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Provincial Health Services Authority

Supportive Care eBulletin

Virtual Education & Support Programs

October 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 hosts monthly virtual education and information sessions. Information is geared for learning about community support for people impacted by cancer. Everyone is welcome and questions are encouraged!

October 27, 1:00 PM - What's Up! Canadian Cancer Society. Find out about support and funding programs, resources and what changes have occurred.

[Click to register](#)



Tips for Sleep

Learn tips to understand and manage the impact of insomnia on cancer care. November 24th 10:00 AM - 11:30 AM

Register call 250-645-7330 or toll-free 1-855-775-7330

Group Programs for Chinese-speaking

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，提升生活質素。 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

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

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

Facilitator: Sandy Kwong MSW, RSW, Social Worker, Certified MBSR Teacher, BC Cancer

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

Enquiry: Patient & Family Counselling Services, BC Cancer

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

請速報名：
To register



<https://redcap.link/ChineseMindfulnessRegistration>



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在線華語互助小組

Online Support Group for Chinese-speaking Patients

卑詩癌症局「華語互助小組」讓病人及家屬在安全氣氛下聯繫、抒發感受和分享面對癌症的經歷。小組由專業輔導員主持，分別以國、粵語舉行。利用在線視像會議形式進行，組員安坐家中參與。歡迎卑詩省華語癌症病人及家屬參加。

Online Support Group provides Chinese-speaking cancer patients and caregivers a safe space to connect, share their experience and feelings in coping with their cancer. Facilitated by professional counsellors, the Group is offered in Cantonese and in Mandarin and using the online video-conferencing format. Participants attend the group from their homes. Chinese-speaking cancer patients and their families in BC are welcome.



查詢: 卑詩癌症局 - 病人及家屬輔導部

604.877.6000 內線 2375(華語)或 2194(英語)

Enquiry: Patient & Family Counselling Services, BC Cancer

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

報名: 掃描二維碼或點擊鏈結

Registration: Scan the QR code or click the link.

粵語小組 Group in Cantonese



<https://phsa.zoom.us/join/zoom/register/u5ctd-hpz4rF9zQgyUFzHLfZQMAQW1NqX55>

國語小組 Group in Mandarin



<https://phsa.zoom.us/join/zoom/register/u5Aqz-Gtqj8zF9VvyDfd9sjwpYKdg4U55151>

Work-related Seminars

To learn more call 604-877-6000 ext. 672194. Space is limited. Early registration is encouraged!



Job Search Seminar

(offered online via zoom)
for those with a history of cancer
2 hours
Oct 14, or Nov 24th 2021
(9:30-11:30 a.m.)



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Learn about

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

To register: Call your local **Patient and Family Counselling Services**, at BC Cancer or register online:
<https://www.surveymonkey.ca/r/WorkSeminars> or call 604-877-6000 x672194



Returning to former workplace

virtual seminars (by zoom) for those with a
history of cancer (once a week for 4 weeks for
2 hours) Nov 4, 18, 25 and Dec 2

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

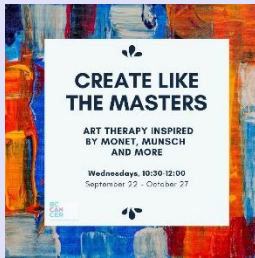


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To register: Call **Patient and Family Counselling Services**
at your local cancer center or register on line at:
<https://www.surveymonkey.ca/r/WorkSeminars>
or call 604-877-6000 ext 672194

Creative & Experiential

To learn more and register for Art Therapy Programs call 604-877-6000 ext. 672184 or email
shankinson@bccancer.bc.ca



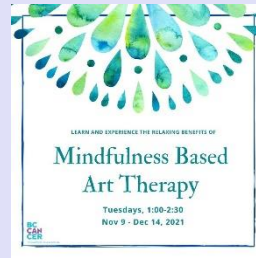
Create LikeThe Masters

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



Parents Virtual Retreat

New Date: October 28th, 10:00 AM -12:00 PM



Mindfulness Based Art Therapy

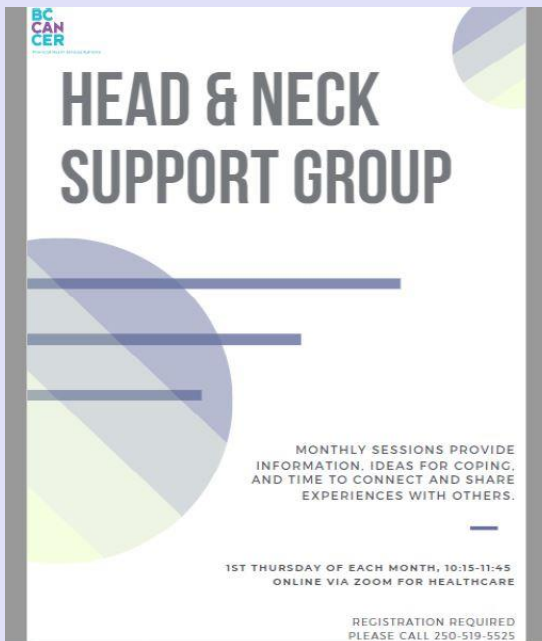
Tuesdays, 1:00 PM - 2:30 PM, Nov 2- Dec 14.



Relaxation & Music Therapy Group

Tuesdays, 2:30 PM Thursdays, 10:30 PM To register call 877-6000 ext.672194

Support Groups for Cancer Patients &/or Family Members



Head & Neck Cancer Support Group

Monthly virtual sessions for patients and family members impacted by head and neck cancer. Providing 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

Head & Neck Cancer Support Group (Vancouver only)

Every fourth Wednesday of the month, 2pm-4pm. To learn more or register call Patient & Family Counselling 604-877-6000 ext. 672194



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Breast Cancer Support Group



Friday mornings:
10 - 11:30 am
October 1 - 29

- Open to anyone with a breast cancer diagnosis at any stage of treatment
- Group will take place over zoom; open to patients across the province
- We will cover themes of: self-perception, body image, intimacy & relationships, fear of recurrence, & symptom management

To register please contact
Patient & Family Counselling Reception at:
604.930.4000

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





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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 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 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](#)

Craigs Cause Pancreatic Cancer Society Support4Caregivers

Find the support and empowerment you need from the comfort of your own home. Support4Caregivers™ is an interactive support group for pancreatic cancer patients and caregivers which uses a confidential online platform, facilitated by professionals experienced in the unique pancreatic cancer journey. Receive support from other caregivers and share your story with people who truly understand. Register for upcoming sessions, watch recordings from past sessions, and find other resources to support you.

Monthly support sessions are on the last Saturday of every month at 9:00 AM PST

[Click to learn more and 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?



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](#)



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