

Legacy Cancer Institute

Legacy Cancer Healing Center Groups, classes, and workshops

~Schedule for May - August 2026 ~



Our groups and classes are offered for **FREE** to those affected by cancer thanks to generous donations to the Cancer Funds of the Legacy Hospital Foundations. For the latest information visit our website: www.legacyhealth.org/cancerclasses or scan the QR code with your phone. Contact Healing Center Coordinator, Blair Allen, with any questions at blallen@lhs.org or call 503-413-7284.

Nutrition

***New* Budget Meals (Virtual)**

Thursday, June 18, 1-2 p.m.

This budget-friendly cooking class is designed for individuals seeking to improve their nutrition while managing food costs during their cancer journey. Participants will learn how to prepare simple, affordable meals using wholesome, nutrient-dense ingredients that support overall health and well-being. The class emphasizes practical skills such as meal planning, smart grocery shopping, and stretching ingredients to create multiple balanced meals. With easy-to-follow recipes and a focus on accessibility, this course helps participants build sustainable, healthy eating habits without breaking the budget.

Cancer Superfoods (Virtual)

Wednesday, August 26, 12 - 1:15 p.m.

Come learn about the cancer fighting powers and health benefits of different food groups. Oncology-certified dietitian, Maran Scott will explain which foods help the body fight inflammation and cancer, give you useful tips and recipes to inspire you to enjoy these superfoods every day, as well as answer your questions. We welcome those with a cancer diagnosis, family and caregivers.



Art Therapy Program

All Legacy Art Therapy and Writing offerings are led by professionals in their field. The creative arts and art therapy help humanize the experience of having a cancer diagnosis and receiving the associated medical treatment. We provide patient centered care, and the opportunity for creative expression - integrating emotional healing during and after treatment and promoting post-traumatic growth and resilience. For more information about Art Therapy at the Legacy Cancer Healing Center, please visit www.legacyhealth.org/cancerarttherapy.

Finding Center: Art for Mindfulness and Stress Reduction (Virtual)

Finding Center Tuesdays, 1 - 2:30 p.m. May 5 - August 18 (No group 7/21)

Candlelight Finding Center Wednesdays, 6 - 7:30 p.m. May 6 - Aug 19 (No group on 5/27, 6/3)

During these weekly groups we offer time to re-connect with ourselves. Through guided meditation and mindful art making practices we reduce stress and promote relaxation. Offered multiple times weekly, Finding Center is a gentle way to drop into calm. No art experience is necessary. Cancer patients, family and caregivers welcome to join for one or all virtual sessions.



Expressions of Healing (In Person)

Thursday, June 11, 1:30 – 3:30 p.m. Good Samaritan, Portland, OR

Thursday, July 2, 1:30 – 3:30 p.m. Meridian Park, Tualatin, OR

Friday, July 10, 1:30 – 3:30 p.m. Salmon Creek, Vancouver, WA

Thursday, July 23, 1:30 – 3:30 p.m. Mount Hood, Gresham, OR

Friday, August 7, 1:30 – 3:30 p.m. Salmon Creek, Vancouver, WA

Thursday, August 20, 1:30 – 3:30 p.m. Good Samaritan, Portland, OR

In our Expressions of Healing groups we celebrate art making and community. Gathering in person at different Healing Center sites, we offer participants an opportunity to express themselves and engage with the creative process - before, during or after cancer treatment. In the group, we offer rotating art experiences and special themes throughout the year. From mixed media to fiber and clay we encourage self-expression and creative exploration. No art experience is necessary.

Return to Self: Exploring Grief and Resilience through the Creative Process (In Person)

Wednesdays, 1 - 3 p.m. May 6, 13, 20, June 10, 17, July 1 at Good Samaritan Medical Center

This six-week group offers a unique opportunity to process the grief and loss related to having cancer, and to nurture resilience, hope, and growth moving forward. This group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing. Facilitated by Art Therapist, Margaret Hartsook. *Please plan to attend all sessions.*

Words for Healing (Virtual)

Fridays from 10 a.m. - 12 p.m.

May 8, 22, June 5, 19, July 10, 31, August 7, 21.

Words for Healing groups use the Amherst Writers & Artists method to create a safe, relaxed, confidential and uplifting environment to connect with yourself and others through the written word. This is not a workshop where you will learn to write but you will be

encouraged to find your own unique voice. In these groups facilitator, Dawn Thompson creates a welcoming space to write our stories, whether they originate from our life experience or our imagination. You do not need writing experience to take part.



Movement and Exercise

These free, weekly movement classes are for patients who have received a cancer diagnosis. Whether you are in treatment or post treatment, Yoga and Qigong are gentle ways to develop strength, flexibility, breathing, and relaxation in a supportive group environment. Yoga and Qigong can help with both physical and emotional wellbeing.

Gentle Yoga (Hybrid at Salmon Creek Medical Center, Vancouver, WA)

Tuesdays from 5:15- 6:15 p.m.

Join Yoga Therapist Addie deHilster for a weekly evening yoga class at the beautiful Salmon Creek Healing Center or join from the comfort of your own home via Zoom.

Yoga and Community Circle (Virtual)

*Mondays from 11 a.m. - 12:30 p.m. **and** 1 - 2:30 p.m.*

*Fridays from 10:45 am - 12:15 p.m. **and** 1 - 2:30 p.m.*

These classes are facilitated by certified Yoga Therapist, Patti Stone, and begin with a 15-20 minute community circle to offer support and to identify the needs of the class that day. Patti's classes are offered via Zoom.



Qigong (Virtual)

*Tuesdays, 11:30 a.m. - 12:30 p.m. **and** Thursdays, 10:30 - 11:30 a.m.*

A gentle movement, breath, and meditation practice that improves strength and balance, while supporting a peaceful state of mind. Facilitated by Certified Qigong Instructor and Yoga Therapist, Addie deHilster.

Cancer Education

*In our cancer education series, you will hear from experts in the cancer community on ways to support your wellbeing from diagnosis on. These events are free to attend, and each presenter makes time for your questions. Many of our past talks can be found in the **cancer education video library**. Scan the QR code to visit the playlist.*



Young Cancer Survivor Seminar *(In Person)*

Saturday, May 2, 8:30 a.m. - 1 p.m. at Good Samaritan Medical Center, NW Portland

Join Oncology Nurse Navigators, Laurie Christensen as we explore topics including early menopause, long-term effects of treatment, sex and intimacy, self-care after cancer. For women diagnosed with cancer before the age of 45. The Survivorship Seminar will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health.

Female Sexual Health After Cancer Treatment *(Virtual)*

Tuesday, May 26, 5:30 - 7 p.m.

Join pelvic floor specialist, Trish Ault, and Gynecologic Oncologist, Dr. Melissa Moffitt, as they discuss the effects of cancer and treatment on female sexual health and function. Participants can expect to better understand techniques, treatments, and approaches to improve issues with incontinence, pain, and sexual dysfunction. This is relevant to all ages and open to anyone who has gone through cancer treatment.

Done with Cancer Treatment, What's Next? *(In Person)*

Thursday, June 25, 5:30 - 7:30 p.m. at Good Samaritan Medical Center, NW Portland

Finishing cancer treatment can be a tough transition. It's common for people to feel lost, uncertain what symptoms to report or how long they will last, or realize that priorities or relationships may have changed. Many wonder when they will feel "normal" again. Join Caitlin Walther, MSW, and Laurie Christensen, RN, OCN, to learn more about these topics and how to navigate life beyond cancer.

Male Pelvic Floor Health After Cancer Treatment *(Virtual)*

Wednesday, August 19, 12 - 1 pm

Following cancer treatments, you may have pelvic floor issues such as incontinence, pain and sexual dysfunction. Our physical therapists work to address these issues that impact your quality of life. Join our pelvic health specialists, Claudia Von Hammerstein and Scott Gale to discuss common issues following cancer treatment and how physical therapy treatment can help. Open to men who have gone through cancer treatment.

Mind-Body Events

Mindful Meditation (Virtual)

Thursdays 5:15 - 6:15 p.m.

Mindfulness can help you grow more resilient to stress, become less reactive, feel more balanced in your emotions, sleep better, improve focus and memory, and be more present with others. With consistent practice you change your brain, quieting mechanisms of fear and worry, while growing areas of the brain related to compassion and connection. Patients, family, and caregivers welcome. Taught by Addie deHilster, Certified Mindfulness Meditation Teacher, Yoga Therapist, and Certified Qigong instructor.

Forest Bathing (In Person)

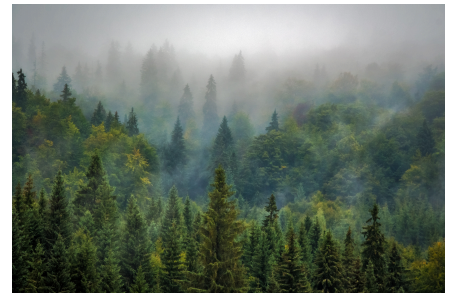
*Thursday, May 28 from 5 - 6:30 pm **Mt. Tabor Visitor's Center***

*Saturday, June 20 from 9 - 11 am **Leach Botanical Garden***

*Wednesday, July 22 from 5:30 - 7 pm **Mt. Tabor Visitor's Center***

*Wednesday, August 26 from 10 am - 12 pm **Hoyt Arboretum****

Forest bathing is a guided nature-connection experience inspired by the Japanese practice of Shinrin-Yoku. Join us as we shift away from the stress of daily life and find support and nourishment through engagement with the natural world. Facilitated by Irene Bailey and Heather Burns* of *Tenemos Rising*.



Yoga Nidra (Virtual)

Third Wednesdays, May 20, June 17, July 15, August 19, 1:30-2:30 p.m.

Yoga Nidra means "yogic sleep." Yoga Nidra refers to a specific multi-step process for the integration of body and mind, promoting deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed, the body still and quiet. Patients, family, and caregivers welcome. Come for one or all sessions.

Guided by Certified Yoga Therapist, Patti Stone.

Gong Sound Bath (In Person)

*Sunday, May 24, 1 - 2:30 p.m. at **Meridian Park***, Tualatin, OR*

*Sunday, June 7, 5 - 6:30 p.m. at **Salmon Creek**, Vancouver, WA*

*Sunday, July 12, 1 - 2:30 p.m. at **Mount Hood**, Gresham, OR*

*Sunday, August 2, 5 - 6:30 p.m. at **Meridian Park***, Tualatin, OR*

A meditative immersion in the powerful sounds and vibrations of Gong, complemented by other sound healing instruments. This event will consist of a short, guided meditation followed by an extended Gong Sound Bath. It helps to support deep rest, relaxation and stress reduction for the nervous system, body, mind, and spirit. Patients, family, and caregivers welcome. Facilitated by Laura Li Fong Yee of Crown and Heart Healing. *Meridian Park event is held at Health Education Center.



Support Groups

Breast Cancer Support Group *(Virtual)*

First Tuesdays from 5:30 - 7 p.m. May 5, June 2, July 7, August 4

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment. Facilitated by Oncology Certified Social Worker, Sara Butler, and Licensed Counselor and Art Therapist, Margaret Hartsook. Email sebutler@lhs.org for more information.

Head and Neck Cancer Support Group *(Virtual)*

First Thursdays from 4 - 5:30 p.m. May 7, June 4, July 2, August 6

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis. Facilitated by Speech Language Pathologist, Julia Robinson and Nurse Navigator, Alison Cerone. Email jurrobin@lhs.org for more information.

Prostate Cancer Support Group *(Virtual)*

Second Wednesdays from 5:30 - 7 p.m. May 13, June 10, July 8, August 12

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend. Open discussion group with guest speakers or specific topics offered. Facilitated by Licensed Social Worker, Austin Shaw Phillips. Email Coordinator, Blair Allen at blallen@lhs.org for more information.

Women's Advanced and Metastatic Cancer Support Group *(Virtual)*

Third Thursdays from 5 - 6:30 p.m. May 21, June 18, July 16, August 20

Support for women coping with advanced cancer, or cancer that has metastasized. All cancer types welcome. Co-sponsored by the Pink-Lemonade Project and facilitated by Oncology Certified Social Worker, Sara Butler, and Chaplain Caroline K. Murphy. Email ckmurphy@lhs.org for more information.

Legacy Cancer Healing Center Locations

Legacy Good Samaritan Medical Center Legacy Cancer Healing Center 1130 NW 22nd Avenue Medical Office Building 3, Suite LL10 Portland, OR 97210	Legacy Meridian Park Medical Center Legacy Cancer Healing Center 19260 SW 65th Avenue Medical Plaza 2, Suite 140 Tualatin, OR 97062
Legacy Salmon Creek Medical Center Legacy Cancer Healing Center 2121 NE 139th Street Medical Office Building B, Suite 160 Vancouver, WA 98686	Legacy Mount Hood Medical Center Legacy Cancer Healing Center 24900 SE Stark Street, Medical Office Building 1, Suite 211 Gresham, OR 97030