

PATIENT & FAMILY COUNSELLING SERVICES
2410 Lee Avenue – 2nd Floor

<p align="center"><u>RELAXATION GROUP</u></p> <p align="center">Every Thursday 2:30 pm – 4:00 pm</p> <p align="center">DROP-IN SESSIONS 3rd Floor Conference Room #2</p> <p align="center">EXPERIENCE DEEP RELAXATION</p>	<p align="center"><u>BREAST CANCER SUPPORT GROUP</u></p> <p align="center">Third Thursday 10:00 – 12 noon</p> <p align="center">DROP-IN SESSIONS 2nd Floor Quiet Room</p>	<p align="center"><u>CANCER TRANSITIONS & EMPOWER</u></p> <p align="center">Post-treatment Education</p> <ul style="list-style-type: none"> • Patients & Families • Nutrition & Exercise • Coping Skills & Strategies <p align="center">REGISTRATION REQUIRED Call (250) 519-5525</p>
<p align="center"><u>MORE GROUPS</u></p> <p align="center">“CANCER CONNECT” Drop-in @ the Lodge</p> <p align="center">Third Tuesday 7 – 8:15 pm</p> <p align="center">CHILDREN’S GROUP</p> <p align="center">Several times yearly</p> <p align="center">NEW GROUPS offered based on client needs and feedback</p>	<p align="center"><u>P&FC PROVIDES</u></p> <ul style="list-style-type: none"> • PROFESSIONAL COUNSELLING • INFORMATION & REFERRALS • THERAPEUTIC TOUCH • NO COST <p align="center">Call (250) 519-5525 1-800-670-3322, EXT 5525 For More Information</p> <p align="center">Website Resource: bccancer.bc.ca/PPI/copingwithcancer</p>	<p align="center"><u>ONLINE SUPPORT GROUPS</u></p> <ul style="list-style-type: none"> • “LIVE” CHAT • COUNSELLOR LED • PATIENTS & CAREGIVERS <p align="center">http://cancerchatcanada.bccancer.bc.ca</p> <p align="center">1-800-663-3333 ext 4995 or 4966</p>
<p align="center"><u>MONTHLY EDUCATION SERIES</u></p> <ul style="list-style-type: none"> • Tools to Relax • Fatigue • Brain Fog <p align="center">FOR MORE INFO CONTACT P&FC 2nd FLOOR</p>	<p align="center"><u>LUNG CANCER SUPPORT GROUP</u></p> <p align="center">First Tuesday 2:00-3:30 pm</p> <p align="center">DROP-IN SESSIONS 2nd Floor - Quiet Room</p>	<p align="center"><u>OVARIAN CANCER SUPPORT GROUP</u></p> <p align="center">Third Thursday 12:30 – 2:00 pm</p> <p align="center">DROP-IN SESSIONS 2nd Floor Quiet Room</p>
<p align="center"><u>NUTRITION AND COUNSELLING EDUCATION FOR COLORECTAL CANCER PATIENTS</u></p> <p align="center">2nd & 4th Wednesday each month 11:00 am – 12:00 pm</p> <p align="center">Room 1228 Radiation Therapy Education Room – 1st Floor</p> <p align="center">REGISTRATION REQUIRED Call (250) 519-5525</p>	<p align="center"><u>WOMEN WITH METASTATIC CANCER SUPPORT GROUP</u></p> <p align="center">Alternate Fridays 10:00 – 12:00 pm</p> <p align="center">REGISTRATION REQUIRED (250) 519-5527</p>	<p align="center"><u>BRAIN TUMOUR SUPPORT GROUP</u></p> <p align="center">Second Thursday 11:00 am – 12:30 pm</p> <p align="center">DROP-IN SESSIONS 2nd Floor Quiet Room</p>