

BC Cancer Support

Please go to the BC Cancer website at www.bccancer.bc.ca to find information about support programs and a monthly support program calendar. Click on “Our Services in the top left, then, under Centres & Clinics, click on BC Cancer - Vancouver, then click - Support Programs on the right hand side. BC Cancer support programs are available up to 18 months after cancer treatment.

To schedule a counselling appointment, learn more about group programs or pre-register for a group call Patient & Family Counselling at 604-877-6000 local 672194 (English) or 604-877-6000 local 672375 (Cantonese/Mandarin).

The [BC Cancer Library](#) has many items you can borrow, recommended websites and topic resource lists called “Pathfinders”. Choose the topic “Life after Cancer”.

Patient & Family Counselling Services	Counsellors can talk to you in person or over the phone about practical concerns (such as affording costs) and provide emotional support. Counsellors lead support groups and education sessions.
After Active Treatment	This four part series, offered twice a year, addresses questions, concerns and resources for patients interested in learning how to move forward after treatment.
Art Therapy Group (Cantonese/Mandarin/English)	Participants can develop new skills and build resiliency to cope through the means of creative art-making. Offered also in Cantonese and Mandarin.
Be Active (Cantonese/ Mandarin)	A program for Cantonese and Mandarin speaking participants, to help with managing mood, monitoring health and learning coping skills.
Chinese Cancer Support Group	A support group to share feelings and thoughts when coping with cancer.
Memory & Attention Adaptation Training (MAAT)	For those who struggle with memory and attention problems related to treatment side-effects. Learn to compensate for, self-monitor and manage stress.
Mindfulness Based Stress Reduction (MBSR)	An eight week program offered twice a year, helps learners calm their mind and body when coping with illness, pain and stress. This program teaches mindfulness practices to bring more awareness to the present moment.
Relaxation Program	A guided relaxation and music therapy group for patients and caregivers with heightened anxiety, depression and stress.
Returning to Work	A vocational rehabilitation counsellor leads education sessions and can address questions and concerns about remaining, returning and finding work over the phone or in-person. Education sessions include Job Search, Social Media and Returning to Work.
Wellness Program (Cantonese/Mandarin)	Education, skills and practice in stress reduction sessions offered to Cantonese and Mandarin speaking participants.

Community

Canadian Cancer Society, BC Yukon	Life after Cancer, peer support, wig and breast prosthesis bank, online community, community services locator. Call toll-free 1-888-939-3333.
Callanish Society	A place for inner healing, outreach, counselling and retreats and group programs. Call 604-732-0633
Self-Management BC	Programs to help participants set personal goals and develop skills to overcome barriers and manage health. Call Lower Mainland (604) 940-1273.

Inspire Health	Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call Lower Mainland (604) 734-7125.
Healthlink BC	Get accurate health information from professionals about relevant cancer care topics (i.e.: exercising, mental health and nutrition). Call 811.
Private rehabilitation and health coverage	Search online for services such as Physiotherapy or Vodder Therapy for lymph drainage and contact your extended benefits and long-term disability provider.
YMCA of Greater Vancouver	Find a social or health program in a Greater Vancouver community. Call Robert Lee YMCA (604) 689-9622 or Langara Family YMCA (604) 324-9622.

National & International Websites

www.cancerandwork.ca	A website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after cancer.
Cancer Chat Canada	Free professionally-led online support groups for people affected by cancer. Learn more online or call 1-844-725-2476.
Cancer Care Manitoba	Find examples of follow up care plans called “Moving Forward” for various types of cancer in order to help create your own care plan.
Hope & Cope Wellness Centre	Has resources including a booklet called “Talking to Children about Cancer”.
Memorial Sloan Kettering Cancer Centre (US)	Resources can be found under “Living Beyond Cancer” and “Resources for Survivors”. Examples of follow up care plans are available.
Ottawa Hospital Cancer program	Suggest visiting the Patient Learning Links for “Survivorship” including the Wellness Beyond Cancer Program.
Princess Margaret Cancer Centre	Resources and information found under “The Cancer Journey”, “After Treatment” and “Getting Back on Track”.
Wellspring	Has video’s on money matters, understanding long term disability and coping. Find the “Healing Journey” with free online workbooks.
Young Adult Cancer Canada	Young Adult Cancer Canada has online information and they have programs such as national retreats for young adults living with cancer. Call 1-877-571-7325

Other Resources

Anxiety Canada	This is an online resource for youth and adults for anxiety. It has education worksheets, apps, and more.
Facing Forward: Life After Cancer Treatment	Facing Forward: Life After Cancer Treatment free booklet is available by going to the the National Cancer Institute website.
Kelty’s Key Online Mental Health	Free and confidential online cognitive behavioral therapeutic courses that can provide you with the support you need to feel better.
Palouse Mindful Meditation Course	Free online mindfulness training created by a fully certified Mindfulness-based Stress Reduction instructor.
Picking up the Pieces: Moving forward after surviving cancer (book)	This book by Sherri Magee & Kathy Scalzo can help during the days, weeks and months following cancer treatment. Find online, in a bookstore or borrow from the BC Cancer library.