

## Cancer Support Groups

Group Name	Location	Times / Dates	Contact
<b>Cancer Support Group</b>	MultiCare Regional Cancer Center 1003 S. 5 <sup>th</sup> St. Reception Area in 3L Tacoma, WA 98405	When: Thursday 5:30-7pm	Betsy Phillips 253-403-3169
<b>For the MHS patients:</b> Individual, family and caregiver counseling		By appointment	Nancy Baer 253-403-1011
<b>Breast Cancer: Sisters of Hope Support Group for Women of Color</b>  Therapeutic Support Group	Breast Cancer Resource Center, 4002 S. 12 <sup>th</sup> St, Tacoma (1 block west of Proctor) No charge	1 <sup>st</sup> Monday at 6:30 pm	Breast Cancer Resource Center 253-752-4222 or <a href="http://www.bcrawa.org">www.bcrawa.org</a>
<b>Breast Cancer Support Group</b>	Women's Health Center at St. Francis, Federal Way	Call for times and locations	Fee: none Registration: 253-944-4025
<b>"Knit for Life" Support Group.</b> A free knitting support group for all cancer patients, family members and caregivers	St. Joseph Medical Center, Tacoma Room 10-B-8	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of each month from 6:30 to 8 pm	Registration: 253-944-4025
<b>General Cancer Support Group (for cancer patients and their families)</b>	St. Francis Hospital Radiation Oncology (Garden Level) waiting room	Call for times and locations	Fee: none For meeting times and locations: 206-938-9081
<b>"Ladies in Pink": Breast Cancer Support Group</b>	Dinner meetings at various area restaurants	1 <sup>st</sup> Wednesday of the month at 6 pm	Iola Brown 253-474-9396
<b>Classes for patients, families and caregivers, including causes, treatment and prevention of lymphedema</b>	MultiCare Health System	<a href="http://www.multicare.org">www.multicare.org</a> Look under "CANCER", then "CANCER CLASSES AND SUPPORT GROUPS" for various listings and classes.	1-800-342-9919
<b>DISCOVERIES:</b> For children coping with the serious illness of a parent, sibling or grandparent	BRIDGES: A center for Grieving Children, 310 North K St, Tacoma	Call for times	253-272-8266
<b>I CAN COPE</b> Education al Program	Location rotates between hospitals	Topics include diagnosis, treatment, coping, and personal care issues	American Cancer Society 1-800-729-5588 Ext. 124
<b>Madigan Cancer Wellness Network</b>	Madigan Army Medical Center, 4 South Conference Room	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays from 10 to 11 am	Patty Berke 253-968-2505 Option 6
<b>Man to Man (Tacoma) Prostate Cancer Support Group:</b> Do you have questions about prostate cancer? Join a group that can provide answers and support. Facilitated by trained volunteers who have recovered from prostate cancer.	University Place Presbyterian Church 8101 27 <sup>th</sup> St. W University Place	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays 7:00 to 9:00 pm	Bill Weatherby 253-475-1833
<b>Pediatric Cancer Caregiver Support Group</b>	Mary Bridge Health Center Mary Bridge Conference Room	3 <sup>rd</sup> Mondays, 6 to 7:00 pm	Ann Young 253-403-4698
<b>Puyallup Cancer Support Groups</b> for patients and adult family member sponsored by Good Samaritan Hospital	Good Samaritan Cancer Resource Center, 400 15 <sup>th</sup> Ave SE, Puyallup, WA	1 <sup>st</sup> Thursday of the month, 1 – 3:00 pm	Jan Neeley, 253-697-4899

## Cancer Support Groups, cont.

<p><b>Women's Cancer Support Group</b> for patients, caregivers and support team. Meeting includes an educational program, refreshments and a time of sharing.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>2<sup>nd</sup> Tuesday, 6:30 – 8:30 pm</p>	<p>Donna Banks, 253-697-4927</p> <p>Melissa Gates, 253-841-4296</p>
<p><b>Lymphedema Networking Group</b> Do you have swelling in your arm(s), hand(s), leg(s), feet or other part of your body? Have you had lymph node(s) removed? If you answered yes to both of those questions, then you may have a condition known as "Lymphedema". Meet other individuals with lymphedema and share information and your own stories.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>2<sup>nd</sup> Thursday each month, 7:00 pm</p>	<p>Julie Venn, LMP, MLD/CDT Register: Cancer Resource Center 253-697-4899</p>
<p><b>Man to Man Cancer Support Group</b> Do you have questions about prostate cancer? Join a group that can provide answers and support, facilitated by trained volunteers who have recovered from prostate cancer.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>1<sup>st</sup> Wednesday each month, 7:00 pm</p>	<p>Weldon Plett 253-691-2267 or 253-445-7948</p>
<p><b>"The Power of Nutrition"</b> Monthly nutrition class offered for before, during and after cancer. The class is free and Betty Paul, RD from the hospital conducts the class.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>3<sup>rd</sup> Wed. of the month from 2:30-3:30pm</p>	<p>Call 253-697-4899 for more info and to register.</p>
<p><b>Cancer Care Support at Good Samaritan</b> A wide range of cancer support services.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>Call for information</p>	<p>Call 253-697-4899 for more info</p>
<p><b>Look Good ... Feel Better</b> Offered in partnership with the American Cancer Society; the National Cosmetology Association; and the Cosmetic, Toiletry and fragrance Association foundation. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss as a result of cancer treatment.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>Call for information</p>	<p>Call 253-697-4899 for more info</p>
<p><b>Focus on Healing Through Movement and Dance:</b> This program helps women regain and maintain range of motion after surgery, decreases the risk of lymphedema and helps reduce the risk of frozen shoulder. Designed for all ages and fitness levels, this exercise program is fun, easy and emotionally uplifting.</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>Call for information</p>	<p>To Register or for More Information, call Deb Makin: 253-332-6154 or Cancer Resource Center: 253-697-4899, email: <a href="mailto:janice.neeley@goodsamhealth.org">janice.neeley@goodsamhealth.org</a></p>
<p><b>Friend to Friend.</b> Are you a cancer survivor or caregiver who would like to support a newly diagnosed patient? or Are you a cancer patient or caregiver and desire to speak with someone who has been through an experience similar to yours?</p>	<p>Good Samaritan Cancer Resource Center, 400 15<sup>th</sup> Ave SE, Puyallup, WA</p>	<p>Call for information</p>	<p>Call 253-697-4899 for more info</p>