

Community Resources for Your Support

The Swedish Cancer Institute partners with local and national organizations to offer services, classes and emotional support for cancer patients, their families and caregivers.

American Cancer Society

The American Cancer Society is a national health organization that provides local cancer education and services. Their resources include:

- **Road to Recovery**, a program that provides transportation for cancer patients to and from chemotherapy or radiation treatments
- **Rooms for Life**, providing complimentary lodging for cancer patients who live 50 miles or further from their treatment facility
- **Reach to Recovery**, a peer-to-peer support program for women who have had breast cancer
- A complimentary wig and prosthesis bank
- Around-the-clock support at a toll-free number, 1-800-ACS-2345



Cancer Lifeline

Cancer Lifeline is a local organization that provides free services to cancer patients, family members, caregivers, coworkers and friends. Cancer Lifeline offers a toll-free, 24-hour telephone counseling service for emotional support, information and community resource referrals. Other services include a family support program, workplace consultation, movement awareness workshops, relaxation and stress reduction programs, pain management and nutrition classes. To register for classes or to get more information, call 206-297-2500 or toll-free at 1-800-255-5505, or visit CancerLifeline.org.



Cancer Pathways

Cancer Pathways provides education, support and community resources for adults, teens and children with cancer, as well as for their families and friends. Activities are held in Seattle and other areas of the state in locations such as hospitals, community centers and schools.

For information, call 206-709-1400 or visit CancerPathways.org.



Team Survivor Northwest

Team Survivor Northwest provides fitness and health education programs for women diagnosed with any type of cancer. These programs help with physical and emotional healing and are for all ages, fitness levels and abilities. The majority of programs are free to members and scholarships are available.

To join Team Survivor Northwest or to get more information, call 206-732-8350, email info@teamsurvivornw.org or visit TeamSurvivorNW.org.



Young Survival Coalition

Young Survival Coalition provides support for the unique issues young women face when they have been diagnosed with breast cancer. Young Survival Coalition offers resources, outreach and education to empower young women affected by breast cancer and to provide hope. For more information, visit YoungSurvival.org.



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Northwest Hope & Healing

Northwest Hope & Healing is a nonprofit organization that supports women in the Puget Sound area who are battling breast and gynecological cancers. The group provides financial assistance to women who need help with everyday living expenses, such as child care, groceries, transportation and rent. Northwest Hope & Healing also assembles and delivers special healing baskets to Swedish Cancer Institute for newly diagnosed patients. To learn more, visit NWHopeAndHealing.org.



Northwest
HOPE & HEALING

Harmony Hill Retreat Center

Harmony Hill is a nonprofit organization that focuses on transforming the lives of those affected by cancer and inspiring healthy living for all. Harmony Hill offers:

- Three-day, on-site residential retreats, which offer group and community support, guided imagery, yoga and meditation, expressive arts, nutrition education, healthy organic meals, comfortable lodging and a spectacular natural setting overlooking Hood Canal and the Olympic Mountains
- Off-site workshops on various topics, offering resources, inspiration and tools for supporting those on the cancer journey
- Webinars on nutrition and other topics of interest

For more information, call 360-898-2363 or visit HarmonyHill.org.



Komen Puget Sound

Founded in 1993, Komen Puget Sound has been a part of the western Washington community for more than 20 years, raising money to fund:

- Local breast health education programs
- Breast cancer screening
- Treatment support
- Research, to better diagnose, treat and ultimately cure breast cancer

Komen Puget Sound now ranks as the fifth largest out of 120 Komen affiliates nationwide. To learn more about local breast health education, screening opportunities and treatment support, call 206-633-0303 or visit KomenPugetSound.org/grants/current-grant-recipients.



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