



Institute for a Healthier Community



Providence Community Classes and Resources

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



Healthy Body. Healthy Relationships. Healthy Communities. Created Together



Center For
**Health Education and
Healing**

Updated February 2016

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Community Classes and Resources

Healthy body, healthy relationships, healthy communities. Created Together.

Use this key to find services and classes. Register according to the class description

Providence Institute for a Healthier Community

PRMC – Colby

Website: www.PIHCsnohomish.org

Providence Regional Medical Center - Everett

PRMC – Colby Providence Regional Medical Center
Colby Campus
1700 13th St. | 425-261-2000

PRMC – Pacific Providence Regional Medical Center
Pacific Campus
916 Pacific Ave. | 425-261-2000

PWC - Pacific Pavilion for Women & Children
900 Pacific Ave. | 425-258-7123

Providence Regional Cancer Partnership - Everett

PRCP Providence Regional Cancer Partnership
1717 13th St. | 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 and Abuse

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

Providence Medical Group - Everett

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

About Providence Institute for a Healthier Community

The Providence Institute for a Healthier Community was founded in 2014 and is a partnership between Providence, the Snohomish County Health Leadership Coalition, business, government, non-profits, and the people of Snohomish county.

Its aim is to find the ways and facilitate the behavior for all of us in the community to improve our health, honoring the mind, body, and spirit. The benefit to the individual will be to live a longer, healthier, happier life. The benefit to the community will be to become the healthiest community in the country with the lowest healthcare costs, so we can invest more of our resources in what matters.

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Dimensions of Well-Being:

In an effort to affect changes that will be positive and worthwhile for ourselves and for our community– we hope to build awareness, tools and connections in relation to these areas. *See back for full descriptions*



Annual Community Events



Summer: June-August

Pink in the Park

[Providence General Foundation](#)

Festivities and raffles in support of breast cancer prevention. Admission fees to game apply; Open to Public. Summer.

Location: Everett – Aquasox Field

Run of the Mill – July

[Providence General Foundation](#)

5 K run to benefit local track teams and cancer patient assistance funds. Race Registration Fee's; Open to Public.

Location: Mill Creek

Contact: Steve Knox, 425-9319579, stevek@fundingmortgage.com

National Wound Care Awareness Week – June

[PRMC Wound Healing and Hyperbaric Medicine Center](#)

No Fee; Open to Public.

Location: TBD

Information: 425-297-5306 - Brian Davis

Fall: September- November

Wheels on the Waterfront – September

[Providence General Foundation](#)

Car show and fundraiser for the Linda Baltzell Cancer Patient Assistance Fund. Speakers share their stories on how they have benefited from the fund!

Free/Parking (\$2.00); Open to Public.

Location: Port of Everett

E-mail: wheelsonthewaterfront@gmail.com

Pink in the Rink - October

[Providence General Foundation](#)

Festivities and information at the Silvertips Hockey game in support of Comprehensive Breast Center's free mammogram program. Raffles, T-shirts, Silent Auction.

Admission fees to game apply; Open to Public.

Location: Xfinity Arena

Information: 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

[Behavioral Health](#)

Alcohol and drug recovery is a process. We understand chemical dependency affects not only the individual, but also family and friends. It begins with acceptance and understanding of the disease. It relies on abstinence and depends on continued support through participation in community sober support programs such as Alcoholics Anonymous and Narcotics Anonymous, in conjunction with an ongoing treatment program.

Our program is hospital-based and comprised of inpatient, outpatient and day treatment programs. We provide medical detoxification, if needed, as well as rehabilitative treatment for alcoholism and other drug dependencies.

Location: **PRMC – Pacific**

Information: 425-258-7390.

Community Health Initiatives



Institute for a Healthier Community

The Providence Institute for a Healthier Community is supporting individuals and our community through focused centers to promote lasting health and reduce healthcare costs. Together, our hope is to make Snohomish County the best place to live and work.

AIM Well : Center for Health Priority & Progress

LIVE Well : Center for Health Education & Healing

PARTNER Well: Center for Community Health Transformation

WORK Well: Center for Workforce Health

For more information contact: Scott Forslund

Director, Snohomish County Health Leadership Coalition

Senior Director, Providence Institute for Healthier Communities

Location: **PRMC – Colby**

Information: 425-261-3344

Website: www.PIHCsnohomish.org

Snohomish County Leadership Coalition

Supported by Providence Institute for a Healthier Community

For more information contact: Scott Forslund

Director, Snohomish County Health Leadership Coalition

Senior Director, Providence Institute for Healthier Communities

Information: 425-261-3344

Website: www.snocohealth.org

Advanced Care Planning/

Living Well at End of Life Class

This is a free, two-hour community class about how to live well at the end of life by making choices now. Each participant will receive helpful handouts to discuss and share with loved ones and physicians. No Fee.

Locations: **Everett MOB** and **Monroe Medical Bldg.**(see page 1)

Information Providence Medical Group: 425-316-5486

Other Locations/Offerings:

<http://snocohealth.org/advancecareplanning/trainings-and-events/class-descriptions/>

Gear UP and Go!

Gear Up & Go! is an exciting county-wide initiative designed to be fun and encourage students to be more active and foster a lifelong commitment to a healthy lifestyle – starting with our own local 5th graders, who also receive a free membership to YMCA.

Live Healthy 2020

Our community is pledging their work – whether it's an exercise program for employees, a food drive for those in need, or anything else that improves nutrition and activity levels – toward a communal goal to transform our community's health, enhance the prosperity of our county and to make our communities healthier and stronger. Join community, business, non-profit and government leaders across Snohomish County who have pledged to support LiveHealthy2020.

Education/Prevention/Screenings

Cardiac and Pulmonary Rehab

Cardiac Rehab

Exercise therapy and education program for persons with recent heart attack, heart surgery, stent, or heart failure. Utilizing **CHIP Complete Health Improvement Program** – features lifestyle choices, motivation for change, and tips for success. This a hospital outpatient service so requires physician referral and will be billed to insurance and/or patient.

Pulmonary Rehab

Exercise therapy and education program for persons with lung disease. This a hospital outpatient service so requires physician referral and will be billed to insurance and/or patient.

Stop Smoking Tool Shop

This class series provides you with the tools needed to quit smoking. You'll learn how to identify quitting barriers and develop strategies to overcome them. Call for date, time and cost.

For all services:

Location: **MOB**

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

Cancer Education and Prevention

The Cancer Resource Center

Providence Regional Cancer Partnerships

A quiet, comfortable place for patients, families and caregivers to find information on cancer, log on to the internet, or talk with a Patient Navigator or volunteer. It's also a convenient source for the latest information on cancer tests, treatments, clinical trials, and local resources for support groups and transportation services. A wide variety of literature on cancer and treatment is here for you. No Fee.

Location: **PRCP**

Information: 425-297-5500

[Support Resources](#)

Look good. Feel better.

[PRCP/American Cancer Society Support Resources](#)

The name of this unique program says it all. Sponsored by the American Cancer Society, it's designed for women going through the effects of cancer treatment. The class focuses on skin and hair care, cosmetics, wigs and head wraps, dealing with hair loss, and getting healthy nutrition. Cosmetic samples and makeovers are available. All cosmetic products for your makeover are complimentary and provided for you to enjoy and take home with you. NO FEE.

Sessions: 2nd and 4th Monday of each month,

1:00 p.m. to 3:00 p.m., and 6:00 p.m. to 8:00 p.m.

Location: **PRCP** Conference Room A/B Information:

Information: 425-297-5507 - to confirm your attendance

Nutrition

Providence Regional Cancer Partnerships

Learn about the foods that can strengthen your immune system, improve your energy, and maintain a healthy weight. Our free monthly nutrition class is dedicated to helping patients, survivors, family members and other caregivers improve their health through better eating. NO FEE.

Sessions: 4th Thursday of the month, Quarterly (January, April, July and October) 5:00 p.m. to 6:30 p.m

Location: **PRCP** Conference Room A/B

Information: 425-297-5523

View Class On Calendar [Support Resources](#)

Joint Classes

Total Joint Education Classes

Location: **MOB – Colby, Cascade Room**

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

Contact: Cathy Johnson

Joint Seminars

Location: **MOB – Colby, Cascade Room**

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

Contact: Michael Griffin

A Tour of Health Care & The Human Body

Tour of Simulation!

Looking for an opportunity for your youth group to learn more about healthcare and the human body's inner workings? Come discover how nurses and doctors team up to take care of you and people in our community This 90 minute educational interactive tour of Providence's Healthcare Simulation Unit will give your group bedside time with SimMan and SimJr. These high fidelity mannequins can: talk & breathe. Open to Public. Call for fees and schedule.

Location: **PRMC – Colby**

Information: 425-261-4599

Contact: Roz Winters RN, Simulation Program Coordinator

Injury Prevention

Safe Kids – Injury Prevention

PRMC/[Safe Kids Snohomish County](#)

For upcoming classes, or to register for a class
Contact: Shawneri Guzman at 425-304-6157.

If you are interested in requesting a class or presentation that is not listed above, please submit an online request at www.providence.org/nw-safekids

School and Group Presentations

School and other group presentations are available on car safety, pedestrian safety, drowning prevention, bike helmet safety, fire/burn prevention and more.

Inside Out Organ Show

Actual human organs are shown. Some are healthy; others have been damaged by substance abuse, poor eating habits, and unsafe behaviors. Viewers see first-hand what really happens to their bodies when they choose harmful habits and lifestyles.

Car Seat Awareness Class

Attend this class to receive training on basic car seat instruction, car seat laws in Washington State, best practices and more. The class is intended for medical professionals, DSHS transporters, social workers, police officers, firefighters, parents, and more.

Newborn and Toddler Class

This class is intended for new or expecting parents and caregivers.

Safe Kids Meeting

To learn more about injury prevention and how you can help, Visit www.providence.org/nw-safekids

Screenings

Low Dose CT Lung Cancer Screening

No Fee. Open to Public.

Available: Monday-Friday, 8 a.m. - 4 p.m.

Location: Colby Campus

Information: 425-297-LUNG



In partnership with Citrine Health Health Screenings

Pavilion for Women & Children/Citrine Health

Underinsured and uninsured women and men can receive yearly health exams that include cervical screening, mammograms and colon screenings throughout; Island, San Juan, Skagit, Snohomish, Pierce and Whatcom Counties. Citrine's breast health program connects women to free or low-cost preventative healthcare services. To learn more about the program qualifications, call citrine health at 425-259-9899 or 888-651-8931 [Health Screenings](#)

Holistic Approaches

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

Art therapy

Providence Regional Cancer Partnerships

Art therapy increases your awareness of yourself and others and is a great therapeutic tool for cancer patients. It is fun and life-affirming, and enhances cognitive abilities. This class offers a supportive, non-judgemental environment, and no artistic ability is required. Our art therapists, trained in both art and therapy, offer guidance and support, as well the opportunity to explore a variety of art materials. NO FEE.

Sessions: Thursdays, 10:00 a.m. to 11:30 a.m.

Location: **PRCP** Conference Room C/D Information: 425-297-5521

View Class On Calendar [Support Resources](#)

Gentle yoga

Providence Regional Cancer Partnerships

Reconnect with your body and learn how to be gentle with yourself in a fun, noncompetitive environment. Wear comfortable clothes, and bring a mat and water bottle. This non-aerobic form of exercise concentrates on movements and deep breathing. It can help reduce stress and fatigue, as well as improve sleep. Exercise promotes healing and well-being during cancer treatment and can help accelerate your long-term recovery process.

Sessions: Thursdays, 12:30 p.m. to 1:45 p.m.

Location: **PRCP** Conference Room A/B

Information: 425-297-5521

Cost: Free for the first five sessions; \$35 for 5 additional sessions or \$50 for 10 additional sessions

View Class On Calendar [Support Resources](#)

Tai Chi Self-Cultivation

Providence Regional Cancer Partnerships

Re-experience your mind and body through the practice of relaxing meditative movements. Participants will also receive information and learn how to promote self-care through positive psychology. NO FEE.

Sessions: Wednesdays, 5:00 p.m. to 6 p.m

Location: **PRCP** - Conference Room A/B

View Class On Calendar [Support Resources](#)

Naturopathic Services

Providence Regional Cancer Partnerships

Naturopathic doctors work with their patients to use diet, exercise, lifestyle changes and leading-edge natural therapies to improve their bodies' ability to combat disease and decrease side effects of treatment. Cost: Accepts most major health plans; Medicare and Medicaid not accepted

Location: **PRCP**, First Floor

Information: 425-297-5500 [Support Resources](#)

Support & Counseling & Advocacy

Cancer



Women with Cancer Support Group

Providence Regional Cancer Partnerships

If you've been diagnosed with cancer, you'll find this group offers a wealth of support, information and understanding. Connect with other women, maintain a positive focus and self-image, build a support network, and learn coping and relaxation strategies. The group is facilitated by our Oncology Social Worker. Guest speakers often join us to discuss a variety of topics. NO FEE.

Sessions: 2nd and 4th Wednesday of each month
10:00 a.m. to 11:30 a.m.

Location: **PRCP** - Conference Room A/B

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

Prostate Cancer Support Group

Providence Regional Cancer Partnerships

This group offers education and information sharing exclusively for men who have been diagnosed with, or who have had, prostate cancer. No FEE.

Sessions: 3rd Wednesday of each month, 7:00 p.m. to 9:00 p.m.

Location: **PRCP** - Conference Room A/B

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

You Are Not Alone

Providence Regional Cancer Partnerships

This support group is open to all cancer patients and survivors who have been diagnosed with any type of cancer. Members offer each other comfort, support, information, and suggestions for coping with potential challenges during and after treatment. Discussions may include developing a resiliency plan, work issues, designing a holistic health plan, finding hope and meaning, adjusting to effects of treatment, and building a support network. NO FEE.

Sessions: 1st and 3rd Tuesday of each month, 5:00 p.m. to 6:30 p.m.

Location: **PRCP** Conference Room A/B

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

Survivorship Series

Providence Regional Cancer Partnerships

Survivorship is not a destination; it's a journey. It's your life — and our free eight-week seminar series will help you make the most of it. The series offers a place to connect with other survivors to talk about building strength and resilience, finding hope and meaning, and living with uncertainty. This eight-week series is open to anyone with any type of cancer, regardless of where they received treatment. (Please note that all of our groups are open anyone, regardless of where they received treatment). NO FEE.

Sessions: Thursdays, 5:00 p.m. to 7:00 p.m., call for the start date of the next series.

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

Location: **PRCP** TBD

Support Group for Cancer Patients and Survivors

Providence Regional Cancer Partnerships

Ongoing and available to all cancer patients and survivors. Members offer each other comfort, support, information, and suggestions for coping with potential challenges during and after treatment. Discussions may include developing a resiliency plan, addressing work issues, designing a holistic health plan, finding hope and meaning, adjusting to effects of treatment, and building a support network. NO FEE.

Sessions: 1st and 3rd Tuesday of each month, 5:00 p.m. to 6:30 p.m.

Location: **PRCP** Conference Room A/B

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

Individual, Group, and Family Counseling Services

Providence Regional Cancer Partnerships

Available to patients and family members. Counseling services are provided by Masters-level trained clinicians working closely with cancer patients and their families. They're good listeners and problem-solvers who are here to address the psychological, social, cultural, financial and continuing care needs of you and your family. NO FEE.

Information: 425- 297-5500 [Support Resources](#)

Young Breast Cancer Support Group

Providence Regional Cancer Partnerships

For women who have or have had breast cancer. This group is generally targeted at women in their 20s, 30s, and 40s. NO FEE.

Sessions: 2nd and 4th Tues. of each month, 5:00 p.m. to 6:30 p.m.

Location: **PRCP** Conference Room A/B

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

Therapeutic Care for Children & Teens - Youth

Providence Regional Cancer Partnerships [Support Resources](#)

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. We offer counseling services that provide compassionate support during a difficult time

Grief & Loss

For more information or to make an appointment, call 425- 297-5500

Standing Together

This fun but meaningful group provides grief support to youth ages four to 17 in an atmosphere of acceptance and respect. Led by professional staff, kids and teens are supported in feeling “normal” by doing activities with other kids-in-loss and addressing their own grief in ways that feel comfortable to them. Anyone can refer families to this group. NO FEE. [Counseling Services](#)

Camp Erin

For youth ages six to 17 who have experienced a loss, this free weekend camp at Camp Killoqua can be a welcome respite. Camp Erin offers a special combination of fun recreational activities with supportive discussions to help campers build their trust, self-esteem, and coping skills. Age-appropriate activities allow for sharing feelings with similar peers, as well as friendship building and fun. All activities are led by pediatric specialists and trained volunteers.

[Counseling Services](#)

Kids Have Many Kinds of Loss

Dedicated to youth ages four to 17 who have had big losses in their lives such as a family illness, divorce, separation from a loved one, moving, or problems with school or friends. They learn how other kids grieve different kinds of loss while they enjoy art projects, play, hang out, and eat pizza. This group is free, and participants don't have to talk about anything they don't want to.

[Counseling Services](#)

Critical Incident Stress Management

Spiritual Care

Crisis, trauma, disaster support to community
For families that experience the death of loved one. Open to staff and volunteers. NO FEE.

Sessions: On Request

Location: PRMC

Information: Ann Gibson 425-261-4550

Sexual Assault and Abuse Counseling & Support

Support Group – Sexual Assault

Providence Intervention Center for Assault and Abuse
Adult female survivors of: sexual assault, childhood sexual abuse. Non-offending parents. Male survivor of sexual assault and/or abuse. No Fee.

Sessions: 10 weeks

Location: **PICAA** - [Dawson Place Child Advocacy Center](#)

Information: 425-297-5784, Suzie Moroso

Counseling Services – Sexual Assault

Providence Intervention Center for Assault and Abuse

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

No Fee. Closed groups. Times vary.

Sessions: Tues., Wed., Thurs., for calendar year

Location: **PICAA** - [Dawson Place Child Advocacy Center](#)

Information: 425-297-5782, Michelle Langstraat

Sexual Assault and Abuse Medical Clinic

Forensic Medical Response and Advocacy Services

Providence Intervention Center for Assault and Abuse

- 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

Location: **PICAA** - [Dawson Place Child Advocacy Center](#)

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

Sleep Support group - AWAKE

[Sleep Health Institute](#)

AWAKE (Alert, Well, and Keeping Energetic), meets monthly to offer education and support to patients with sleep disorders, as well as their family members and friends.

Location: **PWC – 2nd floor**

Information: 425-258-7400

2nd Floor

Everett, WA 98201

Stroke

Stroke Support Group

Neurosciences Institute

The Stroke Support Group is specifically designed to offer you and your caregivers, family and friends the opportunity to talk with other stroke survivors and learn how to make the most life after stroke.

Sessions: 2nd Friday of every month

Location: **MOB** - adjacent to the Hospital in the Olympic room

Information: 425-404-6842 or register online. [Stroke Support](#)

Spiritual Care

Spirituality means different things to each of us—but for many people, it's an essential part of getting through a difficult time in life.

The chaplains at the adjacent Providence Regional Medical Center are available to help you through any emotional or spiritual aspects of your treatment. Professionally trained and board-certified, they are great listeners who do everything possible to support you and your family regardless of your religious beliefs. We strongly believe in respecting the cultural and spiritual diversity of those we serve.

To request a chaplain, call 425-261-4550.

Pacific Campus Chapel

Main Level

Catholic Mass, every Wednesday, 11:30 am

Colby Campus Chapel

First Floor

Catholic Mass every Monday and Thursday, 11:30 a.m.

Quiet Room

First Floor

Cancer Partnership, Lobby

Volunteer Opportunities

There are many reasons volunteers decide to join the Providence team. Many of our volunteers are looking for new opportunities and experiences in the community. Others are planning for their future in the healthcare industry

Registration and Information: 425-261-4580 [Volunteer](#)

Location: **PRMC – Colby**



Women's & Children's Health Services



Patient-centered Care for Every Stage of Life. Women have unique female health care needs at each stage of life – from having babies to living with chronic illness to dealing with the changes menopause brings. We offer a wide-ranging care - a comprehensive breast center, family maternity center and heart and vascular center.

Registration and Information for all Classes Below:

Information or to register: 425-304-6047 [Class Website](#)

Register online.

Location: **PWC - Pacific**

Pregnancy and Childbirth Education

Ask your prenatal care provider for a registration form

Special Delivery Club

Pavilion for Women & Children

As a first time parent, the Special Delivery Club allows you to customize your classes to accommodate your schedule. The Club membership allows you to take any classes we offer within 1 year of membership and one month of the Living With Baby Group.

Fee: \$185/couple. Includes: all education classes, special delivery gift for baby, 1 month of Living with Baby Group (further sessions cost \$20/mo.), and one hour Pavilion tour.

Sessions: View Class Dates and Register Online [Class Website](#)

Childbirth Preparation

Pavilion for Women & Children

You and your partner will learn about labor and birth, a variety of comfort and coping techniques, common variations and complications in labor, medication options, recovery from childbirth. Upon completion of this class, you will be able to make choices that will be right for your labor and birth. Fee: \$95/couple.

Sessions: Four 2-hour weekly series offered Mondays through Thursdays 7 p.m.-9 p.m. or two 4-hour Saturdays 9 a.m.-1 p.m.

View Class Dates and Register Online [Class Website](#)

Childbirth Refresher

Pavilion for Women & Children

This class is specially-designed for women who've given birth during the past five years. Fee: \$50/couple

Sessions: Two 2-hour sessions 7 p.m.-9 p.m.

View Class Dates and Register Online [Class Website](#)

Practical Skills for Labor

Pavilion for Women & Children

Designed for those who have already attended childbirth classes and want additional information and practice with coping techniques for labor. \$35/couple

Sessions: One 2-hour session, 7 p.m.-9 p.m.

View Class Dates and Register Online [Class Website](#)

Your Planned Cesarean Birth

Pavilion for Women & Children

This class prepares you and your partner for a planned cesarean birthing experience. \$35/couple

Session: One 2-hour session, 7 p.m.-9 p.m.

View Class Dates and Register Online [Class Website](#)

Tour the Family Maternity Center

Pavilion for Women & Children

Take a free, 30-minute guided tour of the Providence Family Maternity Center at the Pavilion for Women and Children. Ask your prenatal care provider for a registration form (pre-registration required). No Fee.

Saturday: 10:45 a.m.-11:15 a.m., or 11:30 a.m.-noon

Wednesday: 7 p.m.-7:30 p.m. or 7:45 p.m.-8:15 p.m.

View Tour Dates and Register Online [Class Website](#)

Family Classes

Ask your prenatal care provider for a registration form

New Dad's Class

Pavilion for Women & Children

For new dads only, this class looks at pregnancy, labor, birth and parenting from a father's perspective. Facilitated by a veteran dad. Fee: \$30/couple

Session: One 2-hour session, Wednesday 7 p.m.-9 p.m.

View Class Dates and Register Online [Class Website](#)

Sibling Preparation

Pavilion for Women & Children

In this class, children (ages 3-9 years) will learn about being a big brother or sister, how to hold a baby, anatomy of birth and where mom will be staying while she's in the hospital. Fee: \$25.00 per family.

Dates: View Class Dates and Register Online [Class Website](#)

Session: One 1-hour session, Saturday 9:30 a.m.-10:30 a.m.

Infant Care

Ask your prenatal care provider for a registration form

Feeding Your Baby

Pavilion for Women & Children

This class covers the basics aspects of feeding your newborn, including topics such as successful breastfeeding, formula feeding and care of equipment. Fee. \$35/couple

Sessions: One 2-hour session, Weeknight 7 p.m.-9 p.m., Saturday 9:30 a.m.-11:30 a.m.

View Schedule and Register Online [Class Website](#)

Newborn Care

Pavilion for Women & Children

This class will prepare you for the realities of your newborn. Learn about newborn appearance, basic care, normal sleep and feeding patterns, how to comfort a fussy babies, developing a relationship with your newborn and keeping your baby safe and healthy. \$35/couple

Dates: View Schedule and Register Online [Class Website](#)

Session: One 2-hour session, Weeknights 7 p.m.-9 p.m., Saturdays 12 p.m.-2 p.m.

Infant Safety and CPR

Pavilion for Women & Children

In this class you learn how to make your home a safe environment for your baby. Topics include infant: providing CPR for a baby under one year of age and what to do if your baby is choking. \$40/couple

Dates: View Schedule and Register Online [Class Website](#)

Session: One 2.5-hour session. Mondays, 6:30 p.m.-9 p.m., Saturdays, 12:30 p.m.-3 p.m.

After Your Baby is Born

Living with Baby, Toddler, Preschooler (Group Classes)

Pavilion for Women & Children

These classes are designed for new moms and their babies! Classes are arranged based on baby's age.

Living with Baby: \$20/month

Birth to 12 months: Mondays, 1:30 p.m.-2:30 p.m.

Living with Toddler: \$20/month

Ages 1-2 years: Thursdays, 9:30 a.m.-10:30 a.m.

Ages 1-3 years: Tuesdays, 5:45 p.m.-6:45 p.m.

Wednesdays, 9:30 a.m.-10:30 a.m.

Ages 2-3 years: Thursdays, 11 a.m.-Noon

Learning with Preschooler: NO FEE

Ages 3-5 years: Wednesdays, 11 a.m.-noon

Fridays, 12:30 p.m.-1:30 p.m.

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

View Sessions and Register Online [Class Website](#)

Positive Parenting Series

Pavilion for Women & Children

Support for new moms to gain knowledge, confidence and build friendships. Topics will include sleep issues, parenting, baby sign language, infant massage, child development and nurturing baby and yourself.

Positive Parenting is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have greater respect for themselves and others. This class is for parents and caregivers of kids aged 0-18. Fee: \$70 per person or couple
Sessions: 7-week sessions, Thursdays 7:00 - 9:00 p.m.

Sessions for 2015:

- March 5th - April 16th
- September 10th - October 22nd

Information: 425-304-6047 for a registration form to be sent.

View Sessions and Register Online [Class Website](#)

Mothers' Milk Depot

Pavilion for Women & Children

Got breast milk? New hospital program in Everett takes donations.

Information: 425-258-7140 [Milk Depot](#)

Lactation consultations

Pavilion for Women & Children

Our lactation consultants are available during your hospital stay, and following your discharge. You do not need to have delivered your baby at PRMCE to make an appointment with our lactation consultants. If you are struggling with breastfeeding or want to meet with our team to ask questions, please call for an appointment. Many insurance plans cover lactation services. All mothers will be assisted regardless of ability to pay.

Information/Appts.: 425- 303-6545 - leave a message [Services](#)

The Pavilion Boutique

Pavilion for Women & Children

We offer unique and practical items for patients, newborns and new moms, fresh floral arrangements, plus phone orders for flowers, balloons, baby gifts and more for delivery in the hospital. The Pavilion Boutique offers books, videos and other items to help you with child safety issues.

Hours: Monday-Friday, 9 a.m.-4 p.m.
Saturday and Sunday, 11 a.m.-3 p.m.

Location: **PWC – Pacific**, 1st Floor

Information: 425-258-7302. [Pavilion Boutique](#)

Providence Resource Line: (800) 554-6600.

Postpartum Clinic

Pavilion for Women & Children

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. Our registered nurses offer years of experience – and a big dose of compassion.

Before you and your baby leave the hospital, we'll schedule an appointment for you to come back within about a week.

Hours: Monday-Saturday, 9 a.m.-5 p.m.

Location: **PWC**, 2nd Floor

Information/Appt.: 425-303-6545. [Postpartum Clinic](#)

Children's Center



Pavilion for Women & Children

Providence Children's Center is one of the largest neuro-developmental centers in the state of Washington, serving more than 350 children and families every week.

Providence Children's Center services include:

- Birth to 3 Education Services (Early Intervention)
 - Therapeutic services
 - Camp Prov summer day camp
 - Pediatric Interim Care Program,
 - Fetal Alcohol Syndrome Diagnostic Clinic,
 - Inpatient Feeding and Developmental Evaluation/Therapy
 - High Risk Infant Assessment Program/Neonatal Intensive Care Unit (NICU) Follow-Up Program
- PRMC – Colby**
- Inpatient Pediatric

Information: 425-258-7311 [Children Center Website](#)

Camp Prov: Special Day Summer Camp

For Children with Special Needs and their Siblings. Staff consists of an educator, activities specialist, speech language pathologist, occupational and physical therapist, and family resource coordinator. We use volunteers to assist with each group to provide that special "buddy" experience. Offered in annually at Forest Park

View Dates and Register Online.

Community Play & Learning Groups

For all classes below

- Parent Participation required
- Information or to register: 425-258-7311
- [Children's Center Website](#)
- Location: **PWC - Pacific (unless otherwise noted)**

Music Class

Pavilion for Women & Children

Music is the universal language, not matter what age. Come dance, move, play instruments and instill the joy of music in your child. No Fee.

Toddler Class (ages 18-36 months)

Preschool Class (3-5 years)

Sessions: Call for current session date and times

Sensory Play Hour!

Pavilion for Women & Children

Opportunity for children with Sensory Processing Disorder to engage in play with other children while doing sensory activities such as swinging, jumping, and spinning. Also provides parents a chance to connect with each other.

Ages: 3-7 years old

Sessions: Friday, 3:00-3:45 p.m., ongoing class.

Kid Fit Class

Pavilion for Women & Children

Movement class to encourage children, with their parent's help, to be active with dancing, jumping, climbing, and lower-level gymnastics skills such as forward rolls and balance skills. No Fee. Limit 10

Ages: 18 months to 5 years

Sessions: Friday, 11:00-11:45 a.m., ongoing class.

Living with Baby, Living with Toddler & Living with Preschooler

Pavilion for Women & Children

See Descriptions on Page 8 - "After Your Baby is Born"

Parent-Driven Social Group

Pavilion for Women & Children

For families who have been part of Providence Autism Centers' Day Program. Families stay in the room with their child to support their child's play, social interactions, and communication. A staff member will be in the room for additional support. It is a great way to ask questions, meet other families, and continue building friendships. No Fee.

Sessions: Friday, 10:00-11:00 a.m., ongoing class.

Hanen – It Takes Two to Talk

Pavilion for Women & Children

Nationally recognized program designed specifically for parents of children ages five and under who have identified as having a language delay. Small group setting where parents learn practical strategies to help their children learn language naturally throughout their day together. Includes two home-based video feedback sessions. Enrichment program provided for child during the parent class. No Fee.

Sessions: Offered quarterly. Call for current sessions.

Hanen – More than Words

Pavilion for Women & Children

A class for parents of children (ages 2-6) with Social-Pragmatic Language Disorders or Autism Spectrum Disorder. The program includes parent-only education, language enrichment for child enrolled and three home visits. No Fee.

Sessions: Offered quarterly. Call for current sessions.

Food, Fun & Conversations

Pavilion for Women & Children

Share a small meal or snack and engage in interaction with new friends. Perfect for preschoolers who need opportunities to practice or generalize new communication or eating skills in a small supportive group. Parents bring a snack/lunch for their child. No Fee.

Ages: 2 ½ - 4 years.

Sessions: Call for current session dates.

Feeding Group

Pavilion for Women & Children

Class focuses on successful feeding in group setting. Helps children who do not like eating become more comfortable with trying foods. No Fee.

Ages: 18 months - 4 years.

Sessions: Call for current session dates.

Social Language & Friendship

Pavilion for Women & Children

Practice social skills and language with focus on topic maintenance, sharing, turn taking. No Fee.

Ages: 5 -8 years.

Sessions: Call for current session dates.

Tumble Tunes Class

Pavilion for Women & Children

Movement and music combination. Discover rhythm by playing instruments and participation in movement activities that will help grow physical, musically, socially and emotionally. No Fee.

Ages: 1 ½ – 5 years.

Sessions: Wednesday's, 6:00 – 5:45 p.m.

Building Friendships through Play

Pavilion for Women & Children

Introduces parents and caregivers to the art of making friends, including specific strategies and games to set up for play dates depending on child's language skills. No Fee.

Ages: 6 - 8 years.

Sessions: Call for current session dates.

Fine Motor Fun

Pavilion for Women & Children

Develop the fine motor skills children need for success in preschool and kindergarten including focus on beginning writing, drawing, and scissor skills. No Fee.

Ages: 4 - 6 years.

Sessions: Call for current session dates.

Sports Club

Pavilion for Women & Children

Have fun learning the fundamentals of soccer and being part of a team. Class meets at Doyle Park 3420 Grand Ave., Everett. No Fee.

Ages: 4 - 6 years.

Sessions: Call for current session dates.

Get Together!

Pavilion for Women & Children

Opportunity for children to interact with similar aged peers and to begin making new friendships. Games and activities are used to encourage communication, socializations, turn taking and problem solving. Great opportunity to build friendships that can continue outside the classroom. No Fee.

Ages: 8 – 10 years.

Sessions: Call for current session dates.



Women's Health

Comprehensive Breast Center

Pavilion for Women & Children

Your mother, your sister, your daughter, you. The statistics are hard to ignore. One woman in eight will get breast cancer in her lifetime. One in three, older than 40, will be diagnosed with a breast health concern. Some of our education and outreach services include:

- Screening and Diagnosis
- Wellness Risk assessment and counseling
- Resource library - patient and family education for newly diagnosed women
- Peer survivor program
- Breast cancer support groups
- And much more...

Information/Appt.: 425-258-7900 [Breast Center](#)

Or request an appointment online

Locations:

Pavilion for Women and Children

900 Pacific Avenue, First Floor

Everett, WA 98201

Mill Creek Clinic

12800 Bothell-Everett Highway, Suite 130

Everett, WA 98208

Monroe Clinic

19200 North Kelsey Street

Monroe, WA 98272

Stewardship

Providence General Foundation

The Foundation's purpose is to develop and administer philanthropic support of health care for people of Everett and the surrounding communities. Learn more about the Providence General Foundation

A non-profit, charitable, tax-exempt organization under the provisions of Section 501(c) (3) of the Internal Revenue Code.

Location: **PRMC – Pacific**

Information: 425-258-7500

Event Hotline: 425-258-7999

Website: ProvGenFoundation@Providence.org

Children's Center

If you wish to make a donation in support of Providence Children's Center, you can mail a check payable to:

Providence General Foundation

PO Box 106, Everett, WA 98206

Medical Clinics

[Locations and Service Finder](#)

Everett, Colby Campus, 1717 Bldg.

1717 13th St. Everett 98201

Specialty Care Cranial, Spine, Joint: 425-297-6400
Gynecologic Oncology: 425-297-5660

Everett, Colby Campus, Medical Office Bldg.

1330 Rockefeller Ave. Everett 98201

Primary Care Family & Internal Medicine: 425-261-4940

Specialty Care Cardiac & Thoracic Surgery: 425-261-4950
Cardiology: 425-316-5490
Endocrinology: 425-316-5440
Infectious Diseases: 425-261-4910
Vascular Surgery: 425-297-5200

Everett, Norton Bldg.

3216 Norton Ave. Everett 98201

Specialty Care Audiology & Ear, Nose, Throat: 425-297-5350

Everett, Pacific Campus

916 Pacific Ave. Everett 98201

Specialty Care Midwifery: 425-303-6500

Everett, Pavilion for Women and Children

900 Pacific Ave. Everett

Specialty Care Obstetrics & Gynecology: 425-258-7550

Everett, Providence Healthcare Clinic

930 N. Broadway Everett 98201

Primary Care Family Medicine: 425-317-0300

Everett, Sexual Assault & Abuse Medical Clinic

Providence Intervention Center for Assault & Abuse/
Dawson Place Child Advocacy Center

1509 California St. Everett 98201

Information 425-297-5776

Lynnwood

2902 164th ST. SW Lynnwood 98087

Primary Care Family Medicine & Walk-In: 425-741-7750
Pediatrics: 425-741-7550

Marysville

11603 State Ave. Marysville, 98271

Primary Care Family, Internal & Pediatrics: 360-658-6800

Specialty Care Anticoagulation: 425-316-5030

Mill Creek

12800 Bothell-Everett Hwy. Everett 98208

Primary Care Family Medicine: 425-316-5180
Internal Medicine: 425-316-5130
Pediatrics: 425-316-5160
Walk-In: 425-316-5150

Specialty Care Allergy & Asthma: 425-316-5495
Anticoagulation: 425-316-5030
Cardiology: 425-316-5490
Ear, Nose, Throat: 425-316-5100
Endocrinology: 425-316-5440
Plastic & Reconstructive Surgery: 425-316-5080
Vein Center: 425-297-5230

Mill Creek Commons

16708 Bothell-Everett Hwy. Mill Creek 98012

Primary Care Family Medicine: 425-316-9159

Specialty Care Midwifery: 425-303-6500
Obstetrics & Gynecology: 425-258-7550

Mukilteo, Harbour Pointe

4112 Harbour Pointe Blvd. SW Mukilteo 98275

Primary Care Family Medicine: 425-347-6300

Monroe

19200 North Kelsey St. Monroe 98272

Primary Care Family, Internal, Pediatrics: 425-794-7994
Walk-In: 360-805-4790

Specialty Care Allergy & Asthma: 425-316-5495
Anticoagulation: 425-316-5030
Audiology:
Cardiology: 425-316-5490
Cranial, Spine, Joint
Ear, Nose, Throat: 425-316-5100
Endocrinology: 425-316-5440
General Surgery: 425-316-5080
Midwifery: 425-303-6500
Obstetrics & Gynecology: 425-258-7550
Physiatry Center: 425-297-5230

Snohomish

1830 Bickford Ave. Snohomish 98290

Primary Care Family Medicine: 425-317-0300

Home Health

Snohomish County & Camano Island

Hospice and Home Care of Snohomish County.

Information: 425-261-4800

[Home Services, Hospice, Home Care](#)



Institute for a Healthier Community
PROVIDENCE
Health & Services

Well-Being: Health is multi-dimensional. A spirit of learning, and growing in each of these well-being dimensions is important if we are to feel fulfilled and whole as individuals and communities. Understanding the various aspects of well-being and how they fit together to create our lives is a key tool in discovering who we are and why we feel the way that we do.

Well-being dimension adapted from the 'The Six Dimensions of Wellness' by Bill Hettler, MD, Co-Founder, National Wellness Institute.

Having enough, being enough and freedom from worry. We

SECURITY/
SAFETY



need enough money for food, rent or mortgage, health care, medical bills and basic expenses of daily living. Research shows that 'extras' don't really contribute to our well-

being- unless it is for fun activities and friends, and not more and bigger things. **Paralyzing fear or anxiety that we don't have or are not enough threatens our sense of safety.** This affects our ability to be resilient and replenished physically, mentally, and emotionally during experiences of extreme stress.

Recognizing your own and others emotions and responding appropriately makes a difference.

MENTAL/
EMOTIONALS
& SPIRIT



It is the ability to cultivate positive thoughts, practice self-compassion, and learn to express (in a healthy way) your full range

of emotions and consciously choose your responses; including, engaging in support systems to help cope. **A strong sense of spirituality provides important benefits to health. It is linked with a sense of meaning and purpose** which helps guide life decisions, influences behavior, shapes goals, offers a sense of

Be a self-care master. One of the most important things you

PHYSICAL
HEALTH



can do is to make wise decisions that keep you safe and healthy—helping to maintain an independent, productive, and social life. **A physically healthy**

person strives to maintain their body in times of sickness and good health. Diet, exercise, sleep and stress have a profound effect on disease conditions and well-being. This also includes; hygiene routines, use of substances and tobacco and personal protective gear, following safety guidelines and not taking unnecessary risks, wise use of healthcare resources— including regular checkups and recommended screenings.

Healthy relationships are vital to health. Strong family ties,

RELATIONSHIPS/
SOCIAL



friendships, and partnerships can increase our sense of security, self-esteem, belonging and provide a buffer against stress, anxiety, and depression. **Our**

larger social and community networks also provide a sense of connection where people can share their interests and be advocates in their community, which support resilience.

Using available resources to **develop and create opportunities**

LEARNING/
GROWTH



that contribute to your unique gifts, skills, and talents— contributes to meaning and purpose and helps you remain active and involved throughout life. In-

cluding, appreciation and acceptance of the process of change, growth and learning while seeking to improve. **A career which is consistent with your personal values, interests, beliefs and balances both work and play contributes greatly to all the dimensions of well-being.**

Being in nature not only **makes you feel better emotionally,**

NATURAL
ENVIRONMENT



it contributes to your physical wellbeing—it soothes, restores and connects. People who live near parks and natural areas are more physically active live longer

and these open spaces draw people together and enhancing social connections. Wellbeing also relies our **ability to be stewards of our natural environment—**aware of the earth's natural resources and their respective limits, accountable to environmental needs, both now and in the future.