



# Support Services

	Program	Date	Time	Cost	Location	Key Contact
<b>Support Groups</b>	Brain Tumor Support Group	3 <sup>rd</sup> Tuesday of every month	10-11:00am	Free	American Cancer Society 0330 SW Curry Street Portland, OR 97239	Verda Dew, LCSW P:503-494-5626 E: dew@ohsu.edu
	Prostate Cancer Support Group	1 <sup>st</sup> Tuesday of every month	5-6:30pm	Free	Rood Family Pavilion Conference Center	Peter Bennett, MSW, LCSW P: 503-418-3544 E: bennetp@ohsu.edu
	Introduction to Chemotherapy and Immunotherapy	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of every month	9:30-11:00am	Free	OHSU Center for Health & Healing 2 10 <sup>th</sup> floor	Contact your nurse for more information
<b>Wellness</b>	Acupuncture	By nurse or doctor referral		\$55-\$90; Covered by some insurance plans	OHSU Kohler Pavilion 4 <sup>th</sup> floor OHSU Center for Health & Healing 2 OHSU Knight Cancer Institute-Beaverton	Angie Rademacher, ND, LAC P: 503-494-7999 E: rademaca@ohsu.edu
	Mindfulness Breath by Breath	Every Thursday and Friday	9:30-10:30am	Free	OHSU Kohler Pavilion 14 <sup>th</sup> floor Thursdays 13 <sup>th</sup> floor Fridays	Kimberly Carson MPH, C-IAYT P: 503-245-9642 E: carsonk@ohsu.edu
	Mindfulness-based Stress Reduction	8 week sessions in Jan, Mar, Sept	Daytime (TBD)	\$150	OHSU Knight Cancer Institute-Northwest Portland	Kimberly Carson MPH, C-IAYT P: 503-245-9642 E: carsonk@ohsu.edu
	Gentle Yoga for Healing from Cancer	Every Thursday	5:30-6:45pm	Free (Participants pay a small fee after 1 year)	OHSU School of Nursing 1 <sup>st</sup> floor	Elaine Cohn P: 503-841-6387 E: elaine@onewithwellness.org
	Cancer Rehab Class	Every Thursday and Saturday	10:30-11:30	Covered by some insurance plans	OHSU Center for Health and Healing 1	Rehabilitation Services 503-494-3151



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<b>Nutrition</b>	Cancer Nutrition	By appointment only		Covered by some insurance plans	Available at OHSU Knight Cancer Institute Oncology clinics	To make an appointment, call: 503-418-9731
<b>Writing Groups</b>	Writing Group for Men Healing from Cancer	Every Friday	1:00-3:00pm	Free	OHSU Center for Health & Healing 2 11 <sup>th</sup> floor	Ryan Voelker E: voelkerr@ohsu.edu
	Writing Group for Women Healing from Cancer	Every Tuesday	10am-12:00pm	Free	OHSU Center for Health & Healing 2 12 <sup>th</sup> floor	Dawn Thompson E: dawnrenethompson@gmail.com
	Writing Group for Young Adults Healing from Cancer (ages 15-39)	Every Wednesday	6:30-8:30pm	Free	OHSU Kohler Pavilion 13 <sup>th</sup> floor	Dawn Thompson E: dawnrenethompson@gmail.com

For more information, visit: [www.ohsuknightcancer.com/support](http://www.ohsuknightcancer.com/support)

OHSU Center for Health & Healing 2  
3485 S.W. Bond Avenue  
Portland, Oregon 97239

OHSU Knight Cancer Institute-Beaverton  
15700 S.W. Greystone Court  
Beaverton, Oregon 97006

OHSU Knight Cancer Institute-East Portland  
10000 S.E. Main Street, Suite 350  
Portland, Oregon 97216

OHSU Knight Cancer Institute-Gresham  
24988 S.E. Stark Street, Suite 140  
Gresham, Oregon 97030

OHSU Knight Cancer Institute-Northwest Portland  
1130 N.W. 22nd Avenue, Suite 150  
Portland, Oregon 97210

OHSU Knight Cancer Institute-Tualatin  
19260 S.W. 65<sup>th</sup> Avenue, Suite 140  
Tualatin, Oregon 97062

OHSU Kohler Pavilion  
808 SW Campus Drive  
Portland, Oregon 97239

OHSU Robertson Life Sciences Building  
2730 S.W. Moody Avenue  
Portland, Oregon 97239

OHSU School of Nursing  
3455 SW US Veterans Hospital Rd  
Portland, OR 97239