

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Art therapy workshops (in-person, Vancouver). Intro to Art Therapy – 10:00am - 12:00pm. To register, email: shankinson@bccancer.bc.ca</p> <p>Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 604-877-6000 ext. 672194</p>	<p>2</p> <p>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</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Mindfulness-Based Stress Reduction (MBSR) Online Program for Cantonese Speaking Patients - 9:30am – 12:00pm. REGISTER.</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p>	<p>3</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>
<p>6</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>7</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Young Adults Group (10:30–12PM) Click to Register</p>	<p>8</p> <p>Art therapy workshops (in-person, Vancouver). Expressing Gratitude – 10:00am -12:00pm. To register, email: shankinson@bccancer.bc.ca</p>	<p>9</p> <p>Job Search Seminar for those with a history of cancer. 10:00am – 1:00pm via ZOOM. REGISTER.</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>10</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM)</p>

	<p>Fall Photography. 1:00pm – 2:30pm REGISTER</p> <p>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.</p>	<p>Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtualspiritualhealth@phsa.ca</p> <p>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.</p>	<p>Mindfulness-Based Stress Reduction (MBSR) Online Program for Cantonese Speaking Patients - 9:30am – 12:00pm. REGISTER.</p> <p>Cantonese Online Workshop - Mindfulness: A Gentle Experience; 1:30 – 3:00pm. Click to Register</p> <p>Returning to Former Workplace Virtual Seminars for those with a history of cancer. 10:00am – 1:00pm REGISTER</p> <p>Creative Arts and Relaxation Group (in-person, Vancouver) (1-3PM) To register email: shankinson@bccancer.bc.ca.</p> <p>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</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p>	<p>Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>
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<p>13</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>14</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Fall Photography. 1:00pm – 2:30pm REGISTER</p>	<p>15</p> <p>Art therapy workshops (in-person, Vancouver). Letting Go Like Leaves – 10:00am - 12:00pm. To register, email: shankinson@bccancer.bc.ca</p> <p>Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtuallspiritualhealth@phsa.ca</p> <p>Eating Well on Your Cancer Journey. 1:30pm-2:30pm PST via zoom. REGISTER</p>	<p>16</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Mindfulness-Based Stress Reduction (MBSR) Online Program for Cantonese Speaking Patients - 9:30am – 12:00pm. REGISTER.</p> <p>Cantonese Online Workshop - Mindfulness: A Gentle Experience; 10:30am – 12:00pm. Click to Register</p> <p>Returning to Former Workplace Virtual Seminars for those with a history of cancer. 10:00am – 1:00pm REGISTER</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p>	<p>17</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>
<p>20</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>21</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p>	<p>22</p> <p>Sacred Art of Dying (1:00–2:30PM) Register by emailing: virtuallspiritualhealth@phsa.ca</p>	<p>23</p> <p>Art and Music Studio Group – 1:00pm - 3:00pm. REGISTER.</p>	<p>24</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>

	<p>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.</p> <p>Online Mandarin Support Group: 10:30am – 12:00pm Click to Register</p> <p>Young Adults Group (10:30–12PM) Click to Register</p> <p>Fall Photography. 1:00pm – 2:30pm REGISTER</p>	<p>Art therapy workshops (in-person, Vancouver) 10:00am-12:00pm. Click to Register.</p>	<p>Relaxation & Music Therapy (10:30am-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Mindfulness-Based Stress Reduction (MBSR) Online Program for Cantonese Speaking Patients - 9:30am – 12:00pm. REGISTER.</p> <p>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</p> <p><i>Soul Food.</i> This is an online drop-in group for Spiritual Health that happens approximately once a month on Thursdays from 2:30-4pm. REGISTER.</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p>	<p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p>
<p>27</p> <p>Relaxation & Music Therapy (5:30-6:30PM)</p>	<p>28</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-</p>	<p>29</p> <p>Head & Neck Cancer Support Group BC Cancer - Vancouver (Only Vancouver Patients) Last</p>	<p>30</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>31</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>

October 2025

Support Programs

<p>Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Lung Cancer Support Group (virtual). 10-11:30AM (Zoom)</p> <p>Call to Register: 604-930-4000</p>	<p>712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Online Cantonese Support Group. 10:30am – 12:00pm. REGISTER</p> <p>Fall Photography. 1:00pm – 2:30pm REGISTER</p>	<p>Wednesday of every month, 2-3:30PM</p> <p>Call to Register: 604-877-6000 ext. 672194</p>	<p>Mindfulness-Based Stress Reduction (MBSR) Online Program for Cantonese Speaking Patients - 9:30am – 12:00pm. REGISTER.</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p>	<p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom)</p> <p>Pre-registration required</p> <p>Call to Register: 604-930-40000</p>
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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