

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000
4 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	5 Summer Sketching - Learn some tips for keeping an art journal (1:00-2:30pm) REGISTER Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	6 Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 604-877-6000 ext. 672194 Art therapy workshops (in-person, Vancouver) 1:00pm-3:00pm. Click to Register . Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtualspiritualhealth@phsa.ca	7 Cantonese Online Workshop - Mindfulness: A Gentle Experience; 1:30 – 3:00pm. Click to Register Head & Neck Cancer Support Group BC Cancer - Victoria (Open to All) 1st Thursday of each month, 10:15-11:45AM Call to Register: 250-519-5525	8 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000
11 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	12 Young Adults Group (10:30–12PM) Click to Register Summer Sketching - Learn some tips for keeping an art journal (1:00-2:30pm)	13 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Sacred Art of Dying (2:00–3:30PM)	14 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30-2:30pm or 6:30-7:30pm on Zoom. For questions or to register, please email: virtualspiritualhealth@phsa.ca	15 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000

	REGISTER Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963. Knitting Circle at BC Cancer Victoria (in-person) (2-4pm). The group is located at BC Cancer - Victoria Library (by the fireplace on the 3rd floor). Please call 250.519.5517 for more information.	Register by emailing: virtualspiritualhealth@phsa.ca Food Choices to Manage Bowel Changes - Victoria Centre Sessions are held on the 2nd Wednesday of each month from 2:30-3:30 p.m. Where: Virtually by Zoom video conference. To register: Call 250-519-5770 or toll free 1800-670-3322 ext. 695770.	Mandarin Online Workshop - Mindfulness: A Gentle Experience; 1:30– 3:00pm Click to Register Creative Arts and Relaxation Group (in-person, Vancouver) (1-3PM) Click to Register	Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
18 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	19 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	20 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Sacred Art of Dying (1:00–2:30PM) Register by emailing: virtualspiritualhealth@phsa.ca	21	22 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000
25 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	26 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	27 Head & Neck Cancer Support Group BC Cancer - Vancouver (Only Vancouver Patients) Last	28 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30-2:30pm or 6:30-7:30pm on Zoom.	29 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000

August 2025

Support Programs

Lung Cancer Support Group (virtual). 10-11:30AM (Zoom) Call to Register: 604-930-4000	Knitting Circle at BC Cancer Victoria (in-person) (2-4pm). The group is located at BC Cancer - Victoria Library (by the fireplace on the 3rd floor). Please call 250.519.5517 for more information.	Wednesday of every month, 2-3:30PM Call to Register: 604-877-6000 ext. 672194 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Sacred Art of Dying (1:00–2:30PM) Register by emailing: virtuallspiritualhealth@phsa.ca	For questions or to register, please email: virtuallspiritualhealth@phsa.ca	Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
--	---	--	---	--

Community Support Programs & Information

Coping with Cancer BC Cancer Website Info	Canadian Cancer Society 1-888-939-3333	Look Good Feel Better Workshops 1-800-914-5665	Inspire Health 1-888-734-7125
--	---	---	--

[Sign-up](#) and receive monthly Supportive Care eBulletins

Email: Jonathan.avery@bccancer.bc.ca

Website: www.bccancer.bc.ca