



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Clubhouse Closed	2 Clubhouse Closed in Observance of Labor day	3 Living with Cancer Patient Group 6:30-8:00	4 Mindful Art Group for Patients and Caregivers 12:00-2:00	5	6	7 Clubhouse Closed
8 Clubhouse Closed	9	10	11 Eastside: Cancer Caregiver Group (Bellevue City Hall) 6:30-8:30	12 Eastside: Cancer Bereave- ment group (Bellevue City Hall) 6:30-8:30	13	14 <i>22nd Annual Surviving with Style Gala & Fashion Show The Westin Seattle 5:30 pm</i>
15 Clubhouse Closed	16	17 Living with Cancer Patient Group 6:30-8:00 Family Support Group 6:30-8:00	18 Mindful Art Group for Patients and Caregivers 12:00-2:00	19	20 <i>Sips and Shoes Event Benaroya Hall 6:00pm</i>	21 Clubhouse Closed
22 Clubhouse Closed	23	24 Family Support Group 6:30-8:00pm	25 Eastside: Cancer Caregiver Group (Bellevue City Hall) 6:30-8:30	26 Eastside: Cancer Bereave- ment group (Bellevue City Hall) 6:30-8:30	27	28 Clubhouse Closed
29 Clubhouse Closed	30	<p><u>TICKETS STILL AVAILABLE:</u> 22nd Annual Surviving with Style Gala & Fashion Show is Saturday, September 14th. Tickets now available: www.cancerpathways.org</p>				<p>Clubhouse Hours: Monday— Friday: 9am — 5pm Support Group Tuesdays: 9am —8:30pm</p>

Cancer Pathways

September, 2019

Cancer Pathways has the potential to offer many kinds of support groups and activities. This list includes some of the future possibilities as well as what is currently offered. 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

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 (Bellevue City Hall)

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

UPCOMING EVENTS

Surviving with Style Gala & Fashion Show,
September 14th at The Westin
Seattle.
Sips and Shoes, September 20th at Benaroya
Hall, Seattle.
*Cancer Education & Health Advocacy
Conference*, October 4th in Prosser, WA.

TRAININGS AND LECTURES

Prostate Cancer Brunch & Learn
October 19th.
LUNgevity Educational Event is
November 16th.
Contact Program Director, Mary Nicholas at
Mary@cancerpathways.org for more
information.

FAMILY PROGRAM

**Family Support Groups: Parent
Networking, and Children's Art Therapy**

Offered in **6-week sessions** on
Tuesdays starting Sept 17th.
Contact Maddie Ritter at
maddie@cancerpathways.org for more
information. Enrollment is still open.

Camp Sparkle 2019 was a wonderful year-
these weeklong, FREE day camps for kids
touched by cancer, ages 6-12, happen in
four locations: Seattle, Bellevue, Tacoma
and Everett.

**To be added to our list for
information about
Camp Sparkle 2020,**
email Maddie@cancerpathways.org, or
call 206-709-1400.

Cancer Pathways provides free programs of education and support in a variety of locations to men, women, teens and children impacted by cancer.

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



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



Cancer Happens Teen Education curriculum is presented in middle and high schools.



Cancer Unwrapped is an annual writing contest for middle and high school students.



Cancer Illuminated (formerly known as *When Cancer Comes to Work*) program offers forums, onsite education and support.

