



# Support Services

	Program	Date	Time	Cost	Location	Key Contact
<b>Support Groups</b>	Prostate Cancer Support Group	1 <sup>st</sup> Tuesday of every month	5-6:30pm	Free	OHSU Center for Health and Healing Paul Kirk Conference Center 3 <sup>rd</sup> Floor	Peter Bennett, CSWA P: 503-418-3544 E: bennetp@ohsu.edu
	Introduction to Chemotherapy and Immunotherapy	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of every month	9:30-11:00am	Free	OHSU Center for Health and Healing 7 <sup>th</sup> Floor	Please contact your nurse for more information.
<b>Counseling</b>	Genetic Counseling	By appointment only		Covered by some insurance plans	OHSU Center for Health and Healing 7 <sup>th</sup> Floor	To make an appointment, call: 503-494-4800
	Patient & Family Support Services	By appointment only		Free	Available at OHSU Knight Cancer Institute oncology clinics	Susan Hedlund, LCSW, OSW-C P: 503-346-0285
	Palliative Care	By appointment only		Covered by some insurance plans	Available at OHSU Knight Cancer Institute oncology clinics	To make an appointment, call: 503-494-7999
<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, 7 <sup>th</sup> floor OHSU Knight Cancer Institute - Beaverton	Angie Rademacher, ND, LAC P: 503-494-7999 E: rademaca@ohsu.edu
	Mindfulness Breath by Breath	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday every month	9:30-10:30am	Free	OHSU Kohler Pavilion, 13 <sup>th</sup> floor	Kimberly Carson, MPH, C-IAYT, E-RYT 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, E-RYT 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 one year)	OHSU School of Nursing, 1 <sup>st</sup> floor	Kimberly Carson, MPH, C-IAYT, E-RYT 503-245-9642 E: carsonk@ohsu.edu



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Nutrition	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
	Writing Group for Men Healing from Cancer	Every Friday	2:00-4:00pm	Free	OHSU Center for Health and Healing Paul Kirk Conference Center 3 <sup>rd</sup> Floor	Ryan Voelker E: voelkerr@ohsu.edu
Writing Groups	Writing Group for Women Healing from Cancer	Every Tuesday	10-12:30pm	Free	OHSU Center for Health and Healing 7 <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 Center for Health and Healing Paul Kirk Conference Center 3 <sup>rd</sup> Floor	Brianna Barrett E: Brianna@bribarrett.com

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

OHSU Center for Health & Healing (CHH)  
3303 S.W. Bond Avenue  
Portland, Oregon 97239

OHSU Kohler Pavilion  
808 S.W. Campus Drive  
Portland, Oregon 97239

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

OHSU School of Nursing  
3455 S.W. U.S. Veterans Hospital Road  
Portland, Oregon 97239

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

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

OHSU Center for Hematologic Malignancies  
Multnomah Pavilion  
3181 SW Sam Jackson Park Road  
Portland, Oregon 97239

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

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