

# Useful Resources for Chinese Cancer Patients

(Bilingual English-Chinese)



BC Cancer Agency

CARE + RESEARCH

An Agency of the Provincial Health Services Authority

## 卑詩癌症局

## 華語癌症患者實用資源概覽

Cancer can have an impact on many aspects of our lives, including our emotions, finances & child care. Knowing more about the disease and supportive resources available, helps us to plan & manage our lives, & to feel more secure.

當患有癌症時，我們多方面的生活都可能受到影響，包括情緒、經濟及子女照顧等。多認識癌症及運用社區資源，使我們更能計劃及安排生活，更感安心。

### Resource Guide for Chinese Cancer Patients

- Written in bilingual Chinese and English
- Comprehensive community resources, such as financial assistance, transportation, emotional support, nutrition, meal service, home care.

Get a copy:

[www.bccancer.bc.ca/ppi/copingwithcancer](http://www.bccancer.bc.ca/ppi/copingwithcancer)

Counselling Office (Room 550 Vancouver Centre)

BCCA Library (1<sup>st</sup> Floor, Research Centre Building, 675 West 10<sup>th</sup> Avenue)

### 華語癌症病人資源手冊

- 「資源手冊」以中英文雙語編寫。
- 詳列社區服務，包括經濟、交通、營養、送餐、情緒支援及社區護理等。

索取「資源手冊」：

[www.bccancer.bc.ca/ppi/copingwithcancer](http://www.bccancer.bc.ca/ppi/copingwithcancer)

輔導部 (溫哥華中心5樓550室)

癌症局圖書館 (西十街675號癌症局研究大樓一樓)

### BCCA Patient & Family Counselling Services \*

- Professional counselling in English, Cantonese and Mandarin languages for patients & families.
- Practical support information.

Book an appointment:

Patient & Family Counselling Services

Room 550 Vancouver Centre

604.877.6000 x 672194 (English) or 672375 (Chinese)

### 卑詩癌症局 – 病人及家屬輔導部 \*

- 為病人及其家人提供英語、粵語和國語的專業輔導，協助處理情緒困擾。
- 提供社區服務資料以助解決實質生活問題。

預約：輔導部 (溫哥華中心5樓550室)

604.877.6000 x 672375 (華語) 或 x 672194 (英語)

### BCCA Chinese Cancer Support Group

- Conducted in Cantonese & facilitated by a professional social worker.
- A safe place for patients & family members to share feelings and thoughts on coping with cancer.
- Drop in to the Support Group at John Jambor Room, Vancouver Centre, 1:30 – 3:30 p.m. on the 2nd Thursday of each month.

Enquiry: Patient & Family Counselling Services

604.877.6000 x 672194 (English) or x 672375 (Chinese)

### 卑詩癌症局 – 華語互助小組

- 小組以粵語為主，由專業社會工作人員帶領討論。
- 病人及家屬可安心地分享感受及應付癌症的方法。
- 參與小組不用登記。每月第二個星期四下午1時半至3時半在癌症局溫哥華中心一樓舉行。

查詢：輔導部

604.877.6000 x 672375 (華語) 或 x 672194 (英語)

## Navigation Guide for Chinese Cancer Patients

- Written in bilingual Chinese and English.
- Tips for preparing for medical appointments & communication with health care providers, bilingual communication tools to request for volunteer driver, counselling and library services, & the floor guide for Vancouver Centre.

Get a copy:

[www.bccancer.bc.ca/ppi/copingwithcancer](http://www.bccancer.bc.ca/ppi/copingwithcancer)  
Counselling Office (Room 550, Vancouver Centre)  
BCCA Library (1<sup>st</sup> Floor, Research Centre Building, 675 West 10<sup>th</sup> Avenue)

## Chinese Peer Navigators

- Chinese-speaking cancer survivors volunteer at the Vancouver Centre.
- Provide new patients with conversational support, and help them find Chinese resources or services of the Agency.

Peer Navigator Service 604.877.6000 x 673063

## BC Cancer Agency Library

- Books, videos and other materials on cancer and coping strategies are available for the public to borrow. Some are written or recorded in Chinese language.

1<sup>st</sup> Floor Research Centre Building, 675 West 10<sup>th</sup> Avenue  
604.675.8001

## BCCA Website [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

- Information on all types of cancer, treatments & coping strategies.
- Links to recommended multi-lingual health websites.

## Canadian Cancer Society Information Services \*

- Community services information & multi-lingual publications about cancers.

1.888.939.3333 [www.cancer.ca](http://www.cancer.ca)

## HealthLinkBC Dial 8-1-1 \*

- 24 hour 7 days a week free phone service for pharmacy, nursing & nutrition concerns for non-emergency concerns.

## 華語癌症病人導航指南

- 「導航指南」以中英文雙語編寫。
- 詳列溫哥華中心設有的服務、見醫生前的準備、與醫護人員溝通的提示，使用義工司機、輔導、圖書館服務的中英文雙語溝通工具。

索取「導航指南」：

[www.bccancer.bc.ca/ppi/copingwithcancer](http://www.bccancer.bc.ca/ppi/copingwithcancer)  
輔導部 (溫哥華中心5樓550室)  
癌症局圖書館 (西十街675號癌症局研究大樓一樓)

## 華語導航員服務

- 華語導航員是溫哥華中心的義工，亦是癌症康復者。
- 協助新病人及其家人找尋溫哥華中心提供的支援和中文資源，並與病人傾談給予鼓勵及支持。

導航員留言信箱 604.877.6000 x 673063

## 卑詩癌症局圖書館

- 圖書館藏有關於癌症、治療及面對癌症的書籍、影音數碼碟等，可供公眾借閱或索取；有部份中文資料。

西十街675號癌症局研究大樓一樓  
604.675.8001

## 卑詩癌症局網站 [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

- 提供有關各類癌病、治療及面對癌症資料。
- 癌症局網站可鏈接其他中文健康網站。

## 加拿大防癌協會癌症資訊熱線 \*

- 提供癌症及社區服務資料，備有部份中文資料可供索取。

1.888.939.3333 [www.cancer.ca](http://www.cancer.ca)

## 卑詩健康結連 撥電 8-1-1 \*

- 全日24小時可撥電8-1-1 向當值護士、藥劑師或營養師詢問非緊急性的健康、藥物及營養問題。

\* *Interpretation services are available upon request.*

\* *你可要求翻譯服務以方便溝通。*