

Community Virtual Support Groups and Programs

Below are links to cancer-related provincial and national virtual support groups. Please contact the provider to learn more. You can also:

- Canadian Cancer Society Community Services Locator: <https://cancer.ca/en/living-with-cancer/how-we-can-help/community-services-locator>
- Call the Canadian Cancer Society Information Line (1-888-939-3333)
- Make an appointment to speak with a BC Cancer Patient and Family Counsellor www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

To learn more about BC Cancer virtual support programs and sign up to receive monthly ebulletins go to www.bccancer.bc.ca/our-services/services/support-programs

Popular programs

- Callanish Society: Meditation, Support Groups, Young Adults www.callanish.org/ongoing-programs
- Canadian Cancer Society: cancer.ca and cancerconnection.ca
- Inspire Health: Exercise, dietitian, counsellor, support groups, patient education, caregiver support www.inspirehealth.ca
- Look Good Feel Better: workshops for managing appearance changes lgfb.ca/en/workshop
- Wellspring: Patient, family and caregiver support groups; brain fog, fatigue, survivorship, return to work wellspring.ca/online-programs/programs/all-programs
- Self-Management BC Programs: Cancer - Thrive and Survive. Send an email to selfmgmt@uvic.ca to learn more about this program. www.selfmanagementbc.ca
- Wellwood: Ontario programs available to BC residents. Kids programs, exercise, art, meditation/relaxation, lymphedema, chemo-fog, fear of recurrence. www.wellwood.ca/calendar

Gender-specific and/or LGBTQA2S

- Inspire Health: Men's Support Group (persons identifying as men) www.inspirehealth.ca/programs/classes
- Wellspring: Gay Men's Cancer Support Group wellspring.ca/online-programs/programs/all-programs/gay-mens-cancer-support-group
- Wellspring: Men's Room Support Group wellspring.ca/online-programs/programs/all-programs/mens-room-support-group
- National LGBT Cancer Network: Cancer Support cancer-network.org/programs/support-groups-for-survivors

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Peer support

- Canadian Cancer Society: Cancer Connection - online forum with peers cancerconnection.ca/home
- Ostomy Canada: Peer Support Groups www.ostomycanada.ca/find-a-chapter-peer-support-group
- Wellspring: Peer Support wellspring.ca/online-programs/programs/all-programs/peer-support

Survivorship

- Cancer: Thriving & Surviving, Virtual workshop series www.selfmanagementbc.ca/upcomingworkshops
- Wellspring: Living Beyond Cancer Support Group wellspring.ca/online-programs/programs/all-programs/living-beyond-cancer-support-group

Young adults with cancer (18-39 years of age)

- Callanish Society: Resource guide for young adults living with cancer www.callanish.org/younger-adults
- Rethink Breast Cancer: Young Women's Network Facebook group rethinkbreastcancer.com/rethink-young-womens-network (exclusive to young women)
- Young Adult Cancer Canada Web Chats: youngadultcancer.ca/program/yacc-web-chats

Cancer type support

Anal

- Colontown Facebook group: colontown.org/colontown-on-facebook

Bladder

- Bladder Cancer Canada: Peer support, support groups and discussion forums: bladdercancercanada.org/en/get-support

Brain

- BC Cancer Brain Tumour Support Group: Call Patient & Family Counselling 1-800-663-3333, extension 672194. Maximum 30 people.
- Brain Tumour Foundation of Canada: Virtual Support Group for Western Canada www.braintumour.ca/events/virtual-support-group-western-canada

Breast & Lymphedema

- BC Lymphedema Association Facebook support group: [http://www.facebook.com/groups/26905673023](https://www.facebook.com/groups/26905673023)

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- Wellspring: Breast Cancer Circle for women who are newly diagnosed or in treatment wellspring.ca/online-programs/programs/all-programs/breast-cancer-circle
- Wellspring: Breast Cancer Support Group for female breast cancer patients wellspring.ca/online-programs/programs/all-programs/breast-cancer-support-group

Colon

- Colontown Facebook group: colontown.org/colontown-on-facebook

Head and Neck

- BC Cancer - Head and Neck Support Group www.bccancer.bc.ca/our-services/services/support-programs

Kidney

- Kidney Foundation: Peer Support- kidney.ca/Support/Peer-Support

Leukemia

- Leukemia & Lymphoma Society of Canada Support Groups: www.bloodcancers.ca/i-have-blood-cancer/how-we-can-help/connect-someone-who-has-been-there/support-groups
- Leukemia & Lymphoma Society of Canada one-on-one personalized support: www.bloodcancers.ca/i-have-blood-cancer/how-we-can-help/access-one-one-personalized-support

Lymphoma

- Leukemia & Lymphoma Society of Canada Support Groups: www.bloodcancers.ca/i-have-blood-cancer/how-we-can-help/connect-someone-who-has-been-there/support-groups
- Leukemia & Lymphoma Society of Canada one-on-one personalized support: www.bloodcancers.ca/i-have-blood-cancer/how-we-can-help/access-one-one-personalized-support
- Lymphoma Canada Support Group: wellspring.ca/online-programs/programs/all-programs/lymphoma-canada-support-group

Lung

- Lung Cancer Canada Peer to Peer Navigators: www.lungcancercanada.ca/Resources/Patient-Support-Groups.aspx

Melanoma

- Melanoma Canada Virtual Support Group: www.melanomanetwork.ca/supportgroups
- Save Your Skin Foundation Skin Cancer Support Webinars: saveyourskin.ca/patient-support-webinars

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Advanced/Metastatic

- Wellspring Advanced Cancer Support Group: wellspring.ca/online-programs/programs/all-programs/living-without-limits-advanced-cancer-support-group
- BC Cancer Living with Metastatic Cancer Virtual Support Group. Call to register 1-604-930-4000

Myeloma

- Leukemia & Lymphoma Society of Canada. Online Chats www.llscanada.org/support/online-chats
- Myeloma Canada Virtual Support Group: www.myelomacanada.ca/en/find-support/virtual-support-groups

Neuroendocrine

- Neuroendocrine Cancer Education and Support Group - Email victoriagroup.cnets@gmail.com for Zoom meeting link

Ovarian

- Ovarian Cancer Canada OVDIALOGUE online chat group: ovariancanada.org/Living-with-Ovarian-Cancer/Find-Local-Support-Groups
- Wellspring Ovarian Cancer Circle Support Group: wellspring.ca/online-programs/programs/all-programs/ovarian-cancer-support-group

Pancreas

- Pancreatic Cancer Peer Support. Wellspring - wellspring.ca/online-programs/programs/all-programs/pancreatic-cancer-peer-support/

Prostate

- Prostate Cancer Supportive Care Program (Vancouver Prostate Centre): pcscprogram.ca
- Prostate Cancer Foundation BC: www.prostatecancerbc.ca/get-support/support-groups
- TrueNorth Peer Navigation for Patients and Caregivers: peernavigation.truenth.ca/start/pcc-i8/index.html

Rectal

- Colontown Facebook group: colontown.org/colontown-on-facebook

Bereavement

- B.C. Bereavement Helpline: www.bcbh.ca
- Victoria Hospice Bereavement Groups and Workshops: victoriahospice.org/how-we-can-help/bereavement-services (pre-group interview with a counsellor is required)

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- Wellspring Bereavement Support Group Family: wellspring.ca/online-programs/programs/all-programs/bereavement-support-group
- Wellspring Bereavement Support Group Spouse and Partner: wellspring.ca/online-programs/programs/all-programs/bereavement-support-group-spousal

Caregivers

- Brain Tumour Caregivers Support - www.braintumour.ca/care-support/caregiver-corner
- Callanish Online Supporter Circle - www.callanish.org/ongoing-programs
- Family Caregivers of B.C. Support Groups: www.familycaregiversbc.ca/family-caregiver-support-groups
- Myeloma Canada Virtual Support Groups for Caregivers- www.myelomacanada.ca/en/find-support/virtual-support-groups
- Wellspring Caregivers Connect - Support and Relaxation: wellspring.ca/online-programs/programs/all-programs/caregivers-connect-support-and-relaxation

Parents

- Wellspring Children and Parents Program: wellspring.ca/online-programs/programs/all-programs/childrens-program (for children ages 5-12)
- Wellspring Parent's Support Group: wellspring.ca/online-programs/programs/all-programs/parents-support-group

Coping with cancer

- Anxiety Canada Mindshift Groups and Mindshift app: www.anxietycanada.com/mindshift-groups
- BounceBack BC: bouncebackbc.ca (free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry.)
- BC Cancer Support Programs: www.bccancer.bc.ca/our-services/services/support-programs
- B.C. Association of Living Mindfully - Art of Living Mindfully course: www.bcalm.ca/what-we-offer/art-of-living-mindfully
- Pain BC Pain Support and Wellness Group: www.painbc.ca/about/programs/pain-support-wellness-groups
- Wellness Together Canada Mental Health and Substance Use Support: wellnesstogether.ca or call 1-866-585-0445 to speak with a Program Navigator.
- Womenmd: www.womenmd.ca (Integrated Lifestyle Medicine, self-compassion, CBT for insomnia, mindfulness, mindful eating, MBSR. You need a doctor referral. Download form from website)