<table>
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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Clubhouse Closed</td>
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<td>2</td>
<td>3</td>
<td>4</td>
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<td>6</td>
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<tr>
<td></td>
<td>CH: Ingraham HS</td>
<td>CH: West Seattle Skills Center</td>
<td>Mindful Art Group for Patients and Caregivers (6:30-8:00)</td>
<td>Mindful Art Group for Patients and Caregivers (12:00-2:00)</td>
<td>CH: Ingraham HS</td>
<td>1st, 3rd Tues: 9:00 - 8:00</td>
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<td>7</td>
<td>Clubhouse Closed</td>
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<td>CH: Marnysville-Getschel HS</td>
<td>Eastside: Cancer Caregiver Group (Bellevue City Hall) (6:30-8:30)</td>
<td>CH: Kingson HS</td>
<td>CH: Glacier Peak HS</td>
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<td>14</td>
<td>Clubhouse Closed</td>
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<td>CH: Stanwood HS</td>
<td>CH: Steilacoom HS</td>
<td>Mindful Art Group for Patients and Caregivers (12:00-2:00)</td>
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<td>20</td>
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<td>21</td>
<td>Clubhouse Closed</td>
<td>22</td>
<td>23</td>
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<td>Living with Cancer Patient Group (6:30-8:00) (Meeting on the 4th Tuesday this month only)</td>
<td>Eastside: Cancer Caregiver Group (Bellevue City Hall) (6:30-8:30)</td>
<td>Eastside: Cancer Caregiver Group (Bellevue City Hall) (6:30-8:30)</td>
<td>Eastside: Cancer Bereavement group (Kaiser Permanent in Bellevue) (6:30-8:30)</td>
<td>27</td>
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<td>28</td>
<td>Clubhouse Closed</td>
<td>29</td>
<td>30</td>
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<td>A Day of Loving Kindness RETREAT 9am-4pm (<a href="http://www.cancerpathways.org">www.cancerpathways.org</a> for details)</td>
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<tr>
<td>30</td>
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<td>CH: Mountlake Terrace HS</td>
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</tbody>
</table>

**Coming in June... “Breast Cancer Update from ASCO” with Julie Gralow, MD Thursday, June 20th, 2019**

**Sign up:** 206-709-1400, info@cancerpathways.org, www.cancerpathways.org
Cancer Pathways
April, 2019

Did you know? Cancer Pathways can potentially offer many kinds of support groups and activity experiences. This list includes some, but not all, of the possibilities. Please give us a call for more information or to suggest YOUR ideas.

Support Groups:
Living with Cancer for Patients
Caregiver for anyone in a cancer caregiving situation
Workplace Issues for Cancer Patients and Caregivers
Patient/Caregiver combined group
Young Adults Networking group

Classes:
Art Practice (painting, drawing, collage, jewelry)
Write Your Memoirs (4-6 week sessions)
Exercise (yoga, Pilates, Feldenkrais, Tai Chi, Qigong)
Nutrition and Cooking

CURRENT PROGRAM OFFERINGS

Support Groups:
Living with Cancer: for adults with a cancer diagnosis, in or out of treatment
Seattle: 1st, 3rd Tuesdays, 6:30-8:00 pm
Eastside: 2nd, 4th Thursday, 6:30-8:30 pm
(Bellevue City Hall)
Caregivers: for anyone who has a family member or friend with cancer
Eastside: 2nd, 4th Wednesdays, 6:30-8:30 pm
(Bellevue City Hall)
Bereavement: for anyone who has lost a loved one to cancer
Eastside: 2nd, 4th Thursdays, 6:30-8:30 pm
(Kaiser Permanente in Bellevue)

Cancer Pathways Mindfulness Group
Seattle, 12:00 - 2:00 pm
Mindful Art group for patients/caregivers
1st, 3rd Wednesdays

THURSDAY EVENING LECTURES
“Breast Cancer Update from ASCO”
Julie Gralow, MD
Thursday, June 20, 2019
7:00-8:30pm

FAMILY PROGRAM

Family Support Groups: Parent Networking, Kids Art Therapy

Offered in 6-week sessions on Tuesdays throughout the year. Contact maddie@cancerpathways.org for more information.

Camp Sparkle! 2019– weeklong, FREE day camp for kids touched by cancer, ages 6-12, in four locations:

Seattle: July 8-12, 2019
Tacoma: July 22-26, 2019
Bellevue: July 29 - August 2, 2019
Tacoma: August 5-9 2019
Everett: August 12-16, 2019

Email maddie@cancerpathways.org, or call 206-709-1400 for more information.