




October 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|---|
|  | <p>1</p> <p><i>Cancer Happens:</i> Kingston High School</p> | <p>2</p> <p>Living with Cancer Patient Group 6:30-8:00</p> <p>Parent Networking Group 6:30-8:00</p> <p>Children's Art Therapy Group 6:30-8:00</p> | <p>3</p> <p><i>Cancer Happens:</i> Auburn High School</p> <p>Mindful Art Group for Patients and Caregivers 12:00-2:00</p> | <p>4</p> | <p>5</p> <div style="border: 1px solid red; padding: 5px;"> <p>Clubhouse Hours</p> <p>Mon - Fri: 9:00 - 5:00</p> <p>1st, 3rd Tues: 9:00 - 8:00</p> </div> | <p>6</p> <p>Clubhouse Closed</p> |
| <p>7</p> <p>Clubhouse Closed</p> | <p>8</p> | <p>9</p> <p>Parent Networking Group 6:30-8:00</p> <p>Children's Art Therapy Group 6:30-8:00</p> | <p>10</p> <p>Eastside: Cancer Caregiver Group (Bellevue City Hall) 6:30-8:30</p> | <p>11</p> <p><i>Cancer Happens:</i> Shorewood High School</p> <p>Eastside: Cancer Bereavement group (Kaiser Permanente in Bellevue) 6:30-8:30</p> | <p>12</p> <p><i>Cancer Happen:</i> Shorewood High School</p> | <p>13</p> <p>Clubhouse Closed</p> |
| <p>14</p> <p>Clubhouse Closed</p> | <p>15</p> | <p>16</p> <p>Living with Cancer Patient Group 6:30-8:00</p> <p>Parent Networking Group 6:30-8:00</p> <p>Children's Art Therapy Group 6:30-8:00</p> | <p>17</p> <p>Mindful Art Group for Patients and Caregivers 12:00-2:00</p> | <p>18</p> <p><i>Cancer Happens:</i> Kamiak High School</p> <p>"When Cancer Comes to Work" SEMINAR 8:30 AM - 2:00 PM</p> | <p>19</p> | <p>20</p>  <p>2:00 - 4:00 PM CLUBHOUSE</p> |
| <p>21</p> <p>Clubhouse Closed</p> | <p>22</p>  <p>If you are not feeling well, please stay home and take care of yourself.</p> | <p>23</p> | <p>24</p> <p>Eastside: Cancer Caregiver Group (Bellevue City Hall) 6:30-8:30</p> | <p>25</p> <p><i>Cancer Happens:</i> Bothell High School</p> <p>Eastside: Cancer Bereavement group (Kaiser Permanente in Bellevue) 6:30-8:30</p> | <p>26</p> | <p>27</p> <p>Clubhouse Closed</p> |
| <p>28</p> <p>Clubhouse Closed</p> | <p>29</p> <p><i>Cancer Happens:</i> Stanwood High School</p> | <p>30</p> | <p>31</p> <p><i>Cancer Happens:</i> Marysville-Gettchell High School</p>  <p>Happy Halloween!</p> | <div style="background-color: #fff9c4; padding: 10px; text-align: center;"> <p>LECTURES 2018 . . . Thursdays 7:00-8:30 pm</p> <p>NOV 8, "Cancer Immunology and Immunotherapy," Gary Goodman, MD</p> </div> | | |

Cancer Pathways

September, 2018

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

Classes:

Dancing (swing, salsa, ballroom)

Art Practice (painting, drawing, collage, jewelry)

Write Your Memoirs (4-6 week sessions)

Exercise (yoga, Pilates, Feldenkrais, Tension Release)

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

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 2018

7:00-8:30 pm **Seattle Clubhouse**

NOV 8, "Cancer Immunology and Immunotherapy," with Gary Goodman, MD

FAMILY PROGRAM

Parent Networking Group and Kids Art Therapy Group - Tuesdays

Offered in 6-week sessions throughout the year. Next opportunity to join these groups is 9/11-10/16. Call or email maddie@cancerpathways.org, 206-709-1400 for more information.

Camp Sparkle! – weeklong, FREE day camp for kids touched by cancer, ages 6-12, in four locations: Seattle, Tacoma, Everett, Bellevue.

Email maddie@cancerpathways.org, for more information.

Halloween Carnival, Saturday, October 20th, 2:00-4:00 pm



Cancer Pathways provides a variety of support, education, prevention, and community-building activities for anyone touched by cancer including individuals, teens, children, friends and family members.

- Cancer support groups in multiple locations
- Classes, lectures and workshops
- Community-building events
- Family support



Camp Sparkle week-long day camp in 4 Puget Sound locations



Cancer Happens Teen Education in middle and high schools



Cancer Unwrapped annual writing contest for middle and high school students



When Cancer Comes to Work forums and onsite education and support

Save the Date!

"When Cancer Comes to Work" Seminar

Thursday, October 18th, 2018
8:30 am - 2:00 pm

For more information . . .
www.cancerpathways.org
206-709-1400