

# Providence NW Region Community Classes & Events



Providence Regional Medical Center, Everett | Providence Intervention Center for Assault and Abuse Providence Regional Cancer Partnerships | Pavilion for Women & Children | Providence Medical Group

Also find listings online at [www.LiveWellLocal.org](http://www.LiveWellLocal.org)

## Locations

### Providence Institute for a Healthier Community

#### Colby Campus:

916 Pacific Ave. | 425-261-3344

[www.PIHCsnhomish.org](http://www.PIHCsnhomish.org)

### Providence Regional Medical Center

#### Colby Campus:

1700 13th St. Everett, WA | 425-261-2000

#### Pacific Campus:

916 Pacific Ave. Everett, WA | 425-261-2000

#### Pavilion for Women & Children:

900 Pacific Ave. Everett, WA | 425-258-7123

### Providence Regional Cancer Partnership

1717 13th St., Everett, WA | 425-297-5500

Note: Classes are also open to the general public and to cancer patients who are not patients of the Cancer Partnership.

### Providence Intervention Center for Assault & Abuse

Dawson Place Child Advocacy Center, Everett  
1509 California St. | 425-297-5774

### Providence Medical Group

Medical Office Bldg. – adjacent to Colby Campus  
1700 13th St. Everett, WA | 425-261-2000

Well-being dimension, defined by our community, are noted on classes and events.



## Annual Community Events



Summer: June-August

[Providence General Foundation](#)

**Pink in the Park** support of breast cancer prevention. Admission fees to Aquasox game apply; Open to Public. Summer.

**National Wound Care Awareness Week – June**  
[Wound Healing and Hyperbaric Medicine Center](#)

No Fee; Open to Public.

Information: 425-297-5306 - Brian Davis

Fall: September- November

[Providence General Foundation](#)

**Wheels on the Waterfront – September**

Car show and fundraiser for the Linda Baltzell Cancer Patient Assistance Fund. Open to Public.

E-mail: [wheelsonthewaterfront@gmail.com](mailto:wheelsonthewaterfront@gmail.com)

## Pink in the Rink - October

Support of Comprehensive Breast Center's free mammogram program.

Admission fees to Silvertips game apply;

Open to Public.

[www.everettsilvertips.com](http://www.everettsilvertips.com)

## Winter: December-February

### Sacred harmonies Concert – winter and spring

No Fee; Open to Public

Information: Ann Gibson 425-261-4550

*Sacred Harmonies CDs available upon request.  
\$15.00 suggested donation. Live recordings  
from harpist at the hospital.*

## Behavioral Health

### Drug and Alcohol Addiction Treatment

Information: 425-258-7390.

Medical detoxification, if needed, as well as rehabilitative treatment for alcoholism and other drug dependencies.

## Community Health Initiatives

### Providence Institute for a Healthier Community

Information: 425-261-3344

Website: [www.PIHCSnohomish.org](http://www.PIHCSnohomish.org)

Facebook: [www.facebook.com/PIHCSnohomish](http://www.facebook.com/PIHCSnohomish)

Together, our hope is to make Snohomish County the best place to live and work.

## Snohomish County Leadership Coalition

Information: 425-261-3344,

[www.snocohealth.org](http://www.snocohealth.org)

## Live Healthy 2020

Our community is pledging their work to improve nutrition and activity levels.

## Education/Prevention/Screenings

### A Tour of Simulation

Discover how nurses and doctors team up to take care of you and people in our community. Call for fees and schedule.

Information: 425-261-4599

### Everett Type-1 Diabetes Meetup

For adults living with type 1 diabetes and the people who support them. Learn new information, find resources and tools, and make connections. FREE. You do not need to be a patient at Providence or live in Everett

**To Register:** contact Erin Reeves @ 425-316-5440 or [erin.reeves@providence.org](mailto:erin.reeves@providence.org)

[Website](#)

### Medicare 101 - Snohomish County

Get answers about Medicare coverage at our free 'Medicare 101' sessions. These sessions will provide an overview of Medicare and the different types of Medicare plans but will not discuss specific plan benefits or coverage.

[Website](#)

## Stop Smoking Tool Shop

Information: 425-261-3780, [Website](#)



## Screenings

### Low Dose CT Lung Cancer Screening

Information: 425-297-LUNG

Open to Public. No Fee



### Hip and Knee Pain Seminar

Information: 425-404-6135 [Joint Center](#).



## Injury Prevention

### Inside Out: The Original Organ Show

[Website](#) Contact: 425-404-5078



### School and Group Presentations

See first-hand what really happens to our bodies when we choose harmful habits & lifestyles.

### Bleed Control Basics: STOP THE BLEED

Stop the Bleed is a national awareness campaign and a call to action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

<https://washington.providence.org/events/nwr/bleed-control-basics/> Cost: FREE

Email: [Injury.Prevention@providence.org](mailto:Injury.Prevention@providence.org)

## Holistic Approaches



Providence Regional Cancer Partnerships,  
[Support Resources](#)

**Note:** Classes are also open to the general public and to cancer patients who are not patients of the Cancer Partnership.

### Art therapy

Information: 425-297-5521 NO FEE.

### Gentle yoga

Information: 425-297-5521

### Tai Chi Self-Cultivation

NO FEE

## Support/Counseling & Advocacy



### Cancer

Providence Regional Cancer Partnerships

Information: 425-297-5520, [Support Resources](#)

### Women with Cancer Support Group

NO FEE

### Prostate Cancer Support Group

NO FEE

### You Are Not Alone

Open to all cancer patients and survivors who have been diagnosed with any type of cancer.

NO FEE

### Survivorship Series

Eight-week series is open to anyone with any type of cancer, regardless of where they received treatment. NO FEE

### Support Group for Cancer Patients & Survivors

Information: 425-297-5520. NO FEE

### Individual, Group & Family Counseling Services

Masters-level trained clinicians working closely with cancer patients and their families.

Information: 425- 297-5500. NO FEE

### Young Breast Cancer Support Group

NO FEE

**Therapeutic Care for Children & Teens - Youth**  
Children and teens who are dealing with a loved one's cancer diagnosis or the loss of a family member have many concerns and questions.

### Grief & Loss



For more information: 425-261-4807

### [Bereavement](#)

#### Adult Bereavement

#### Spouse/Partner Loss Drop-In Support Group

Ongoing drop-in support group for those who've lost a spouse.

**Sessions:** Second Wednesday of the month, 2 p.m.-3:30 p.m. Held at Providence Hospice, 2731 Wetmore Avenue, Everett

**Cost:** Free **Register:** No registration required

#### Coping With Loss Drop-In Support Group

Ongoing drop-in support group for those coping with loss.

**Sessions:** Fourth Wednesday of the month, 2 p.m.-3:30 p.m. Held at Providence Hospice, 2731 Wetmore Avenue, Everett

**Cost:** Free **Register:** No registration required

#### Children & Teens Services - Bereavement

#### Standing Together

This fun but meaningful group provides grief support to youth ages four to 17. Anyone can refer families to this group. NO FEE

#### Camp Erin

Youth ages six to 17 who have experienced a loss, this free weekend camp at Camp Killoqua can be a welcome respite.

### Sexual Assault/Abuse, Counseling & Support



Providence Intervention Center for Assault and Abuse

[Dawson Place Child Advocacy Center](#)

#### Support Group – Sexual Assault

Adult female survivors of: sexual assault, childhood sexual abuse. Non-offending parents. Male survivor of sexual assault and/or abuse.

Information: 425-297-5784, NO FEE

#### Counseling Services – Sexual Assault

Closed groups. Times vary. Individuals and family members 22 years of age and older who have experienced sexual abuse and/or assault.

Information: 425-297-5782, NO FEE

### Sexual Assault and Abuse Medical Clinic

Providence Intervention Center for Assault and Abuse

#### Forensic Medical Response & Advocacy Services

- Crisis Response to emergency rooms (medical & advocacy)
- Crisis Lines (Hotlines) for sexual assault, child abuse survivors, trafficking and more

#### CLINICS

##### Daytime Medical

Monday thru Thursday 8:30 a.m. to 4:30 p.m.

##### Future Evening Clinic

Call for updates. Information: 425-297-5776

24/7 Crisis Response Line: 425-252-4800

Trafficking Hotline: 425-258-9037

Medical Daytime Line: 425-297-5776

Advocacy Daytime Line: 425-297-5771

Legal Advocate Line: 425-297-5781

## Sleep Apnea



### Sleep Support group – AWAKE

(Alert, Well, and Keeping Energetic)

[Sleep Health Institute](#)

Information: 425-258-7400

## Stroke



### Stroke Support Group

Neurosciences Institute

Information: 425-404-6842 or register online.

[Stroke Support](#)

## Volunteer Opportunities



Registration and Information:

425-261-4580, [Volunteer](#)

Many of our volunteers are looking for new opportunities and experiences in the community. Others are planning for their future in the healthcare industry

## Women's & Children's Health Services



Pavilion for Women & Children

Registration & Information for all Classes Below:

425-304-6047, [Class Website](#)

## Pregnancy and Childbirth Education

Ask your prenatal care provider for a registration form

### Special Delivery Club

Club membership allows you to take any classes we offer within 1 year of membership and one month of the Living With Baby Group.

### Childbirth Preparation

\$95/couple.

### Childbirth Refresher

\$50/couple

### Practical Skills for Labor

\$35/couple

### Your Planned Cesarean Birth

\$35/couple

### Tour the Family Maternity Center

30-minute guided tour of the Providence Family Maternity Center at the Pavilion for Women and Children. NO FEE

## Infant Care

Ask your prenatal care provider for a registration form

### Breastfeeding Basics

\$35/couple

### Newborn Care

\$35/couple

### Infant Safety and CPR

\$45/couple

### Grandparent Safety Class

\$25.00/couple

### Car Seat Class

No Fee

## Family/Parenting Classes

Ask your prenatal care provider for a registration form

### Conscious Fathering

Supports new fathers in building a strong relationship with their baby from day one. \$30

## Living with Baby, Toddler, Preschooler (Group Classes)

Designed for new moms and their babies!

Information: 425-258-7311 or 425-258-7012

### Living with Baby:

Birth to 12 months: \$20/month

### Living with Toddler:

Groups: 1-2 yrs., 1-3 yrs., 2-3 yrs.: \$20/month

### Living with Preschooler:

Ages 3-5 years. \$20/month

## Lactation Support

### Mothers' Milk Depot

New hospital program in Everett takes donations. Information: 425-258-7140

[Milk Depot](#)

### Lactation consultations

Many insurance plans cover lactation services. All mothers will be assisted regardless of ability to pay. Information/Appointments: 425-303-6545 - leave a message, [Services](#)

## Postpartum Clinic

Outpatient service for moms and babies delivered at PRMC Family Maternity Center or outside of PRMC (a referral may be needed) - helping moms and babies thrive.

Information/Appt.: 425-303-6545

[Postpartum Clinic](#)

## Children's Center



Pavilion for Women & Children

For all listings under Children's Center

Information: 425-258-7311

[Children Center Website](#)