

Proton Therapy Center

# Join the Community

# After a cancer diagnosis there can be a lot of unknowns, but you are not alone...



Through our patient support programs, you can connect with patients and caregivers who are going through or have completed proton therapy to learn more about their decisions and experience.

#### **Patient Advocacy Program**

If you would like to learn about proton therapy from the point of view of a former patient, we can pair you with one of our patient mentors! We offer quarterly trainings on how to become a patient mentor and advocate if you are interested in sharing your proton therapy experience with prospective patients. Please contact April Clements (contact info below).

## Breakfast Buddies Support Group (Virtual via Zoom)

Need to talk to other patients going through cancer and proton therapy? This support group is a great opportunity to share concerns, discuss ideas, and more, with a certified counselor from Cancer Lifeline.

#### Prostate Dinner Club (Virtual via Zoom)

All are invited to join our community of past, present and future prostate cancer survivors. Grab a glass of wine, a bite of dinner, and your loved one, and join us for this prostate-specific support group. This is a great community to ask questions of and learn from our patient graduates!

## Guided Visualization / Meditation (Virtual via Zoom)

Linda Portnoy, MA, provides a unique time and space for a collective break. Sit back, relax, and breathe deeply as we de-stress with meditation, mindfulness, or visualization exercises. All patients and caregivers are invited to join.

> "When we are grounded in ourselves in the present moment, without judgment, we rest deeply within ourselves and feel the joy of life." - Linda Portnoy

Date: 3rd Saturday of each month Time: 9 - 10:30 AM

Date: 4th Wednesday of each month Time: 5:30 - 7:30 PM

Date: 3rd Friday of each month Time: 3 - 3:30 PM

If interested in any of our programs, reach out to our Patient Services Manager, April Clements via 206-306-2038 or April.Clements@SeattleProtons.org