



Provincial Health Services Authority

ABBOTSFORD CENTRE 604.851.4733

January 2018

Patient & Family Counselling Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day STAT HOLIDAY	2	3	4	5
8	9 ** Mindful Relaxation Support Group (1/4) 10:00 am - 11:30 am	10 Look Good Feel Better (10:00-12:00pm) ** PRE-REGISTER** Online : www.lgfb.ca By Phone: 1-800-914-5665 Or Email: dpaquet@lgfb.ca	11	12
15	16** Mindful Relaxation Support Group (2/4) 10:00 am - 11:30 am	17	18	19
22	23** Mindful Relaxation Support Group (3/4) 10:00 am - 11:30 am **CancerChatCanada Online Fear of Cancer Recurrence Support Group Starts Jan.23 (6wks) 10:30am -12:00pm	24 **CancerChatCanada Online Expressive Art Support Group Starts Jan.24 (8wks) 10:30am -12:00pm	25	26
29	30 ** Mindful Relaxation Support Group (4/4) 10:00 am - 11:30 am	31		

**** Requires Pre-registration**

BC Cancer Agency information & support (Health info/coping with cancer) www.bccancer.bc.ca/	Cancer Chat Canada online support groups 1-844-725-2476 https://cancerchat.desouzainstitute.com	Canadian Cancer Society, BC/Yukon information & community support 1-888-939-3333 www.cancer.ca/en?region=bc	Cosmetic Counselling Room Wigs & Head Coverings <u>Level 1 Greeter desk</u> 9:00-4:00pm (staffed by volunteers)
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