

Cancer Care Northwest Support Groups

Cancer Care Northwest encourages all of our patients to take advantage of the various supportive care activities we offer. You are not alone in your healing journey.

Please join us and discover the many benefits that come from sharing your experiences with others.

Breast Cancer Support Group: The Breast Cancer Support Group is available for women who want information, support and encouragement through the stages of cancer: patient, survivor, and lifetime thriver. This group offers emotional solace as well as techniques to cope with the unexpected changes breast cancer brings to one's self-image, relationships, and daily lifestyle. *Call Bobbi for more information.*

Self-Care Connection: Self Care Connection is a motivational support group that compliments the patient's medical treatment so participants can maximize their ability to fight cancer. It brings information on the most current nutritional studies to help fight cancer and treat side effects of medical treatments such as chemotherapy. Self Care Connection educates clients to important lifestyle changes such as increasing daily activity, relaxation techniques, coping skills, and ways to help stimulate the immune system. Its atmosphere promotes support from family, friends, and fellow patients. *Call Bobbi for more information.*

Kidz Count Family Support Group: This special support group is for kids who have an adult family member who has cancer and their parents. We enjoy a light meal and then break up into age appropriate groups. Children, as well as their parents, will learn the skills necessary to better cope with the challenges that occur when cancer strikes. There is fun and laughter in a supportive environment. *Call Bobbi or Fran to register.*

Thursday Evening General Cancer Support Group: This is a wonderful group of patients and loved ones who gather weekly to talk in a safe environment, with honesty, about the physical, emotional and spiritual impact of cancer. We laugh and we cry. Come join us. *Call Tess to register or for more information.*

There is no charge for participating in these groups.



For more information, or to register, please contact:

Tess Taft, MSW, LICSW: 228-1206
Bobbi Hamilton, MSW, CDP: 228-1244
Fran Anderson: 228-1459

Cancer Care Northwest Support Groups Time and Place

Tuesdays:

Breast Cancer Support Group – Valley: 1st and 3rd Tuesday each month, 5:30 at the Valley Office

Wednesdays:

Self-Care Connection – North: Every Wednesday, 1:30 at the North Office

Kidz Count Family Support Group: 1st and 3rd Wednesday each month, 6:00 at the South Office

Breast Cancer Support Group - North: 2nd and 4th Wednesday each month, 5:30 at the North Office

Thursday:

Self-Care Connection – Valley: Every Thursday, 2:30 at the Valley Office

General Cancer Support Group: Every Thursday, 5:30 at the South Office

Locations:

North Office

605 E. Holland, Suite 100
Spokane, WA 99218
228-1400

South Office

601 S. Sherman
Spokane, WA 99202
228-1000

Valley Office

12615 E. Mission, Ste. 200
Spokane, WA 99216
228-1200



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Cancer Care Northwest is the Inland Northwest's premier, comprehensive cancer center offering medical, surgical and radiation oncology in a compassionate, healing environment. Our unique approach combines a team of integrated cancer specialists paired with innovative technology, advanced treatment therapies and complementary support services to provide care for the whole person.