Cancer Lifeline

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

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

Get Connected! . . . . . . . . . . . . p.1

EVERGREEN HEALTH
Support Groups & Classes . . p.2,3

ST. ANNE’S CANCER CENTER
Classes . . . . . . . . . . . . . . . . p.3

OVERLAKE MEDICAL CENTER
Support Groups & Classes . . . p.4

VALLEY MEDICAL
Support Groups & Classes . . . p.5

VIRGINIA MASON CANCER INST.
Support Groups & Classes . . p.6,7

SWEDISH CANCER INSTITUTE
Classes . . . . . . . . . . . . . . . . p.8

Additional Sites . . . . . p.8,9

Sponsors . . . . . . . . . . . . . . . . p.10
GET CONNECTED!

TELEPHONE LIFELINE & ONLINE LIFELINE CHAT
Connect to a Lifeline Specialist to find out more about Cancer Lifeline programs and Services. Lifeline Specialists offer in the moment and ongoing emotional support, provide help registering for classes and can connect you to community resources. Available Monday –Friday, 9am–5pm PST. Call 206.297.2500, or click the green “We are here to listen” button on our website.

CANCER SUPPORT GROUPS
Professionally facilitated support groups provide a safe place to connect with others in similar situations. Visit our Support Groups Page for more information. More information available by contacting 206.832.1271 or pkrueger@cancerlifeline.org.

CANCER SPECIFIC COUNSELING & FAMILY SUPPORT
Serving individuals, couples, families, and children whose lives are affected by cancer. More information available by contacting 206.832.1271 or pkrueger@cancerlifeline.org.

CREATIVE OUTLET FOR FAMILIES
For parents living with cancer and their children and young adolescents ages 6‒12. More information available by contacting 206.832.1271 or pkrueger@cancerlifeline.org.

TEEN EXPRES SIVE ARTS GROUP THERAPY
Creative activity groups for teens and transitional youth (16‒24) living with cancer, or with a loved one living with cancer. More information available by contacting 206.832.1271 or pkrueger@cancerlifeline.org.

THERAPY REFERRALS
For clients not eligible for our counseling services or who need assistance locating a therapist with experience supporting people affected by cancer; we offer a free referral service. More information available by contacting 206.832.1271 or pkrueger@cancerlifeline.org.

FINANCIAL SUPPORT SERVICES
Our Cancer Lifeline Patient Financial Assistance Fund supports eligible low-income cancer patients with funds to pay for basic needs. For more information visit our financial assistance page or contact financialassistance@cancerlifeline.org or 206.832.1282.

CUSTOMIZED CONSULTATION SERVICES FOR INDIVIDUALS, ORGANIZATIONS & TEAMS
For over 45 years, Cancer Lifeline has been a recognized leader in providing support, education and training focused on the cancer experience. We offer customized workshops and trainings in the following areas:

• Cancer in the Workplace
• Cancer Support Group Facilitator Training
• Active Listening Training
• Educational presentations and workshops delivered by Oncology Professionals

For more information, contact mwilkins@cancerlifeline.org or 206.832.1296
EXERCISE & MOVEMENT

VITAL MOVES
SESSION I
Mondays, 5/3-6/28 | 12-1pm
*no class 5/31
SESSION II
Mondays, 7/12-8/23 | 12-1pm

QIGONG
SESSION I
Friday, 7/16 | 11:30am-1pm
SESSION II
Friday, 7/23 | 11:30am-1pm
SESSION III
Friday, 7/30 | 11:30am-1pm

NUTRITION

CANCER & NUTRITION: HEALTHY FATS & OILS
Friday, 5/7 | 12:30-2:30pm

CANCER PREVENTION THROUGH HEALTHY EATING
Friday, 5/21 | 12:30-2:30pm

CANCER & NUTRITION: IMMUNE BOOSTING FOODS
Friday, 6/4 | 12:30-2:30pm

CANCER & NUTRITION: SUMMER SALADS
Friday, 6/18 | 12:30-2:30pm

CANCER & NUTRITION: PLANT-BASED EATING
Friday, 7/9 | 12:30-2:30pm

CREATIVE EXPRESSION

CANCER & CREATIVE EXPRESSION:
MINDFUL MANDALAS
Friday, 7/2 | 1-2:30pm

CANCER & CREATIVE EXPRESSION:
CREATIVE COLLAGE
Friday, 8/13 | 1-2:30pm

PRESENTATIONS

COATING WITH CANCER: MANAGING ISOLATION
Tuesday, 5/4 | 4-5pm
*at the Lung Cancer Support Group

MANAGING INFORMATION OVERLOAD
Tuesday, 5/11 | 6:30-7:30pm

ESTROGEN REDUCING DRUGS IN BREAST CANCER TREATMENT
Tuesday, 5/18 | 6:30-7:30pm
*at the Breast Friends Support Group

COATING WITH CANCER: TOOLS FOR MANAGING EMOTIONAL HEALTH
Wednesday, 5/19 | 9:30-10:30am
*at the Bosom Buddies Breast Cancer Support Group

STRATEGIES FOR BETTER SLEEP
Thursday, 5/20 | 6:30-7:30pm
*at Prostate Cancer Support Group

BREATHING PRACTICES FOR LUNG CANCER
Tuesday, 6/1 | 4-5pm
*at the Lung Cancer Support Group

COLOSTOMY 101
Wednesday, 6/2 | 6:30-7:30pm
*at the Gastrointestinal (GI) Cancer Support Group

COATING WITH CANCER: ADAPTING TO CHANGE
Tuesday, 6/8 | 6:30-7:30pm

NUTRITION FOR ORAL, HEAD & NECK CANCER PATIENTS
Wednesday, 6/9 | 6:30-7:30pm
*at the Oral, Head & Neck Cancer Support Group

SUPPORTIVE NUTRITION FOR PROSTATE CANCER
Thursday, 6/17 | 6:30-7:30pm
*at Prostate Cancer Support Group

CANCER & NUTRITION: MAKE YOUR OWN BLENDED DRINKS
Tuesday, 7/13 | 6:30-7:30pm

COATING WITH CANCER: INCREASING STRESS TOLERANCE
Wednesday, 7/14 | 6:30-7:30pm
*at the Oral, Head & Neck Cancer Support Group

EQUINE WORKSHOP FOR TEENS IMPACTED BY CANCER
Saturday, 7/17 | 10am-12pm

BREAST CANCER: RECONSTRUCTIVE SURGERY OPTIONS
Tuesday, 7/20 | 6:30-7:30pm
*at the Breast Friends Support Group

Patients, caregivers, family & friends are welcome to attend programs at all Cancer Lifeline locations.
EVERGREENHEALTH (CONT.)

SEX, INTIMACY & CANCER CARE
Wednesday, 8/4 | 6:30-7:30pm
*at the Gastrointestinal (GI) Cancer Support Group

CANCER & COMPLEMENTARY CARE
Tuesday, 8/10 | 6:30-7:30pm

EQUINE WORKSHOP FOR CHILDREN IMPACTED BY CANCER
Saturday, 8/14 | 10am-12pm

COVID-19 & CANCER: TOOLS FOR COPING WITH ANXIETY
Wednesday, 8/18 | 9:30-10:30am
*at the Bosom Buddies Breast Cancer Support Group

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

BOSOM BUDDIES BREAST CANCER SUPPORT GROUP
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Wednesday, 5/19, 6/16, 7/21, 8/18 9:30-11:30am

BREAST FRIENDS CANCER SUPPORT GROUP
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Tuesday, 5/18, 6/15, 7/20, 8/17 6:30-8:30pm

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, 5/5, 6/2, 7/7, 8/4 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
5/8 & 5/22, 6/12 & 6/26, 7/10 & 24, 8/14 & 8/28
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
5/11, 6/8, 7/14, 8/10
6:30-8:30pm

LUNG CANCER SUPPORT GROUP
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesday
5/4, 6/1, 7/6, 8/3
4-5:30pm

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
5/12, 6/9, 7/14, 8/11
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
5/20, 6/17, 7/15, 8/19
6:30-8:30pm

ST. ANNE HOSPITAL FOUNDATION
St. Anne Cancer Center
ALL PROGRAMS ONLINE

Patients, caregivers, family & friends are welcome to attend programs at all Cancer Lifeline locations

EXERCISE & MOVEMENT
CHAIR YOGA
3rd Wednesday, 5/19, 6/16, 7/21, 8/18
12-1pm

PRESENTATIONS
MANAGING STRESS & ANXIETY DURING CANCER
Wednesday, 6/30 | 12-1pm

COPING WITH CANCER: CANCER 101
Wednesday, 8/25 | 12-1pm

NUTRITION
NUTRITION DURING & AFTER CANCER TREATMENT
Wednesday, 5/26 | 12-1pm

NUTRITION FOR CAREGIVERS
Wednesday, 7/28 | 12-1pm
EXERCISE & MOVEMENT

GENTLE YOGA
SESSION I
Mondays, 5/3-6/23 | 6:30pm-7:30pm
No Class 5/31
SESSION II
Mondays, 7/12-8/23 | 6:30pm-7:30pm

PRESENTATIONS

MEDITATION PRACTICES FOR SELF-CARE
SESSION I
Thursdays, 5/13-6/17 | 4pm-5pm
SESSION II
Thursdays, 6/24-7/29 | 4pm-5pm

BALANCING FAMILY & CANCER
Wednesday, 5/12 | 11am-12pm

MEDITATION FOR CHRONIC PAIN
Wednesday, 5/12 | 2-3pm

COPIING WITH CANCER: GRIEF & THE FOUR ELEMENTS
Tuesday, 5/25 | 10am-12pm

KEEPING YOUR HEART HEALTHY
Thursday, 6/3 | 11am-12pm

COPIING WITH CANCER: QUALITY OF LIFE IN SURVIVORSHIP
Wednesday, 6/9 | 10-11am

LIFE IN SURVIVORSHIP
Tuesday, 6/29 | 11am-12pm

MANAGING CAREGIVER FATIGUE
Tuesday, 6/29 | 5-6:30pm

USING MOVEMENT PRACTICES TO CALM THE NERVOUS SYSTEM
Tuesday, 7/20 | 6:30-7:30pm

COPIING WITH CANCER: MANAGING ANGER
Tuesday, 7/27 | 5:30-6:30pm

MANAGING THE SIDE EFFECTS OF TREATMENT
Thursday, 7/29 | 11am-12pm

LIVING WITH CANCER: PRACTICING AWE & GRATITUDE
Thursday, 8/5 | 2-4pm

COPIING WITH CANCER: RESOURCING THE BODY, HEART & MIND
Tuesday, 8/24 | 10am-12pm

NUTRITION

CANCER & NUTRITION: ANTI-INFLAMMATORY FOODS
Thursday, 6/14 | 11am-12pm

CANCER & NUTRITION: EATING IN SURVIVORSHIP
Thursday, 7/22 | 11am-12pm

CREATIVE EXPRESSION

CANCER & CREATIVE EXPRESSION: SKETCHING BOTANICALS
Tuesday, 5/18 | 11am-12:30pm

WRITING THROUGH TRAUMA
Wednesday, 5/19 | 1-4pm

PRACTICING MINDFULNESS THROUGH EASY DRAWING
Tuesday, June 22 | 11am-12:30pm

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.
2nd Wednesdays 5/12, 6/9, 7/14, 8/11
10am-12pm

SWELL LYMPHEDEMA SUPPORT GROUP
Open to those living with lymphedema and their friends & family.
3rd Tuesdays 5/18, 6/15, 7/20, 8/17
6:30pm-8pm
**EXERCISE & MOVEMENT**

**CHAIR YOGA**

**SESSION I**  
Saturdays, 5/8-6/26 | 1-2pm

**SESSION II**  
Saturdays, 7/10-8/21 | 1-2pm

**PRESENTATIONS**

**ASKING FOR HELP: TOOLS & STRATEGIES**  
Thursday, 5/6 | 1-2pm

**WOMEN & CANCER: MENOPAUSE & CANCER TREATMENT**  
Saturday, 5/15 | 10-11am

**BUILDING SLEEP RESILIENCE**  
Thursday, 5/20 | 11:30am-12:30pm

**COVID-19 & CANCER: BREATHING COMFORTABLY WHILE WEARING A MASK**  
Thursday, 6/10 | 10-11am

**WOMEN & CANCER: SUPPORTING HEALTHY HORMONE FUNCTION**  
Wednesday, 6/16 | 1-2pm

**COPING WITH CANCER: NATURAL PAIN RELIEF**  
Saturday, 6/19 | 10-11am

**COPING WITH CANCER: UNDERSTANDING GRIEF & LOSS**  
Thursday, 6/24 | 6:30-7:30pm

**NUTRITION**

**CANCER & NUTRITION: COOKING GLUTEN FREE**  
Tuesday, 5/11 | 12:30-2pm

**CANCER & NUTRITION: HERBAL TEAS**  
Tuesday, 6/8 | 11:30am-1pm

**CANCER & NUTRITION: HEALTHY MEDITERRANEAN COOKING**  
Tuesday, 7/13 | 12:30-2pm

**CANCER & NUTRITION: MAKING INFUSED OILS & VINEGARS**  
Tuesday, 8/10 | 12:30-2pm

**SUPPORT GROUPS**

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

**LIVING WITH HOPE CANCER SUPPORT GROUP**

Open to those living with any type of cancer from diagnosis through post-treatment & their family & friends.

4th Thursday, 5/27, 6/24, 7/22, 8/26 6:30-8pm

**WOMEN'S CANCER SUPPORT GROUP**

Women with any type of cancer diagnosis are welcome at these monthly groups, whether you are newly diagnosed, working your way through treatment or just finishing treatment.

1st & 3rd Saturdays  
5/1 & 5/15, 6/5 & 6/19, 7/17, 8/7 & 8/2  
10am-12pm

Learn more and connect at cancerlifeline.org
EXERCISE & MOVEMENT

GENTLE EXERCISE: STRETCH & STRENGTH
SESSION I
Monday, 5/3-6/28 | 1:30-2:30pm
SESSION II
Monday, 7/12-8/30 | 1:30-2:30pm

SERIES WORKSHOPS

PRACTICING MEDITATION & MINDFULNESS SERIES
Wednesday, 7/21-8/25 | 6:30-7:30pm

PRESENTATIONS

CANCER & CREATIVE EXPRESSION: EXPLORING MEANING THROUGH PHOTOS
Thursday, 5/6 | 11am-12:30pm

COPING WITH CANCER: NAVIGATING TRANSITIONS
Monday, 5/10 | 2-3pm

COPING WITH CANCER: MANAGING EMOTIONS
Wednesday, 5/12 | 12:30-1:30pm

MANAGING THE SIDE EFFECTS OF TREATMENT
Wednesday, 5/24 | 12-1pm

ADDRESSING FEARS OF RECURRENCE
Monday, 6/7 | 12-1pm

LISTENING WITH EMPATHY FOR CAREGIVERS
Thursday, 6/10 | 6:30-7:30pm

COPING WITH CANCER: MANAGING TOXIC POSITIVITY
Tuesday, 6/15 | 11:30am-12:30pm

UNDERSTANDING MEDICAL CANNABIS
Wednesday, 6/30 | 6-7pm

COPING WITH CANCER: CONVERSATIONS ABOUT FORGIVENESS
Wednesday, 7/7 | 1-2pm

COPING WITH CANCER: STRATEGIES FOR BETTER SLEEP
Wednesday, 7/14 | 12:30-1:30pm

PTSD & CANCER
Monday, 7/19 | 11am-12pm

COMBATING BRAIN FOG
Thursday, 7/22 | 11am-12pm

COPING WITH CANCER: NAVIGATING YOUR NEW NORMAL
Wednesday, 8/11 | 12:30-1:30pm

THE BENEFITS OF ESSENTIAL OILS
Tuesday, 7/27 | 1-2pm

COPING WITH CANCER: WAYS TO AVOID COMPASSION FATIGUE
Thursday, 8/12 | 6:30-7:30pm

CANCER & CREATIVE EXPRESSION: EXPLORING FEELINGS WITH DIGITAL COLLAGE
Tuesday, 8/17 | 11am-12:30pm

NUTRITION

CANCER & NUTRITION: HEALTHY WAYS TO loose WEIGHT
Tuesday, 5/25 | 1-2pm

CANCER & NUTRITION: WHAT TO EAT WHEN NOTHING TASTES GOOD
Tuesday, 6/22 | 11am-12:30pm

CANCER & NUTRITION: ADDING FLAVOR WITH HERBS & SPICES
Wednesday, 6/23 | 11am-12pm

CANCER & NUTRITION: MINDFUL EATING
Thursday, 7/15 | 11am-12pm

CANCER & NUTRITION: PROMOTING HEALTHY DIGESTION DURING TREATMENT
Monday, 8/23 | 11am-12pm

CANCER & NUTRITION: SUMMER SOUPS
Tuesday, 8/24 | 11am-12pm

Patients, caregivers, family & friends are welcome to attend programs at all Cancer Lifeline locations.
CREATIVE EXPRESSION

WRITING YOUR WAY THROUGH GRIEF & LOSS
Monday, 7/26 | 12-1pm

SUPPORT GROUPS
These groups provide educational presentations, 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. Every other Tuesday 5/11 & 5/25, 6/8 & 6/22, 7/6 & 7/20, 8/3, 8/17, & 8/31 10-11:30am

LIVING WITH CANCER SUPPORT GROUP
Open to those living with any type of cancer from diagnosis through post-treatment. 1st & 3rd Wednesdays 5/5 & 5/19, 6/2 & 6/16, 7/7 & 7/21, 8/4 & 8/18 11am-12:30pm

CAREGIVER SUPPORT GROUP
Open to those caring for someone with a cancer diagnosis. 2nd Thursday 5/13, 6/10, 7/8, 8/12 6:30-8pm

“I always learn something and I appreciate that these support groups can reach so many people during this difficult time.”

—Cancer Lifeline Client
HEALTH && LIFESTYLE FOR CANCER SURVIVORS

**EXERCISE & MOVEMENT**

**VITAL MOVES**

**SESSION I**
Thursdays, 5/13-6/24  |  5:30-6:30pm

**SESSION II**
Thursdays, 7/8-8/19  |  5:30-6:30pm

**CREATIVE EXPRESSION CLASSES**

**WRITING FOR THE MOMENT**

**SESSION I**
Thursdays, 5/6-6/10  |  1-3pm

**SESSION II**
Thursdays, 7/8-8/12  |  1-3pm

**CREATING WITH CANCER: A PRESCRIPTION FOR SELF-CARE**
Saturday, 5/22  |  10-11:30am

**WRITING THROUGH CANCER: BOOK-OF-THE-MONTH CLUB**
4th Tuesdays, 5/25, 7/27, 8/24  |  1-3pm
No class 6/22

**OPEN STUDIO PROCESS**
2nd & 4th Wednesdays
5/12 & 5/26, 6/9, 7/14 & 7/28, 8/11 & 8/25
9:30am-12:30pm
No class 6/23

**NUTRITION**

**SUPPORTIVE NUTRITION FOR PROSTATE CANCER**
Wednesday, 5/26  |  5:30-6:30pm

**PRESENTATIONS**

**YOGA FOR SCARS**
Saturday, 5/8  |  12:30-1:30pm

**COPING WITH CANCER: MANAGING RELATIONSHIPS**
Saturday, 6/5  |  11am-12pm

**THE VAGUS NERVE: REDUCING STRESS & ANXIETY**
Saturday, 6/12  |  12:30-1:30pm

**NATURE & CANCER: GUIDED FOREST WALK**
Wednesday, 6/30  |  10am-12pm

**PROSTATE CANCER: PREPARING FOR PROTON RADIATION**
Wednesday, 6/23  |  5:30-6:30pm

**RECLAIM YOUR LIFE IN SURVIVORSHIP**
Saturday, 6/27  |  10am-12pm

**LYMPHATIC OPENING PRACTICE: A SIMPLE DAILY ROUTINE**
Saturday, 7/10  |  12:30-1:30pm

**BREATHING PRACTICES FOR STRESS REDUCTION**
Saturday, 8/7  |  11am-12pm

**SIMPLE EXERCISES TO SUPPORT YOUR LYMPHATIC SYSTEMS**
Saturday, 8/14  |  12:30-1:30pm

**COPING WITH CANCER: REACTIVATING INTIMATE CONNECTIONS**
Wednesday, 8/18  |  4-5:30pm

**Sponsored by**

Cancer Lifeline

**Swedish Cancer Institute**
ALL PROGRAMS ONLINE
Patients, caregivers, family & friends are welcome to attend programs at all Cancer Lifeline locations
These classes have made a huge difference in getting me through lockdown. I so appreciate Cancer Lifeline.

—Cancer Lifeline Client
Thank You!

WE EXTEND OUR SINCERE APPRECIATION TO CANCER LIFELINE’S EVENT SPONSORS AND IN-KIND PARTNERS:

INKIND SPONSORS

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