

BC Cancer Support

Please go to the BC Cancer website 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 - Victoria, 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 (PFC) at 250-519-5525.

BC Cancer Library has many resource materials to borrow, recommended websites and topic resource lists called “Pathfinders”. Choose the topic “Life after Cancer”.

Patient and 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 including living with brain tumors, ovarian cancer and head and neck cancers and provide various education sessions.
Fear of Recurrence Workshop	Information, skill teaching and practice, and group discussion on the topic of fear of a cancer recurrence is explored. This workshop is offered twice per year.
New Normal Workshop	Information, skill teaching and practice, and group discussion on the topic of the change and adjustment that happens due to a cancer diagnosis and cancer treatment.
Cancer Transitions	A 2-day workshop for cancer patients after they have completed treatment. The modules include exercise, nutrition, side effects of treatment that linger, fear of recurrence, and moving forward.
Relaxation Program	This group offers guided muscle relaxation and visualization to promote increased relaxation and decreased stress.
Mindfulness Meditation Class	A three-week program helps people to learn mindfulness skills to calm their mind and body. This program teaches mindfulness practices to bring more awareness to the present moment.
Tools to Sleep and Relax	Information, skill teaching and practice, and group discussion on ways to reduce insomnia, promote improved sleep and relaxation. This workshop is offered once per year.
Returning to Work	A vocational rehabilitation counsellor can speak with you over the phone and address questions and concerns about remaining, returning and finding work.

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 (Vancouver)	A place for inner healing, outreach, counselling and retreats and group programs. Located in Vancouver. Call 604-732-0633.
Self-Management BC	Programs to help participants set personal goals and develop skills to overcome barriers and manage health. Call to find a program in your area 1 866-902-3767.
Inspire Health	Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call 250-595-7125.
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.
Vancouver Island YMCA/YWCA	There YMCA offers the Encore Program (for breast cancer patients) and Healthy Living Programs for cancer patients. Call the Downtown Victoria YMCA for more information at 250-386-7511.

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.
Healing and Cancer	The body-mind-spirit connection. Find video’s to help you learn to practice techniques.
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 (PMCC)	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. Dr Allastair Cunningham is the founder of the “Healing Journey”. Find 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
Tumor Specific Websites	For information regarding national and local tumor specific resources please refer to BC Cancer Library / PFC / Canadian Cancer Society Service Locator.

Other Resources

Anxiety Canada	This is an online resource for youth and adults for anxiety. It has education worksheets, apps, and more.
BC Association for Living Mindfully (B-Calm)	The Art of Living Mindfully is an 8-week course that teaches mindfulness meditation. This course is covered by MSP if you are referred by a medical doctor.
Facing Forward	Facing Forward: Life After Cancer Treatment is a booklet by the National Cancer Institute.
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	A book that helps to prepare cancer survivors for what comes after cancer treatment ends by Sherri Magee & Kathy Scalzo.