

Cancer Support Groups

The Swedish Cancer Institute offers a variety of support groups. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is facilitated by an experienced Swedish Cancer Institute support group facilitator and are open to all people in the community. Please call 206-540-0477 for more information.

Support group members experience and receive:

- Practical information
- An understanding of diagnosis and treatment
- A safe and caring place to share feelings and learn self-care skills
- A place to develop coping skills and discover how one lives life fully in the midst of cancer

We offer the following groups for all patients and caregivers, whether you are receiving care at Swedish Medical Center or at another cancer center in the community.

Breast Cancer Support Group

A drop-in group for those recently diagnosed with breast cancer. Meets the second and fourth Wednesdays, 4-5:30 p.m.

After Breast Cancer: What's Next?

An eight-week group limited to eight to 10 women who are preparing to live life after breast cancer treatment. Participants must have completed treatment to be eligible for the groups. Meets on Wednesdays, January through October. Advance registration is required for this group.

Brain Tumor Support Group

A drop-in group for those diagnosed with a brain tumor and those who care for them. Meets the first and third Wednesdays 1-2:30 p.m. in the Swedish/Cherry Hill James Tower, 550 17th Avenue, Education and Conference Center, Room E.

Caregivers Support Group

A drop-in group for caregivers. Meets weekly on Thursdays, 1:30-3 p.m.

Gynecological Cancers Support Group

A group for women with gynecological cancers. Meets weekly on Tuesdays, 10:30 a.m.- noon.

Living with Cancer Support Group

A group for those living with any type of cancer. Meets weekly on Thursdays, 1:30-3 p.m. Facilitated by an oncology social worker and a chaplain from Swedish's Spiritual Care Department.

Lung-Cancer Support Group

A group for people diagnosed with lung cancer and those who care for them. This drop-in group meets the first and third Thursdays, 4-5:30 p.m.

Prostate Cancer Educational Support Group

A drop-in group for those diagnosed with prostate cancer and those who care for them. Meets the third Thursday, 8:30-9:30 a.m. in the Swedish Cancer Institute A West Conference Room C. For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440.

Young Adult Cancer Support Group

A drop-in support group for young adults (ages 18-35) with any cancer diagnosis. Meets the second and fourth Monday, noon-1:30 p.m.

(continued)

To register for either of the following sessions, please call 206-386-3200.

Art Therapy: An Approach for Healing

Art therapy is a confidential, supportive and individualized experience for visually and verbally examining health issues through self-exploration. Prior art experience is not a requirement. Appointment necessary.

*A-floor West, Cancer Education Center
Tuesdays and Thursdays
(ongoing with 50-minute appointments)*

Knit for Life™

This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers during treatment and recovery. It provides a supportive environment for beginning and experienced knitters. All materials are provided.

*Cherry Hill:
Hospital Lobby Starbucks
Mondays (ongoing), 6-8 p.m.*

*First Hill:
Swedish Cancer Institute, First-floor Lobby
Thursdays (ongoing), 1-3 p.m.*



SWEDISH
CANCER INSTITUTE

1221 Madison St.
Arnold Pavilion
Seattle, WA 98104

For a free physician referral:
1-800-SWEDISH (1-800-793-3474)
www.swedish.org