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.

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, children and healthcare workers whose lives are affected by cancer. We also offer family, couple & parenting meetings to help open the lines of communication around 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.

EXPRESSION ARTS GROUP THERAPY
Creative activity groups for youth living with cancer, or who have 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 financially challenged cancer patients with funds to pay for basic needs to ensure they can stay in treatment. 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 48 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

VOLUNTEERS ARE AN IMPORTANT PART OF OUR PROGRAMS!
Help take calls on our Lifeline, assist in administrative tasks, fundraising, committees, mailings and events. Volunteers provide a wide range of specialized talents and skills and we depend on their energy and enthusiasm.

INTERESTED IN VOLUNTEERING WITH CANCER LIFELINE?
Email blafavor@cancerlifeline.org
## EXERCISE & MOVEMENT

### GENTLE YOGA
- **SESSION I**
  - Mondays, 1/10-2/18  |  10-11:15am
  - No class 1/17
- **SESSION II**
  - Mondays, 3/7-4/18  |  10-11:15am
  - No class 2/21

### VITAL MOVES
- Mondays, 1/3-4/25  |  12-1pm
  - No class 1/17, 2/21, 2/28

### QIGONG
- **SESSION I**
  - Friday, 4/15  |  11:30am-1pm
- **SESSION II**
  - Friday, 4/22  |  11:30am-1pm
- **SESSION III**
  - Friday, 4/29  |  11:30am-1pm

## NUTRITION

### CANCER PREVENTION THROUGH NUTRITION
- Friday, 1/14  |  12:30-2:30pm

### CANCER & NUTRITION: SUBLIME SPICES
- Friday, 1/28  |  12:30-2:30pm

### NUTRITION FOR DIGESTIVE HEALTH AT THE GI CANCERS SUPPORT GROUP
- Wednesday, 2/2  |  6:30-7:30pm
  - *at the Gi Cancers Support Group*

## CREATIVE EXPRESSION

### WINTER WATERCOLOR TECHNIQUES
- Friday, 2/18  |  1-2:30pm

### BEGINNING SKETCHING: CELEBRATING THE HOPE OF SPRING
- Friday, 3/18  |  1-2:30pm

## PRESENTATIONS & WORKSHOPS

### CANCER & COMPLEMENTARY CARE
- Tuesday, 1/11  |  6:30-7:30pm

### COPING WITH BREAST CANCER: LIVING WITH UNCERTAINTY
- Wednesday, 1/19  |  9:30-10:30am
  - *at the Bosom Buddies Breast Cancer Support Group*

## MANAGING INFORMATION OVERLOAD
- Tuesday, 2/8  |  6:30-7:30pm

## ORAL, HEAD & NECK CANCERS: LONG-TERM SURVIVORSHIP
- Wednesday, 2/9  |  6:30-7:30pm

## SELF-MASSAGE FOR INCREASED RANGE OF MOTION
- Tuesday, 2/15  |  6:30-7:30pm
  - *at the Breast Friends Breast Cancer Support Group*

## GENTLE EXERCISE FOR LUNG CANCER PATIENTS
- Tuesday, 3/1  |  4-5pm

## GI CANCERS: SEX, INTIMACY & CANCER CARE
- Wednesday, 3/2  |  6:30-7:30pm

## WORK & CANCER
- Tuesday, 3/8  |  6:30-7:30pm

## COPING WITH ANXIETY
- Wednesday, 3/9  |  6:30-7:30pm

## COPING WITH BREAST CANCER: THE IMPORTANCE OF SELF-CARE
- Tuesday, 3/15  |  6:30-7:30pm
  - *at the Breast Friends Breast Cancer Support Group*

## WOMEN & CANCER: INTRO TO ACUPUNCTURE
- Wednesday, 3/16  |  9:30-10:30am
  - *at the Bosom Buddies Breast Cancer Support Group*

## ADVANCES IN THE TREATMENT OF METASTATIC PROSTATE CANCER
- Thursday, 4/21  |  6:30-7:30pm
SUPPORT PROGRAMS

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

WE OFFER:
• Family, Couple & Parenting Meetings
• Teen Expressive Arts Therapy Groups
• Workshops for Children & Families
• Free one-on-one Counseling
• Personalized support for families facing cancer

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
1/19, 2/16, 3/16, 4/20
9:30-11:30am

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
1/11, 2/8, 3/8, 4/12
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
1/20, 2/17, 3/17, 4/21
6:30-8:30pm

LUNG CANCER SUPPORT GROUP
Open to those diagnosed with lung cancer and their family and friends.
1st Tuesday
1/4, 2/1, 3/1, 4/5
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
1/12, 2/9, 3/9, 4/13
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
1/20, 2/17, 3/17, 4/21
6:30-8:30pm

DONATE TODAY
Your gift helps Cancer Lifeline provide FREE classes, support groups, counseling, and financial assistance to those affected by cancer.

DONATE TODAY!
cancerlifeline.org/donation-general/
CANCER & CREATIVE EXPRESSION: MINDFULNESS THROUGH EASY DRAWING
Tuesday, 4/19 | 4-5:30pm

CANCER & CREATIVE EXPRESSION: POETRY 101
Tuesday, 4/26 | 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
1/12, 2/9, 3/9, 4/13
10am-12pm

SWELL LYMPHEDEMA SUPPORT GROUP
Open to those living with lymphedema and their friends & family.
3rd Tuesdays
1/18, 2/15, 3/15, 4/19
6:30-8pm

NUTRITION FOR BETTER SLEEP
Thursday, 4/14 | 11am-12pm
EXERCISE & MOVEMENT

CHAIR YOGA
SESSION I
Saturdays, 1/8-3/5  |  1-2pm
SESSION II
Saturdays, 3/12-4/30  |  1-2pm

PRESENTATIONS
& SPECIAL EVENTS

COVID-19 & CANCER:
MANAGING PANDEMIC
FATIGUE
Thursday, 4/28  |  6:30-7:30pm

NUTRITION

CANCER & NUTRITION:
IMMUNE BOOSTING FOODS
Wednesday, 2/2  |  1-2:30pm

CANCER & NUTRITION:
MAKE YOUR OWN BLENDED DRINKS
Wednesday, 3/16  |  1-2:30pm

CANCER & NUTRITION:
TO SOY OR NOT TO SOY
Saturday, 4/16  |  10-11am

CANCER & NUTRITION:
GENTLE DETOX
Wednesday, 4/20  |  1-2:30pm

CREATIVE
EXPRESSION

CANCER & CREATIVE
EXPRESSION: PRACTICING
MINDFULNESS THROUGH
EASY DRAWING
Tuesday, 2/8  |  4-5:30pm

CANCER & CREATIVE
EXPRESSION: EASY
WATERCOLORS & FLORALS
Tuesday, 4/5  |  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
1/27, 2/24, 3/24, 4/28
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
1/15, 2/5 & 2/19, 3/5 & 3/19, 4/2 & 4/16
10am-12pm

“
I appreciate
Cancer Lifeline
having relevant programs available
through Free Zoom Sessions.”

—Cancer Lifeline Support Group Attendee
EXERCISE & MOVEMENT

GENTLE EXERCISE: STRETCH & STRENGTH
SESSION I
Monday, 1/3-2/28 | 1:30-2:30pm
SESSION II
Monday, 3/7-4/25 | 1:30-2:30pm

MEDITATION SERIES

PRACTICING MEDITATION & MINDFULNESS SERIES
Wednesday, 1/4-2/15 | 6:30-7:30pm

PRESENTATIONS & SPECIAL EVENTS

COVID-19 & CANCER: NAVIGATING PANDEMIC FATIGUE
Wednesday, 1/12 | 12:30-1:30pm

COPING WITH CANCER: POWERING THROUGH FATIGUE
Wednesday, 1/12 | 2-3pm

HOW TO SUPPORT A LOVED ONE WITH CANCER
Thursday, 1/13 | 6:30-7:30pm

MASSAGE THERAPY SELF CARE: WINTER WARM UP
Wednesday, 1/26 | 1:30-2:30pm

CHANGING BODIES: COPING WITH THE PHYSICAL CHANGES DUE TO TREATMENT
Monday, 2/7 | 6:30-7:30pm

THE EFFECTS OF CANCER ON INTIMACY
Tuesday, 2/8 | 1-2pm

COPING WITH CANCER: ASKING FOR HELP
Wednesday, 2/9 | 12:30-1:30pm

FOR THE CAREGIVER: CULTIVATING SELF COMPASSION
Thursday, 2/10 | 6:30-7:30pm

MANAGING ISOLATION THROUGH THE WINTER
Thursday, 2/17 | 11am-12pm

MANAGING FEAR OF RECURRANCE
Wednesday, 3/2 | 5:30-6:30pm

COPING WITH CANCER: MANAGING TOXIC POSITIVITY
Wednesday, 3/9 | 12:30-1:30pm

NAVIGATING ANTICIPATORY GRIEF FOR CAREGIVERS
Thursday, 3/10 | 6:30-7:30pm

HOW NATUROPATHS ADDRESS MEN’S HEALTH
Friday, 3/18 | 1-2pm

MANAGING STRESS & ANXIETY WITH BREATHING PRACTICES
Tuesday, 3/29 | 10-11am

NUTRITION

CANCER & NUTRITION: NUTRITION FOR SLEEP
Wednesday, 1/19 | 1-2pm

CANCER & NUTRITION: FOODS TO BOOST COGNITION
Wednesday, 3/2 | 1-2:30pm

CANCER & NUTRITION: ASK THE NUTRITIONIST
Wednesday, 3/23 | 1-2:30pm

CANCER & NUTRITION: ANTI-INFLAMMATORY FOODS
Wednesday, 4/6 | 1-2:30pm

CREATIVE EXPRESSION

LONELINESS VS. SOLITUDE: EXPLORATIONS WITH CREATIVE EXPRESSION
Saturday, 1/22 | 10am-12pm

WRITING TO CALM AN ANXIOUS MIND
Tuesday, 2/15 | 11am-12pm

USING CREATIVE EXPRESSION TO PROCESS EMOTIONS
Tuesday, 3/1 | 11am-12:30pm

COPING WITH CANCER THROUGH IMAGINATION & CREATIVITY
Thursday, 4/21 | 1-3pm

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.

SUPPORT GROUPS (CONT.)

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
1/4 & 1/18, 2/1 & 2/15, 3/1, 3/15 & 3/29, 4/12 & 4/26
10-11:30am

CHAIR YOGA
3rd Wednesdays, 1/19-4/20 | 12-1pm

LIVING WITH CANCER SUPPORT GROUP
Open to those living with any type of cancer from diagnosis through post-treatment.
1st & 3rd Wednesdays
1/5 & 1/19, 2/2 & 2/16, 3/2 & 3/16, 4/6 & 4/20
11am-12:30pm

COMMUNICATING YOUR NEEDS TO FRIENDS & FAMILY
Thursday, 4/28 | 11am-12pm

COLORECTAL SUPPORT GROUP
This group is open to all patients & support persons affected by cancers of the colon, rectum, and anus. The group provides time to openly discuss the many difficult physical and emotional aspects of having a colorectal cancer diagnosis. Join at any time.
2nd Monday
1/10, 2/14, 3/14, 4/11
12-1:30pm

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

VIRGINIA MASON (CONT.)

NUTRITION

CANCER & NUTRITION: MEAL PLANNING FOR OPTIMUM HEALTH
Thursday, 2/10 | 11am-12pm

CREATIVE EXPRESSION

CREATING VISION BOARDS FOR HEALTH & WELLNESS
Wednesday, 3/30 | 1-2:30pm

“ This was such a great class! I’m really looking forward to trying some of these recipes for Friends & Family. ”

—Cancer Lifeline Nutrition Class Attendee
EXERCISE & MOVEMENT

VITAL MOVES
SESSION I
Thursdays, 1/6-2/17 | 5:30-6:30pm
SESSION II
Thursdays, 3/3-4/21 | 5:30-6:30pm

CREATIVE EXPRESSION

WRITING FOR THE MOMENT
SESSION I
Thursdays, 1/13-2/24 | 1-3pm
SESSION II
Thursdays, 3/3-4/14 | 1-3pm

OPEN STUDIO PROCESS
2nd & 4th Wednesdays
10:30am-1:30pm
No class 1/26

PRESENTATIONS & WORKSHOPS

PAIN MANAGEMENT TECHNIQUES
Saturday, 1/8 | 12:30-1:30pm

LYMPHEDEMA SUPPORT:
FLEXITOUCH PNEUMATIC COMPRESSION DEVICE
Saturday, 2/12 | 12:30-1:30pm

LAUGHTER YOGA
Saturday, 3/5 | 11am-12pm

LYMPHEDEMA SUPPORT:
COMPRESSION GARMENTS
Saturday, 3/12 | 12:30-1:30pm

THE IMPORTANCE OF TELLING YOUR STORY
Saturday, 4/23 | 1-2:30pm

NUTRITION

THE KETO DIET & LYMPHEDEMA
Saturday, 4/9 | 12:30-1:30pm

SUPPORT GROUPS

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

NEW!
BIPOC CANCER SUPPORT GROUP
People who identify as members of black, indigenous, and other people of color (BIPOC) are invited to join this group. In addition to connecting with other members of BIPOC communities experiencing a diagnosis of cancer or a loved one with a diagnosis of cancer, this support group will enjoy speakers and presentations relevant to members of BIPOC communities living with cancer. The support group facilitator also identifies as a member of a BIPOC community.
4th Saturday
1/22, 2/26, 3/26, 4/23
11am-1pm

"I gained information that will help me maintain a healthy lifestyle in survivorship, thank you!"
—Cancer Lifeline Class Attendee

Learn more and connect at cancerlifeline.org
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 Saturday
1/8, 2/12, 3/12, 4/9
12:30-2:30pm

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
1/15, 2/5 & 2/19, 3/5 & 3/19, 4/2 & 4/16
11am-1pm
No group 1/1

YOUNG ADULT CAREGIVER SUPPORT GROUP
Open to young adults (20’s-40’s) caring for someone living with a cancer diagnosis.
1st Saturdays
2/5, 3/5, 4/2
11am-1pm
No group 1/1

OVARIAN CANCER SUPPORT GROUP
Open to women living with ovarian cancer from diagnosis through post-treatment.
3rd Saturday
1/15, 2/19, 3/19, 4/16
11:30am-1pm

NUTRITION
CANCER & NUTRITION: PROMOTING BONE HEALTH
Monday, 1/24 | 1-2pm
CANCER & NUTRITION: LOWERING INFLAMMATION WITH DIET
Monday, 3/14 | 1-2:30pm

EXERCISE & MOVEMENT
GENTLE EXERCISE: SEATED VITAL MOVES
1/19, 2/16, 3/16, 4/20
11:30am-12:30pm

CANCER LIFELINE INVITES YOU TO EXTEND YOUR COMMITMENT TO FUTURE GENERATIONS BY INCLUDING US IN YOUR ESTATE PLANS.
A bequest provides an ongoing commitment to improving the lives of those touched by cancer for years to come and is the simplest way to leave an extraordinary legacy. If you are considering leaving a bequest to Cancer Lifeline or would like to inform us of an existing bequest, please contact Beth Brooks, Director of Development at 206.832.1272 or bbrooks@cancerlifeline.org. We will be happy to work with you or your advisor to ensure your gift is used as intended.

END OF LIFE WORKSHOPS
NEW SERIES: PREPARING FOR DEATH, A LIFE CHANGING JOURNEY
Fridays 2/4, 2/11, 2/18, 2/25, 3/4, 3/11
1-2:30pm

5 WISHES: A COMPREHENSIVE LIVING WILL
Saturday, 2/19 | 1-2:30pm
Thank You!

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

INKIND SPONSORS

Astor Electric       Ian & Laura MacNeil – Glass Vodka
Patti Payne –The Payne Group    Mark Allan – Pirahna Partners    Punch Drunk Productions