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

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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. Personalized Emotional Support.

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.

CANCER SPECIFIC COUNSELING & FAMILY SUPPORT
Serving individuals, couples, families, and children whose lives are affected by cancer.

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.

CREATIVE OUTLETS 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 EXPRESSIVE 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.

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**

**SELF-MASSAGE FOR SCAR TISSUE**  
Wednesday, 9/8 | 6:30-7:30pm

**GENTLE YOGA**  
**SESSION I**  
Mondays, 9/13-10/25 | 10-11:15am  
**SESSION II**  
Mondays, 11/8-12/20 | 10-11:15am

**SESSION I**  
Fridays, 9/10-10/22 | 10-11:15am  
**SESSION II**  
Fridays, 11/5-12/17 | 10-11:15am  
No class 11/26

**VITAL MOVES**  
**SESSION I**  
Mondays, 9/13-11/1 | 12-1pm  
**SESSION II**  
Mondays, 11/8-12/20 | 12-1pm  
No class 9/27

**QIGONG**  
**SESSION I**  
Friday, 10/15 | 11:30am-1pm  
**SESSION II**  
Friday, 10/22 | 11:30am-1pm  
**SESSION III**  
Friday, 11/12 | 11:30am-1pm

**NUTRITION**

**CANCER & NUTRITION: FOODS TO SUPPORT DIGESTIVE HEALTH**  
Friday, 9/24 | 12:30-2:30pm

**CANCER & NUTRITION: ENERGY BOOSTING FOODS**  
Friday, 10/8 | 12:30-2:30pm

**CANCER & NUTRITION: PLANT BASED EATING**  
Friday, 10/29 | 12:30-2:30pm

**CANCER & NUTRITION: A HEALTHIER THANKSGIVING**  
Friday, 11/19 | 12:30-2:30pm

**CANCER & NUTRITION: WINTER POWER SMOOTHIES**  
Friday, 12/3 | 12:30-2:30pm

**CREATIVE EXPRESSION**

**CANCER & CREATIVE EXPRESSION: MIXED MEDIA ART**  
Friday, 10/1 | 1-2:30pm

**CANCER & CREATIVE EXPRESSION: HOLIDAY CARDS, TAGS & DECOR**  
Friday, 11/5 | 1-2:30pm

**PRESENTATIONS & WORKSHOPS**

**LUNG CANCER: MANAGING STIGMAS**  
Tuesday, 9/7 | 4-5pm  
*at the Lung Cancer Support Group

**REDUCING STRESS THROUGH SIMPLE VAGUS NERVE EXERCISES**  
Tuesday, 9/14 | 6:30-7:30pm

**GENTLE EXERCISE FOR BREAST CANCER SURVIVORSHIP**  
Wednesday, 9/15 | 9:30-10:30am  
*at the Bosom Buddies Breast Cancer Support Group

**MANAGING STRESS & ANXIETY DURING CANCER TREATMENT**  
Wednesday, 10/6 | 6:30-7:30pm

**THE IMPORTANCE OF SELF-COMPASSION**  
Tuesday, 10/12 | 6:30-7:30pm

**SELF-IMAGE POST MASTECTOMY**  
Tuesday, 10/19 | 6:30-7:30pm  
*at the Breast Friends Support Group

**COPING WITH CANCER: FINDING MEANING IN TIMES OF CHANGE**  
Thursday, 10/21 | 6:30-7:30pm  
*at Prostate Cancer Support Group

**COMBATING FATIGUE**  
Tuesday, 11/2 | 4-5pm  
*at the Lung Cancer Support Group

**MANAGING THE SIDE EFFECTS OF TREATMENT FOR GI CANCERS**  
Wednesday, 11/3 | 6:30-7:30pm  
*at the Gastrointestinal (GI) Cancer Support Group

**COPING WITH CANCER: POWER OF THE MIND-BODY CONNECTION**  
Tuesday, 11/9 | 6:30-7:30pm

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

Learn more and connect at cancerlifeline.org
**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
9/15, 10/20, 11/17, 12/15
9:30-11:30am

**BREAST FRIENDS CANCER SUPPORT GROUP**
Open to women living with breast cancer from diagnosis through post-treatment.
3rd Tuesday
9/21, 10/19, 11/16, 12/21
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
9/1, 10/6/11/3, 12/1
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
No group meeting 11/27, 12/25

**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 Tuesdays
9/14, 10/12, 11/9, 12/14
6:30-8:30pm

**CREATIVE OUTLETS FOR FAMILIES WORKSHOPS**

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.

**LUNG CANCER SUPPORT GROUP**
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesdays
9/7, 10/5, 11/2, 12/7
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 Wednesdays
9/8, 10/13, 11/10, 12/8
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 Thursdays
9/16, 10/21, 11/18, 12/16
6:30-8:30pm
EXERCISE & MOVEMENT

GENTLE YOGA
SESSION I
Mondays, 9/13-10/25
6:30pm-7:45pm
SESSION II
Mondays, 11/8-12/20
6:30pm-7:45pm
No class 11/4

MEDITATION PRACTICES
FOR SELF-CARE
Thursdays, 9/9-11/18 | 4pm-5pm

PRESENTATIONS
& SPECIAL EVENTS

NUTRITION TO SUPPORT LYMPHATIC HEALTH
Tuesday, 9/21 | 6-7pm
*at the SWELL Lymphedema Support Group

PTSD & CANCER
Thursday, 9/23 | 11am-12pm

HOW TO SUPPORT A LOVED ONE WITH CANCER
Tuesday, 9/28 | 5-6:30pm

COPING WITH CANCER: MANAGING EMOTIONAL HEALTH
Wednesday, 10/6 | 1-2:30pm

COPING WITH CANCER: EXPLORING GRIEF, DEATH & A LIFE WELL LIVED
Wednesday, 10/13 | 10-11am

VAGUS NERVE EXERCISES TO REWIRE THE BRAIN FROM ANXIETY
Tuesday, 10/19 | 6:30-7:30pm

BENEFITS OF COMPLEMENTARY CARE & CANCER TREATMENT
Thursday, 10/28 | 11am-12pm

STRATEGIES FOR BETTER SLEEP
Tuesday, 11/2 | 11am-12pm

QUALITY OF LIFE IN SURVIVORSHIP
Wednesday, 11/10 | 10-11am

COPING WITH CANCER: RESOURCING THE BODY, HEART, AND MIND
Tuesday, 11/23 | 10am-12pm

AWE & GRATITUDE: LIVING LIFE WHILE FACING CANCER
Thursday, 12/2 | 10am-12pm

NUTRITION

CANCER & NUTRITION:
UNDERSTANDING FOOD LABELS
Thursday, 9/16 | 11am-12:30pm

CANCER & NUTRITION:
NUTRITION IN SURVIVORSHIP
Thursday, 10/21 | 11am-12:30pm

CANCER & NUTRITION:
SEASONAL FOODS FOR FALL
Thursday, 11/4 | 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
9/8, 10/13, 11/10, 12/8
10am-12pm

SWELL LYMPHEDEMA SUPPORT GROUP
Open to those living with lymphedema and their friends & family.
3rd Tuesdays
9/21, 10/19, 11/16, 12/21
6:30-8pm

CREATIVE EXPRESSION

PRACTICING MINDFULNESS THROUGH EASY DRAWING
Tuesday, 11/16 | 4-5:30pm

CANCER & CREATIVE EXPRESSION: SKETCHING WINTER LANDSCAPES
Tuesday, 12/7 | 11am-12:30pm

CREATE A WE & GRATITUDE: LIVING LIFE WHILE FACING CANCER
Thursday, 12/2 | 10am-12pm

OVERLAKE MEDICAL CENTER
ALL PROGRAMS ONLINE

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

Learn more and connect at cancerlifeline.org
EXERCISE & MOVEMENT

CHAIR YOGA
SESSION I
Saturdays, 9/11-10/23 | 1-2pm
SESSION II
Saturdays, 11/6-12/18 | 1-2pm
No class 11/27

PRESENTATIONS & SPECIAL EVENTS

MEDICARE BASICS EXPLAINED
Tuesday, 9/7 | 12-1pm

CANCER & CREATIVE EXPRESSION: MEDITATIVE DOODLING
Wednesday, 9/15 | 1-2:30pm

COPING WITH CANCER: MANAGING TOXIC POSITIVITY
Tuesday, 9/28 | 2-3pm

MEDICAL MARIJUANA: FOCUS ON CBD
Saturday, 10/16 | 10-11am

CANCER & CREATIVE EXPRESSION: CREATING FALL LANDSCAPES
Tuesday, 10/19 | 12:30-2pm

COMMUNICATING WITH YOUR CARE TEAM
Wednesday, 10/20 | 2-3pm

COPING WITH CANCER: COMBATING CHEMO BRAIN
Thursday, 10/28 | 6:30-7:30pm

COPING WITH CANCER: COPING DURING THE HOLIDAYS
Thursday, 11/18 | 6:30-7:30pm

JOURNALING AS SELF-CARE
Saturday, 11/20 | 10-11am

USING CREATIVITY TO LIGHTEN THE WINTER BLUES
Tuesday, 12/14 | 1-2:30pm

LAUGHTER YOGA
Saturday, 12/18 | 10-11am

NUTRITION

CANCER & NUTRITION: HEALTHY THYROID NUTRITION
Saturday, 9/18 | 10-11am
*at the Women’s Cancer Support Group

CANCER & NUTRITION: HEALTHY FAMILY RECIPES
Thursday, 9/23 | 6:30-7:30pm

CANCER & NUTRITION: ANTI-INFLAMMATORY FOODS
Wednesday, 9/29 | 1-2:30pm

CANCER & NUTRITION: FALL COMFORT FOODS
Wednesday, 10/27 | 1-2:30pm

CANCER & NUTRITION: SOOTHING SOUPS & STEWS
Wednesday, 11/10 | 1-2:30pm

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
9/23, 10/28, 11/18, 12/16
6:30-8pm

WOMEN’S CANCER SUPPORT GROUP
Women with any type of cancer diagnosis are welcome at these groups, whether you are newly diagnosed, working your way through treatment or just finishing treatment.
1st & 3rd Saturdays
9/4 & 9/18, 10/2 & 10/16, 11/6 & 11/20, 12/4 & 12/18
10am-12pm

Northwest Medical Specialties
ALL PROGRAMS ONLINE

THE IMPORTANCE OF SELECTING THE RIGHT HEALTH CARE ADVOCATE TO REPRESENT YOU
Saturday, 9/18 | 1-2pm

MINDFULNESS & GUIDED MEDITATION FOR STRESS REDUCTION
Thursday, 11/18 | 6-7pm
EXERCISE & MOVEMENT

GENTLE EXERCISE: STRETCH & STRENGTH
SESSION I
Monday, 9/13-10/25 | 1:30-2:30pm
SESSION II
Monday, 11/8-12/20 | 1:30-2:30pm

PRACTICING MEDITATION & MINDFULNESS SERIES
Wednesday, 9/7, 10/5, 11/2, 12/7
6:30-7:30pm

PRESENTATIONS & SPECIAL EVENTS

COPING WITH CANCER:
MANAGING EMOTIONS
Wednesday, 10/13 | 12:30-1:30pm

UNDERSTANDING MEDICAL CANNABIS
Wednesday, 10/20 | 6-7pm

THE TRAUMA OF CANCER
Thursday, 10/28 | 3-4pm

WHEN CANCER DERAIS YOUR RETIREMENT PLANS
Wednesday, 11/3 | 2-3pm

CANCER & EMOTIONS:
MANAGING ANGER
Wednesday, 11/10 | 12:30-1:30pm

THE VALUE OF SOCIAL RELATIONSHIPS ON THE CANCER JOURNEY
Monday, 11/15 | 6-7pm

SAFER CLEANING PRODUCTS FOR THE HOME
Saturday, 11/20 | 2-3:30pm

ADDRESSING FEARS OF RECURRENTE
Tuesday, 11/30 | 12-1pm

COPING WITH CANCER:
MANAGING TOXIC POSITIVITY
Wednesday, 12/8 | 12:30-1:30pm

PTSD & CANCER
Thursday, 12/9 | 10-11am

SELF-CARE FOR CAREGIVERS DURING THE HOLIDAYS
Thursday, 12/9 | 6:30-7:30pm

NUTRITION

CANCER & NUTRITION:
EATING TO IMPROVE ENERGY
Wednesday, 11/3 | 1-2pm

NUTRITION FOR CAREGIVERS
Thursday, 11/11 | 6:30-7:30pm

CANCER & NUTRITION:
ONE POT MEALS
Tuesday, 11/30 | 1:30-2:30pm

CREATIVE EXPRESSION

WRITING AS A TOOL FOR COPING WITH CANCER
Tuesday, 9/14 | 11am-12pm

WRITING TO PROCESS GRIEF & LOSS
Tuesday, 10/12 | 11am-12pm

SUPPORT FOR CAREGIVERS THROUGH CREATIVE EXPRESSION
Thursday, 10/14 | 6:30-7:30pm

WRITING TO MANAGE STRESS & ANXIETY
Tuesday, 11/9 | 11am-12pm

WRITING TO PROCESS ANGER & FEAR
Tuesday, 12/14 | 11am-12pm

Patients, caregivers, family & friends are welcome to attend programs at all Cancer Lifeline locations.
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
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
9/1 & 9/15, 10/6 & 10/20, 11/3 & 11/17, 12/1 & 12/15
11am-12:30pm

CAREGIVER SUPPORT GROUP
Open to those caring for someone with a cancer diagnosis.
2nd Thursday
9/9, 10/14, 11/11, 12/9
6:30-8pm

I love the nutrition and health and wellness classes. Helps keep me motivated with healthy living to address fear of recurrence.”
—Cancer Lifeline Client

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 Wednesdays
9/15, 10/20, 11/17, 12/15 | 12-1pm

CREATIVE EXPRESSION

PRACTICING MINDFULNESS THROUGH EASY DRAWING
Tuesday, 9/14 | 5-6pm

PRESENTATIONS

CHANGING BODIES: COPING WITH PHYSICAL & EMOTIONAL CHANGES DUE OF TREATMENT
Thursday, 11/18 | 12-1pm

MANAGING DIFFICULT CONVERSATIONS WITH FRIENDS & FAMILY
Tuesday, 12/7 | 12:30-1:30pm

NUTRITION

CANCER & NUTRITION: MINDFUL EATING
Tuesday, 10/26 | 11am-12pm
Swedish Cancer Institute
ALL PROGRAMS ONLINE

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

EXERCISE & MOVEMENT

VITAL MOVES
SESSION I
Thursdays, 9/9-10/31 | 5:30-6:30pm
SESSION II
Thursdays, 11/18-12/23 | 5:30-6:30pm
No class 9/16, 12/9

CREATIVE EXPRESSION CLASSES

WRITING FOR THE MOMENT
SESSION I
Thursdays, 9/23-10/28 | 1-3pm
SESSION II
Thursdays, 11/4-12/16 | 1-3pm

OPEN STUDIO
2nd & 4th Wednesdays
10:30am-1:30pm

PRESENTATIONS & WORKSHOPS

RESOURCES FOR LYMHPHEDEMA:
UW LYMPHATIC CENTER
Saturday, 9/11 | 12:30-1:30pm

5 WISHES:
A COMPREHENSIVE LIVING WILL
Saturday, 9/25 | 1-2:30pm

EXPLOREING VALUE OF REST & RETREAT
Saturday, 9/25 | 10am-12pm

NEW IMAGING TECHNIQUE SHOWS THE LYMPH SYSTEM IN REAL TIME
Saturday, 10/9 | 12:30-1:30pm

A HEALTHCARE PARTNER FOR END OF LIFE CARE
Saturday, 10/23 | 10-11:30am

COPING WITH CANCER: LOSS OF VITALITY
Saturday, 11/6 | 11am-12pm

UPDATES FROM LYMHPHEDEMA CONFERENCES
Saturday, 11/13 | 12:30-1:30pm

ADOPTING HEALTHY HABITS THAT STICK WITH TINY STEPS
Saturday, 12/11 | 12:30-1:30pm

ONLINE GATHERINGS TO HONOR OUR GRIEF & LOSS DURING COVID
Wednesdays, 9/22 & 12/22 | 6-7:30pm

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

LYMPHEDEMA SUPPORT GROUP
Talking with others and getting needed support is key to living with lymphedema. Join us for sharing and educational presentations focused on living with this challenging condition.
2nd Saturdays
9/11, 10/9, 11/13, 12/11
12:30-2:30pm

Learn more and connect at cancerlifeline.org
After hearing others share their experiences, I feel less alone.

—Cancer Lifeline Support Group Attendee
Thank You!

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

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