



# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Coming in JUNE: "Breast Cancer Update from ASCO" with Julie Gralow, MD, Thursday, June 20th, 2019 <b>Sign up:</b> 206-709-1400, info@cancerpathways.org, www.cancerpathways.org</p>		<p>1 <b>Mindful Art Group</b> for Patients and Caregivers 12:00-2:00</p>	<p>2 CH: West Seattle High School</p>	<p>3</p>	<p>4 <b>Clubhouse Closed</b></p>
<p>5 <b>Cancer Unwrapped Teen Writing Contest Awards Ceremony</b></p>	<p>6</p>	<p>7 CH: Peninsula High School <b>Living with Cancer Patient Group</b> 6:30-8:00</p>	<p>8 CH: Archbishop-Murphy High School <b>Eastside: Cancer Caregiver Group</b> (Bellevue City Hall) 6:30-8:30</p>	<p>9 CH: Lakewood High School <b>Eastside: Cancer Bereave- ment group</b> (Kaiser Perma- nente in Bellevue) 6:30-8:30 <b>Eastside: Living with Can- cer group</b> (Bellevue City Hall) 6:30-8:30</p>	<p>10</p>	<p>11 <b>Clubhouse Closed</b></p>
<p>12 <b>Clubhouse Closed</b></p>	<p>13</p>	<p>14 CH: Oakland High School</p>	<p>15 CH: Bainbridge Island High School <b>Mindful Art Group</b> for Patients and Caregivers 12:00-2:00</p>	<p>16 CH: Bainbridge Island High School</p>	<p>17</p>	<p>18 <b>Clubhouse Closed</b></p>
<p>19 <b>Clubhouse Closed</b></p>	<p>20 CH: Mt Vernon High School</p>	<p>21 CH: Mt Vernon High School <b>Living with Cancer Patient Group</b> 6:30-8:00</p>	<p>22 CH: Eagle Harbor High School <b>Eastside: Cancer Caregiver Group</b> (Bellevue City Hall) 6:30-8:30</p>	<p>23 CH: Auburn Riverside High School <b>Eastside: Cancer Bereave- ment group</b> (Kaiser Perma- nente in Bellevue) 6:30-8:30 <b>Eastside: Living with Can- cer group</b> (Bellevue City Hall) 6:30-8:30</p>	<p>24</p>	<p>25 <b>Clubhouse Closed</b></p>
<p>26 <b>Clubhouse Closed</b></p>	<p>27 <i>Memorial Day</i>  Clubhouse Closed</p>	<p>28 CH: Bishop Blanchet High School</p>	<p>29 CH: Bishop Blanchet High School</p>	<p>30</p>	<p>31 <b>Clubhouse Hours</b> <b>Mon - Fri:</b> 9:00a - 5:00p <b>1st, 3rd Tues:</b> 9:00a - 8:00p</p>	

# Cancer Pathways

May, 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:** 1<sup>st</sup>, 3<sup>rd</sup> Tuesdays, 6:30-8:00 pm

**Eastside:** 2<sup>nd</sup>, 4<sup>th</sup> Thursday, 6:30-8:30 pm (Bellevue City Hall)

*Caregivers:* for anyone who has a family member or friend with cancer

**Eastside:** 2<sup>nd</sup>, 4<sup>th</sup> Wednesdays, 6:30-8:30 pm (Bellevue City Hall)

*Bereavement:* for anyone who has lost a loved one to cancer

**Eastside:** 2<sup>nd</sup>, 4<sup>th</sup> 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  
1<sup>st</sup>, 3<sup>rd</sup> 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](mailto: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](mailto:maddie@cancerpathways.org), or call 206-709-1400 for more information.

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

