



Provincial Health Services Authority

Supportive Care eBulletin

Virtual Educational & Support
Programs

January 2024



Learning & Making Connections

Supportive Cancer Care has different types of group-based programs for people affected by cancer. These groups can help you stay informed and feel connected. **Most programs are online**, but some programs are in-person. Please follow the **registration instructions** for each program.

Educational/experiential sessions and regular support groups are run by BC Cancer Counsellors, Social Workers, Art Therapists, and Vocational Rehabilitation Counsellors. Programs provide information, tools and support for self-managing emotional, relational, and practical issues.

People with cancer and their family members can also speak with a Counsellor in-person, virtually over Zoom, or over the phone. Please contact [Patient and Family Counselling Services](#) to make an appointment.

[View Programs & Calendar](#)

Group Programs for Chinese-Speaking Patients and Families



華語互助小組 Chinese Support Groups

卑詩癌症局「華語互助小組」由專業輔導員主持，讓病人及家屬在安全氣氛下聯繫、抒發感受和分享面對癌症的經歷。歡迎卑詩省華語癌症病人及家屬參加。

The Chinese Support Groups are facilitated by professional counsellors. The Groups provide cancer patients and caregivers a safe space to connect, share their experiences and feelings in coping with their cancer. Chinese-speaking cancer patients and their families in BC are welcome.

報名國語互助小組請點擊此連結 [Register for Mandarin support group](#)

報名粵語互助小組請點擊此連結 [Register for Cantonese support group](#)

在線華語靜觀減壓課程

Chinese Mindfulness-Based Stress Reduction (MBSR) Online Program

「靜觀減壓」課程是讓癌症病人學習活在當下，培養心靜平和的生活態度，面對未來不肯定的日子。課程由美國麻省大學醫學院 Jon Kabat-Zinn 博士編創，為患重病及生活受挫折人士，減輕壓力和心靈痛苦，提昇生活質素。

The Mindfulness-Based Stress Reduction (MBSR) program is about learning to be present while living with uncertainties. MBSR is developed by Dr Jon Kabat-Zinn, University of Massachusetts Medical School, to help people cope with serious illnesses and life challenges, and to alleviate their stress and suffering.

Creative & Experiential Groups

Relaxation & Music Therapy Group

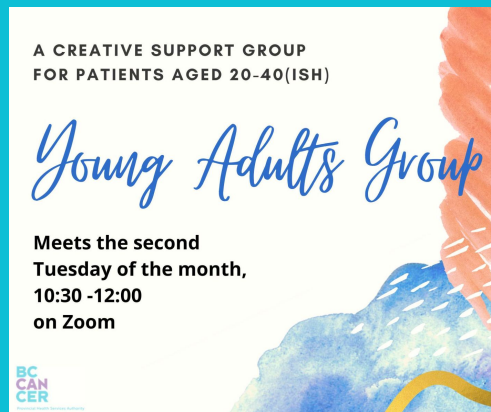
Online guided imagery and music therapy experience, designed to promote relaxation and nervous system regulation. Drop in.

Mondays, 5:30-6:30PM

Wednesday, 10:30-11:30 AM

Friday, 2:30-3:30 PM

Call to Register: 604-877-6000 or 1-800-663-3333 ext 672194



Young Adults Group

A group for younger adults with cancer, who are about 20 to 40 years old. This group connects members with others who are the same age. We focus on topics specific to young adults with cancer. We do some creative journaling and art exercises together.

Meets second Tuesday of every month, 10:30-12PM on Zoom. Next session is January 16th.

Register



Family Art Therapy Group

Support is available for families who have a parent living with cancer. Therapy is targeted to families with kids who are aged **3-16 years**.

Support sessions are currently mostly offered over Zoom. Any family in BC can join.

Individual and family therapy sessions are available by appointment. Group sessions are offered when there is a demand from them.

[Register](#)

Self-Management Resources



Memory Attention and Adaption Training Program.

This book has been made to help with treatment-related cognition issues. If you are interested in this book, please contact library@bccancer.bc.ca.

Meditation & Relaxation Playlists

BC Cancer has created playlists with audio for meditation, mindfulness, and relaxation. They can be accessed via browser on your computer or by downloading the free SoundCloud app on a mobile device.

[View Playlists](#)



Exercise Information

Regular exercise is safe and recommended before, during and after cancer treatments.

Common Questions



Nutrition during cancer treatment

"Looking for help managing a poor appetite or weight loss? Learn simple strategies from a dietitian to help in this [video](#)"



Indigenous Cancer Journey Support

There are two booklets offer information and insights through the voices of Metis and First Nations people who have lived with are living through cancer journey, as well as space for your own reflections:

CLICK HERE FOR: First Nations Booklet

CLICK HERE FOR: Metis Booklet

If you have questions about Indigenous specific supports and services, please email icc@bccancer.bc.ca

Information about:

[CLICK HERE FOR INFORMATION
ABOUT: Indigenous Patient Navigators](#)

Tumor-Based Support Groups



Living with Metastatic Cancer

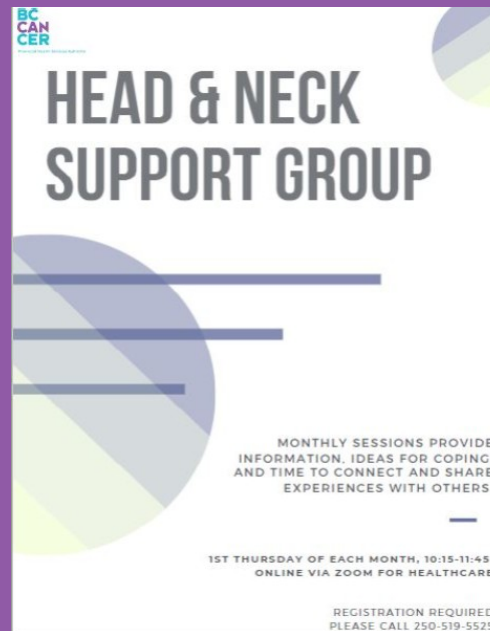
The focus is on living well and sharing your experience with others who understand, thereby breaking down isolation.

Every Friday

10-11:30AM (Zoom)

Pre-registration required

Call to Register: 604-930-4000



Head & Neck Cancer Support Group

Are you a patient, or a family member of someone, who is just beginning, going through, or completed treatment for head and neck (oral) cancer?

These monthly virtual sessions provide information, ideas for coping, and time to connect and share experiences with others.

BC Cancer - Victoria (Open to All)

1st Thursday of each month, 10:15-11:45AM

The next session is January 4th.

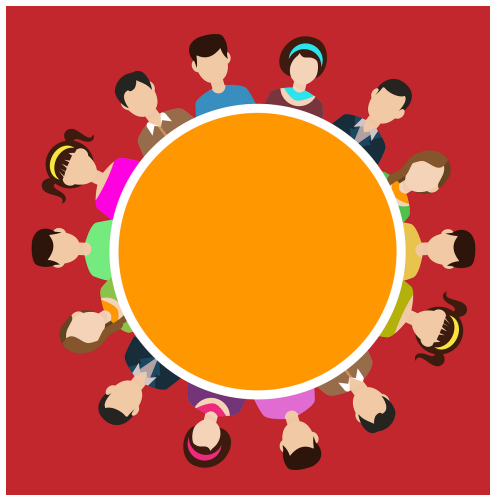
Call to Register: 250-519-5525

BC Cancer - Vancouver (Only Vancouver Patients)

Last Wednesday of every month, 2-3:30PM

The next session is January 31st.

Call to Register: 604-877-6000 ext.
672194



Brain Tumor Support Group

For people living with a brain tumour and their caregivers. This virtual session is run by a counsellor and nurse practitioner.

Held on the first Wednesday of each month (not statutory holidays) from 9:30-11:00AM. Next session is January 2nd.

Call to Register: 604-877-6000 ext.
672194.



Lung Cancer Support Group

This virtual support group is for lung cancer patients throughout BC, to connect with one another and have a space to share experiences and information.

4th Monday of every month

10-11:30AM (Zoom)

Call to Register: 604-930-4000

Practical Support Groups

Return to Work Seminar

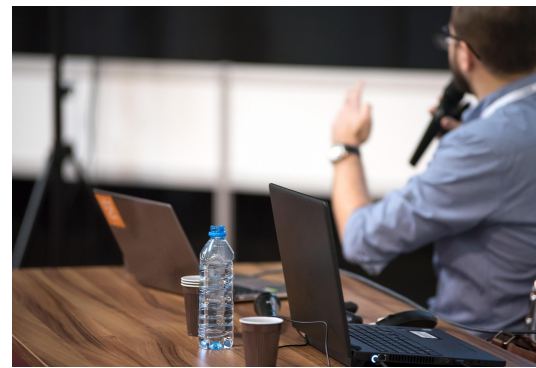
Learn about:

- How do I know I am ready to return to work?
- Understanding the return to work process
- Preparing for your workplace for your transition
- Enhancing workplace wellbeing

January 25, February 1, 8 and 15th

9:30-11:30AM (Zoom)

Register



Job Search Seminar

Covers issues around looking for work such as resume gaps, disclosure of health history, asking for work accomodation and legal rights and responsibilities.

February 29th

9:30-11:30AM (Zoom)

Register



For more information, please call 604-877-6000 ext. 672194

In-Person Groups



Relaxation Group

BC Cancer Kelowna

Do you sometimes feel tense? Do you want to learn ways to calm your mind and relax your body? Join now!

Call/drop into Patient & Family Counselling to register

250-712-3963 or 1-888-563-7773 ext 683963

Wednesdays, 10-11:30AM

Okanagan Room, 2nd Floor

Affirmation Workshop

BC Cancer - Surrey

Surrey Patients Only

Create your own powerful affirmations and learn to reframe your negative thoughts and beliefs. Affirmations can help you to motivate yourself, encourage positive changes in your life, and boost your self-esteem.

Last Thursday of the month, 2-4PM

Next session is January 25th.

Call to Register: 604-930-4000



Upcoming Opportunities/Awareness



Look Good Feel Better Workshops

Virtual workshops for those with cancer in learning how to manage the appearance-related impact of cancer and its treatment. With the pandemic all programs are now delivered virtually.



Canadian
Cancer
Society

Canadian Cancer Society

Provides information, programs and services to support people dealing with cancer. Services include: places to stay when traveling for treatment, talking to an information specialist, wig and breast prosthesis loan program and connecting

with an online cancer community and Travel Treatment Fund.

Find Workshops & Register

Find Information & Support

BC Cancer Library

Explore what's new
at the BC Cancer

LIBRARY

Obtain trusted cancer, health & support information



Library@bccancer.bc.ca
604-675-8001



Patient & Public Arrivals

Explore new book and eBook arrivals for both public and BC Cancer staff and patient borrowing.

For remote/home access to [BC Cancer Library](#) eBooks, please contact requests@bccancer.bc.ca and we can set you up with an access account.

[Click Here to See More Arrivals!](#)

Visit BC Cancer Library to see our pathfinders for lists of librarian recommended books, e-books, pamphlets, support services and websites on many types of cancer and support topics.

[BC Cancer Library](#)

Thank You to BC Cancer Foundation!

BC CAN CER

WE ARE THE
FUNDRAISING PARTNER
OF BC CANCER.

Together, we are changing
the outcomes for British
Columbians facing cancer.

The **BC Cancer Foundation** is the fundraising partner of BC Cancer. Together with their donors, they are changing the outcome for people affected by cancer in B.C. and beyond by connecting personalized care, innovative research and opportunities to give back.

Thank you for their help in making the **Vancouver Supportive Care Clinic** possible!

[Learn More](#)

