

Free Support Groups

at the Sindi Ahluwalia Hawkins Centre for the Southern Interior

The Patient & Family Counselling department offers free support groups and programs for patients. Please contact the **Patient & Family Counselling** office for more information on these programs and groups @ **250-712-3963**.

Managing Life With Cancer - Interactive Education Sessions
This program is designed for people living with cancer and for their support person(s). We offer information, support and practical guidance that will be useful for the support person, as well as the person living with cancer. Registration is required.

Our goal is to help people better manage the challenges of living with cancer.

- Dealing with the emotional experience of cancer
- Understanding common reactions to a cancer diagnosis
- Explore the mind and body connection and its role in health
- Communication with family, friends, co-workers and professionals
- Reimagining life beyond cancer
- Resources and tools for ongoing personal growth and self-care
- Eating well and being active
- Feel better and manage side effects during cancer treatment

Relaxation Group

Relaxation techniques can help counteract the effects of stress. Drop-in sessions, no registration required - open to patients, their family members and support person(s). Join us on **Wednesdays 10:00-11:30** in the Okanagan Room, 2nd floor.

Mindfulness Based Stress Reduction

This is an eight-week program where participants learn about how to engage and harness the mind-body connection through practical instruction & experiential learning. Specific skills taught & practiced include:

- mindfulness meditation
- breath awareness
- body scan
- mindful movement and ways of incorporating mindfulness into daily life.

Use of these practices allows participants to reduce stress and distress, improve mood & become an active participant in improving their health & well-being. Registration is required.

Exercise and Fitness

This is a drop-in group for those currently going through or who have just completed cancer treatment. Classes include: cardio, strength training, stretching and balancing exercises. All levels are welcome. Registration is required.

For more information on these Groups and Programs please contact BC Cancer – Kelowna
Patient & Family Counselling Services
399 Royal Avenue, Kelowna, BC V1Y 5L3
Call 250.712.3963
Toll-free: 1-888.563.7773 x 683963