

### BC Cancer Support

Please go to the BC Cancer website [www.bccancer.bc.ca](http://www.bccancer.bc.ca) to find information about support programs. Click on “Our Services in the top left, then, under Centres & Clinics, click on BC Cancer – Prince George, then click - Support Programs on the right hand side. BC Cancer support programs are available up to 18 months after cancer treatment.

To schedule a counselling appointment, learn more about group programs or pre-register for a group call Patient & Family Counselling at 604-645-7330.

[BC Cancer Library](#) has many resource materials to borrow, recommended tumor specific websites and topic resource lists called “Pathfinders”. Choose the topic “Life after Cancer”.

<b>Patient &amp; Family Counselling Services</b>	Counsellors are available to assist throughout the course of treatment, either in person or by phone. Information and assistance about transportation, financial resources, community supports, lifestyle changes and post treatment adjustment.
<b>Education Sessions</b>	Two hour sessions offering information and strategies to manage after treatment. Topics can include sleep, memory and attention, and fear of cancer recurrence.
<b>Memory &amp; Attention Adaptation Training (MAAT)</b>	For those who struggle with memory and attention problems related to treatment side-effects. Learn to compensate for, self-monitor, and manage stress. Call to be added to the waitlist.
<b>Returning to Work</b>	The vocational rehabilitation counsellor can speak with you over the phone to address questions and concerns about remaining, returning and finding work.
<b>I-CAN Sleep</b>	Six week group focusing on building skills and changing behaviors to improve sleep.

### Community

<b>Canadian Cancer Society, BC Yukon</b>	Life after Cancer, peer support, wig and breast prosthesis bank, online peer community support, community services locator, toll-free 1-888-939-3333.
<b>Fort St. John Cancer Support Circles</b>	Contact Brenda Baumeister 250-263-7824.
<b>Healthlink BC</b>	Accurate health information from professionals about relevant cancer care topics (i.e.: exercise, mental health and nutrition). Call 811.
<b>Northern Cancer Survivor Society</b>	Peer cancer support in Northern BC. Email: <a href="mailto:pgccsg@gmail.com">pgccsg@gmail.com</a> 250-640-8997.
<b>Private rehabilitation and health coverage</b>	Search online services such as Physiotherapy or Vodder Therapy regarding lymph drainage; contact your extended benefits and long-term disability provider regarding funding availability.
<b>Self-Management BC</b>	Programs help participants set personal goals and develop skills to overcome barriers and manage health.
<b>Smithers Community Cancer Care Team</b>	Support groups, awareness clinics, health living education, and financial supports for people affected by cancer. Call 250-847-3281.

## National & International Websites

<a href="http://www.cancerandwork.ca">www.cancerandwork.ca</a>	Website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after cancer.
<b>Cancer Chat Canada</b>	Free professionally-led online support groups for people affected by cancer. Learn more online or call 1-844-725-2476.
<b>Cancer Care Manitoba</b>	Find examples of follow up care plans called “Moving Forward” for various types of cancer in order to help create your own care plan.
<b>Healing and Cancer</b>	The body-mind-spirit connection. Find video's to help you learn and practice techniques.
<b>Hope &amp; Cope Wellness Centre</b>	Hope & Cope Wellness Centre has resources including a booklet called “Talking to Children about Cancer”.
<b>Memorial Sloan Kettering Cancer Centre (US)</b>	Resources can be found under “Living Beyond Cancer” and “Resources for Survivors”. Examples of follow up care plans are available.
<b>Ottawa Hospital Cancer program</b>	Suggest visiting the Patient Learning Links for “Survivorship” including the Wellness Beyond Cancer Program.
<b>Princess Margaret Cancer Centre</b>	Resources and information found under “The Cancer Journey”, “After Treatment” and “Getting Back on Track”.
<b>Wellspring</b>	Cancer information and resources are found under “Understanding long-term disability” and “Healing Journey”.
<b>Young Adult Cancer Canada</b>	Young Adult Cancer Canada has online information and they have programs such as national retreats for young adults living with cancer. Call 1-877-571-7325.
<b>Tumor Specific Websites</b>	For information regarding national and local tumor specific resources please refer to BC Cancer Library / PFC / Canadian Cancer Society Service Locator.

## Other Resources

<b>Anxiety Canada</b>	This is an online resource for youth and adults for anxiety. It has education worksheets, apps, and more.
<b>Facing Forward: Life After Cancer Treatment</b>	Facing Forward: Life After Cancer Treatment is a booklet by the National Cancer Institute.
<b>Kelty's Key Online Mental Health</b>	Free and confidential online cognitive behavioral therapeutic courses that can provide you with the support you need to feel better.
<b>Palouse Mindful Meditation Course</b>	Free online mindfulness training created by a fully certified Mindfulness-based Stress Reduction instructor.
<b>Picking up the Pieces: Moving forward after surviving cancer</b>	A book that helps to prepare cancer survivors for what comes after cancer treatment ends by Sherri Magee & Kathy Scalzo.