

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtualspiritualhealth@phsa.ca Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 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	3 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	4 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	5
6	7 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	8 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963. Young Adults Group (10:30–12PM) Click to Register	9 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 Food Choices to Manage Bowel Changes - Victoria Centre Sessions are held on the	10 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	11 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Living with Metastatic Cancer Support Group Pre-registration required Call to Register: 604-930-40000	12

			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.			
13	14 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	15 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.	16 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	17 Art and music therapy workshops (in-person, Vancouver) (1-3PM) Click to Register	18 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	19

20	21	22 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963. Summer Sketching - Learn some tips for keeping an art journal (1:00-2:30pm) REGISTER	23 Head & Neck Cancer Support Group BC Cancer - Vancouver (Only Vancouver Patients) Last Wednesday of every month, 2-3:30PM Call to Register: 604-877-6000 ext. 672194	24 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: virtuallspiritualhealth@phsa.ca Wisdom Circle: Join us on from 2-4pm on Zoom for a collective Wisdom Circle. Please Register by July 20th - CLICK HERE	25 Living with Metastatic Cancer Support Group Pre-registration required Call to Register: 604-930-40000	26
27	28 Lung Cancer Support Group (virtual). 10-11:30AM (Zoom) Call to Register: 604-930-4000	29 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	30	31		

July 2025

Support Programs

		located at BC Cancer - Victoria Library (by the fireplace on the 3rd floor). Please call 250.519.5517 for more information.				
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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
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[Sign-up](#) and receive monthly Supportive Care eBulletins

Email: Jonathan.avery@bccancer.bc.ca

Website: www.bccancer.bc.ca