



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