

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	3 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 604-877-6000 ext. 672194	4 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	5 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
8	9 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 Discovering you Creativity: Learn the basic of art therapy and connect with your creativity. 1:00pm – 2:30pm REGISTER 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.	10 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 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.	11 Cultivating your Spiritual health. Workshop series begins September 11 th , from 2:00pm-4:00pm. REGISTER. Cantonese Online Workshop - Mindfulness: A Gentle Experience; 1:30 – 3:00pm. Click to Register Returning to Former Workplace Virtual Seminars for those with a history of cancer. 10:00am – 1:00pm REGISTER Creative Arts and Relaxation Group (in-person, Vancouver) (1-3PM) To register email: shankinson@bccancer.bc.ca .	12 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

			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 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	16 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	17 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 NEW* Eating Well on Your Cancer Journey. 1:30pm-2:30pm PST via zoom. REGISTER	18 Cantonese Online Workshop - Mindfulness: A Gentle Experience; 10:30am – 12:00pm. Click to Register Returning to Former Workplace Virtual Seminars for those with a history of cancer. 10:00am – 1:00pm REGISTER	19 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
22 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	23 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	24 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	25 Mandarin Online Workshop - Mindfulness: A Gentle Experience; 10:30am – 12:00pm Click to Register Returning to Former Workplace Virtual Seminars for those with a history of cancer. 10:00am – 1:00pm	26 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

	on the 3rd floor). Please call 250.519.5517 for more information. Young Adults Group (10:30–12PM) Click to Register Discovering you Creativity: Learn the basic of art therapy and connect with your creativity. 1:00pm – 2:30pm REGISTER	Art therapy workshops (in-person, Vancouver) 10:00am–12:00pm. Click to Register. 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	REGISTER 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	
29 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Lung Cancer Support Group (virtual). 10-11:30AM (Zoom) Call to Register: 604-930-4000	30 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.			

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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