

Virtual Education & Support Programs

September 2021



Learning & Making Connections

Supportive Cancer Care has different types of group-based programs to support people affected by cancer, to stay informed and feel connected. All programs are online, use Zoom and require registration. Follow the instructions provided to register for a program.

Education and experiential sessions, as well as, regular support groups are facilitated by BC Cancer Counsellors, Social Workers, Spiritual Care, Art Therapy and Vocational Rehabilitation. Programs provide information, tools and support for self-managing emotional, relational and practical issues.

People with cancer and their family members can also speak with a Counsellor in person, by Zoom or over the phone, please contact [Patient and Family Counselling Services](#) to make an appointment.

[View program info & calendar](#)

Education Sessions & Seminars

Cancer Community Connections

Shelley Pennington, Resource Social Worker will host monthly virtual education/information sessions. These brief sessions are geared for those who want to learn more about what support is available for people impacted by cancer. Everyone is welcome and questions are encouraged!

Theme for September and October is "**Who is in your Neighborhood?**" and will highlight two community cancer support programs.

September 29th 1:00 PM - Introduction to Cancer: Thriving & Surviving Self-Management Program. Find out more about this 6-week program!

[Click to register](#)





Mindfulness: Skills to Enhance Wellbeing

3-part education series for cancer patients and family members. Must attend all sessions. Online using Zoom.

September 9, 16, 23 1:30 PM - 3:30 PM

To register or learn more call Patient & Family Counselling at 250-519-5525



在線靜觀減壓課程

Mindfulness-Based Stress Reduction (MBSR)

Online Program for Chinese-Speaking Patients

「靜觀減壓」課程是讓癌症病人學習活在當下，培養心靜平和的生活態度，面對未來不肯定的日子。課程由美國麻省大學醫學院 Jon Kabat-Zinn 博士編創，為患重病及生活受挫折人士，減輕壓力和心靈痛苦，提昇生活質素。 Mindfulness-Based Stress Reduction (MBSR) program is about learning to be present while living with uncertainties. MBSR is developed by Dr Jon Kabat-Zinn, University of Massachusetts Medical School, to help people cope with serious illnesses and life challenges, alleviate their stress and sufferings.



課程導師：鄭秀虹 Sandy，卑詩癌症局 社會工作員 靜觀減壓課程專業導師
Facilitator: Sandy Kwong MSW, RSW, Social Worker, Certified MBSR Teacher, BC Cancer

國語課程：2021 年 10 月 4 日 - 12 月 6 日

粵語課程：2022 年 2 月 7 日 - 4 月 4 日

逢星期一上午 9:30 - 中午 12 時 | 8 節課 + 靜修日

MBSR in Mandarin: 2021 Oct 4 – Dec 6

MBSR in Cantonese: 2022 Feb 7 – Apr 4

9:30 a.m. - 12 noon Mondays | 8 Sessions + Day Retreat

查詢及報名：病人及家屬輔導部 604.877.6000 內線 2375 (華語) 或 2194 (英語)

名額有限，請速點擊此連結報名。 <https://redcap.link/ChineseMindfulnessRegistration>

要深入體驗靜觀，請出席 8 節課及靜修日。

Enquiry & Registration: Patient & Family Counselling Services, BC Cancer

604.877.6000 local 2194 (English) or local 2375 (Chinese)

Limited spots. Please click this link to register. <https://redcap.link/ChineseMindfulnessRegistration>

To optimize the benefits of MBSR, please attend all 8 sessions and the Retreat.

Work-related Seminars

To learn more call 604-877-6000 ext. 673288 (leave a message and your call will be returned) Space is limited. Early registration is encouraged!



Returning to former workplace

virtual seminars (by zoom) for those with a history of cancer (9:30-11:30 am for 4 weeks for 2 hours) Date: Sept 9, 16, 23 and 30th

Learn about:

- How do I know I am ready to return to work?
- Understanding the return to work process
- Preparing for your workplace for your transition
- Enhancing workplace wellbeing



Provincial Health Services Authority

To register: Call **Patient and Family Counselling Services** at your local cancer center or register on line at:

<https://www.surveymonkey.ca/r/WorkSeminars> or call

604-877-6000 x673288



Job Search Seminar

(offered online via zoom)
for those with a history of cancer
2 hours
Oct 7, 2021
(9:30-11:30 a.m.)

Learn about

- How to address gaps in a resume because of cancer
- Obligations for disclosure about health history
- Human Rights protection

Creative & Experiential

To learn more call 604-877-6000 ext. 673288 (leave a message and your call will be returned). Space is limited. Early registration is encouraged!



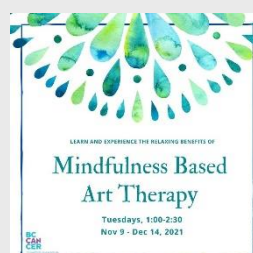
Create Like The Masters

Wednesdays, 10:30 AM -12:00 PM, Sept 22-Oct 27.



Family Art Therapy Program

Individual appointments for parents with cancer and their kids.



Mindfulness Based Art Therapy

Tuesdays, 1:00-2:30, Nov 2- Dec 14.



Virtual Retreat for Parents

September 29, 10:00 AM - 12:00 PM

[Learn more](#)



Cultivating Your Spiritual Garden

Workshop Series



Cultivating Your Spiritual Garden is a creative and experiential workshop series designed for cancer patients who want to explore and develop their own spirituality.

The workshop is led by BC Cancer's multi-faith Spiritual Health Practitioner. Each participant is guided through a cultivation process that gives them a deeper awareness and assessment of their own spirituality, meaning and purpose. Participants are encouraged to use tools to develop inner resources and their own practices, in order to maintain a healthy spiritual garden.

It is open to people of all communities, cultural backgrounds, faiths, religious and non-religious traditions.

The workshop is provided online using Zoom. Each of the five sessions, are two hours in length. Sessions will have a mix of education and discussion and include creative and spiritual exercises, that are accessible to a wide variety of participants. The fifth session will be a mini-reunion and time of reflection together.

Please register by September 23rd call 604-877-6000 x673288 (leave a detailed voice message).

There will be some light home practice, where participants will be asked to reflect on certain questions prior to class.

Only 10 spots are available for this workshop.

SCHEDULE:

Oct 14th 2pm-4pm Session 1: Spirituality & Spiritual Distress, The Gifted Self & Self-Compassion

Oct 21st 2pm-4pm Session 2: Values, Beliefs, Meaning Making, Individuals & Communities

Oct 28th 2pm-4pm Session 3: Spiritual Practices, Sacred Texts, Sacred Spaces, Rituals

Nov 4th 2pm-4pm Session 4: Spiritual Experiences, Leap of Faith, Mortality, Beyond Life

Dec 9th 2pm-4pm Session 5: Reunion: Reflect & Rejuvenate!

Ongoing Support Groups



Provincial Health Services Authority

Relaxation & Music Therapy Group

Do you often feel anxious, nervous, or notice that you can't relax?
Do you want to learn ways to calm your mind and relax your body?



Tuesdays, 2:30 pm
and Thursdays, 10:30 am

Join us for an online guided imagery and music therapy experience, designed to promote relaxation and nervous system regulation.

Groups are led by certified music therapist Carolyn Neapole, and co-facilitated by a team of counsellors from BC Cancer locations across the province.

No prior experience is necessary, and all patients, family members, and caregivers are welcome.

Registration required:

Please contact Patient & Family Counselling

BC Cancer – Vancouver

604.877.6000 ext. 672194

or toll free 1.800.663.3333 ext.672194



HEAD & NECK SUPPORT GROUP



MONTHLY SESSIONS PROVIDE
INFORMATION, IDEAS FOR COPING,
AND TIME TO CONNECT AND SHARE
EXPERIENCES WITH OTHERS.

1ST THURSDAY OF EACH MONTH, 10:15-11:45
ONLINE VIA ZOOM FOR HEALTHCARE

REGISTRATION REQUIRED
PLEASE CALL 250-519-5525

Head & Neck Support Group

Monthly virtual sessions provide information and a way to connect with others for sharing experiences.

1st Thursday of each month 10:15 AM - 11:45 AM

To learn more or register call Patient & Family
Counselling 250-519-5525

A CREATIVE SUPPORT GROUP
FOR PATIENTS AGED 20-40(ISH)

Young Adults Group

Meets Wednesday afternoons,
twice per month, via Zoom

Contact art therapist for details:
shankinson@bccancer.bc.ca



Virtual support group for Living with Metastatic Cancer



Pic from: Learn to fly... by streamline69 on DeviantArt

The focus is on living well and sharing your experience with others who understand, thereby breaking down isolation.

You will have opportunities to ask questions and share information and tips with each other in a friendly and relaxed setting.

The group is facilitated by a BC Cancer Counsellor.

**WHEN: 10:00 - 11:30 a.m.
Every 2nd and 4th Friday**

Using Zoom

Registration and email ID is required.

TO REGISTER

Call Patient & Family Counselling
at Surrey Centre
604-930-4000

Community Support



Cancer Chat Canada

Provides free and professionally-led online chat support groups for Canadians affected by cancer, including patients, survivors and family members.

[Find groups & register](#)



Look Good Feel Better Workshops

Virtual workshops are for women with cancer to learn how to manage the appearance-related impact of cancer and its treatment. With the pandemic all programs are now delivered virtually.

[Find workshops & register](#)



Canadian
Cancer
Society

Canadian Cancer Society

Provides information, programs and services to support people dealing with cancer. Services include: places to stay when traveling for treatment, talking to an information specialist, wig and breast prosthesis loan program and connecting with an online cancer community and Travel Treatment Fund.

[Find information & support](#)

Canada Revenue Agency Webinars

Canada Revenue Agency is pleased to host the following live webinars in September and October:

Persons with Disabilities Presentation on September 2 and October 12, 2021 from 1:30PM – 2:30pm PDT

Benefits and credits available to you! If you live with a disability or have a dependent with a disability, there are benefits and tax credits available to you and the people who support you. Some of the benefits and credits to which you may be eligible for are the Disability tax credit, medical expenses, Canada caregiver credit, and the Child disability benefit. During the webinar we will be able to answer your questions live.

Benefits & Credits for Caregivers Presentation on September 14 and October 5, 2021 from 1:30PM – 2:30pm PDT

As a caregiver for an individual with a physical or mental impairment there may be benefits and tax credits available to you! Join our webinar to obtain more information about the following topics. Canada Recovery Caregiving Benefit (CRCB), Canada Caregiver Credit, Medical Expenses, Slam the scam. During the webinar we will be able to answer your questions live.

[Click to Register](#)

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Cancer: Thriving & Surviving Self-Management Program



- ✓ Learn techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- ✓ Communicate effectively with family, friends and health care team
- ✓ Make decisions and future plans for health care

FREE Six-Session Virtual Workshop for adult cancer survivors and those affected by cancer

Family Members and Friends Welcome

DATES/TIME: Thursdays, September 9 to October 14, 2021
9:30am to 12:00pm
or
Tuesdays, October 26 to November 30, 2021
12:30pm to 3:00pm

LOCATION: Online over Zoom, a web camera is required

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca

Are you Ready to Join the Network?



Provincial Health Services Authority

PATIENT EXPERIENCE PROGRAM

Your Voice Matters

You are invited to join

the BC Cancer Network of Patient & Family Partners



- Partners share their cancer experience in projects or in committees to improve services for all
- Learn more at www.bccancer.bc.ca/getinvolved

Contact Joyce Lee 604 877 6048 / toll-free 1 844 877 6016 / jlee2@bccancer.bc.ca

Join Us!

Join the BC Cancer Network of Patient & Family Partners who share their cancer experience by participating in projects or in committees to improve services.

Email: jlee2@bccancer.bc.ca

[Click to learn more](#)



Provincial Health Services Authority