



AYA Cancer Group

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Who should attend?

This group is for adolescents and young adults (AYA), ages 17 to 22 that have received treatment for cancer or a brain tumor. You are welcome to attend, whether you are currently in treatment, recently finished treatment, or finished treatment many years ago. You must have had one individual meeting with Dr. Joanna Patten in order to attend the group but do not need to be in ongoing therapy.

How long is the group and what does it cover?

The group meets for 6 one-hour sessions. You will learn and practice skills that will help you with issues related to cancer in young adulthood.

- **Coping skills:** Learn to understand and manage common thoughts and feelings that can arise during or after cancer or brain tumor treatment.
- **School and work:** Learn about common strategies and supports that can be helpful in navigating school and work settings.
- **Friend and family issues:** Connect with peers around issues with navigating friendships and family relationships during and after treatment.
- **Health issues:** Learn about managing common issues that arise related to cancer or brain tumor treatment.

Where and when does the group take place?

Groups will be held at Seattle Children's Hospital Psychiatry Clinic on Wednesday afternoons from 2:30 to 3:30 p.m., beginning in May 2018.

How much does it cost?

Your insurance will be billed for each session you attend. We recommend that you call your insurance company to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered. The code billed for the patient group is: 90853 group psychotherapy.

How do I register?

If you have already met with Dr. Patten, call 206-987-2164, option 1 to get scheduled for the group. If you have not met with Dr. Patten, talk to your Hematology/Oncology provider and ask them to **place a referral for the AYA Cancer group**. You will then be contacted to schedule an individual meeting with Dr. Patten before the group.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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