing Isolation
Oct 10 | 10-11am

Work & Cancer during COVID-19
Oct 13 | 6:30-7:30pm

Asking for Help: Tools & Strategies
Oct 20 | 6:30-7:30pm
At the Breast Friends group. Open to women affected by breast cancer.

Addressing Fears of Recurrence
Oct 21 | 9:30-10:30am
At the Bosom Buddies Breast group. Open to women affected by breast cancer.

Nutritional Considerations: Gastrointestinal Cancers
Nov 4 | 6:30-7:30pm

Nutrition for Better Sleep
Nov 10 | 6:30-7:30pm

COVID-19 & Cancer: Reducing Anxiety & Depression
Nov 14 | 10-11am

Benefits of Laughter
Nov 19 | 6:30-7:30pm
At the Prostate group. Open to those affected by prostate cancer.

Antioxidants & Lung Cancer
Dec 1 | 6:30-7:30pm
At the Lung group. Open to those affected by lung cancer.

Combating Chemo Brain
Dec 8 | 6:30-7:30pm

Treatment for Erectile Dysfunction
Dec 17 | 6:30-7:30pm
At the Prostate group. Open to those affected by prostate cancer.

Metastatic Cancer Workshop: Finding a Place of Comfort Within
Dec 18 | 1:30-3:30pm
A creative workshop focused on addressing the challenges of living with metastatic cancer.
Register through www.cancerlifeline.org.

NEW

Creative Outlets for Families with Children & Adolescents whose Parent Has Cancer
For parents living with cancer and their children and young adolescents ages 6-12. Workshops focused on family rituals, bonds, and communication while coping with a diagnosis in the family.
For more information, email pkrueger@cancerlifeline.org or call 206-832-1271.

Support Groups

These groups 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 | Sept 2, Oct 7, Nov 4, Dec 2 | 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 | 10am-12pm
Sept 12 & 26, Oct 10 & 24, Nov 14, Dec 12
No Group Nov 28 & Dec 26

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 | Sept 8, Oct 13, Nov 10, Dec 8 | 6:30-8:30pm

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

### Bosom Buddies Breast Cancer Support Group
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Wednesday | Sept 16, Oct 21, Nov 18, Dec 16 | 9:30-11:30am

### Breast Friends Breast Cancer Support Group
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Tuesday | Sept 20, Nov 17, Dec 15 | 6:30-8:30pm

### Lung Cancer Support Group
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesday | Sept 1, Oct 6, Nov 3, Dec 1 | 6:30-8pm

### Prostate Cancer Support Group
Open to those living with prostate cancer from diagnosis through post-treatment and their family and friends.
3rd Thursday | Sept 17, Oct 22, Nov 19, Dec 17 | 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 | Sept 9, Oct 14, Nov 11, Dec 9 | 6:30-8:30pm

## Additional Programs

### Classes
**ARTISTIC EXPRESSION**

#### Writing For The Moment
**Session I – Thursdays**
Sept 17-Nov 12 | 1-3pm
**Session II - Thursdays**
Dec 3-17 | 1-3pm

#### Coping with Cancer:
A Guided Walking Meditation to Reduce Stress
Sept 15 | 3-4:30pm

#### Meditative Drawing
Dec 12 | 1:30-3pm

#### Open Studio Process
Tuesdays | 9:30am-12:30pm
Sept 8, Oct 13, Nov 10, Dec 8

#### Open Studio Process
Tuesdays | 1-4pm
Sept 22, Oct 27, Nov 24

#### Narrative Remix:
**Digital Storytelling for Teens Impacted by Cancer**
Tuesdays | 3:30-5:30pm
Sept 8, Oct 13, Nov 10, Dec 8

#### Work & Cancer
Oct 3 | 11am-12pm

#### Lymphedema Self-Care Workshop
Oct 24 | 10am-2pm

### 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 | 11am-1pm
Sept 19, Oct 3 & 17, Nov 7 & 21, Dec 5 & 19
**No Group Sept 5**

#### Young Adult Caregiver Support Group
Open to young adults (20’s-40’s) caring for someone living with a cancer diagnosis.
1st Saturday | Oct 3, Nov 7, Dec 5 | 11am-1pm
**No Group Sept 5**

#### Ovarian Cancer Support Group
Open to women living with ovarian cancer from diagnosis through post-treatment.
3rd Saturday | Sept 19, Oct 17, Nov 21, Dec 19 | 11:30am-1pm

### Sponsored by Swedish Cancer Institute

#### Changing Bodies:
Coping with the Physical & Emotional Impacts of Cancer Treatment
Saturday, Sept 12 | 11am-12:30pm
Monday, Dec 7 | 2-3:30pm

### NUEVO Viviendo con Cáncer
(NEW Living with Cancer)

Para más información contacte: 206-832-1279
o ayudarenespanol@cancerlifeline.org

For more information contact: 206-832-1279
or ayudarenespanol@cancerlifeline.org

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:

Halvorson Cancer Center

SWEDISH CANCER INSTITUTE

OVERLAKE MEDICAL CENTER & CLINICS

Virginia Mason

ROI TECHNOLOGY INC.

THE COMMERCE BANK OF WASHINGTON

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Seattle Cancer Care Alliance

WE WORK FOR HEALTH WASHINGTON

Alhadeff FOUNDATION

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