



**BC Cancer Agency**

# **Relaxation & Music Therapy Group**

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

**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?**

**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 Agency locations across the province. No prior experience is necessary, and all patients, family members, and caregivers are welcome.**

**Groups start on Tuesday, September 15**

**Registration required – please contact the Patient & Family Counselling Dept, Vancouver Centre at  
604-877-6000 ext. 672194  
or toll free at 1-800-663-3333 ext.672194**