



Provincial Health Services Authority

Cancer Support Resources

Cancer patients and their family members often require information and support for practical and emotional concerns related to having a cancer diagnosis. This general information is for healthcare professionals to help in navigating cancer care support resources. To learn more go BC Cancer website at www.bccancer.bc.ca/ (Coping with Cancer).

Traveling to a cancer centre:

Patients usually arrange their own transportation to attend appointments at a cancer centre. Transportation and travel support options are available online go to: [Health-info - coping with cancer - practical support - transportation & lodging.](#)

Canadian Cancer Society Lodges:

Vancouver: Jean C. Barber Vancouver Lodge 575 West 10th Ave. 604-879-9131	Kelowna: Rotary Lodge 2251 Abbott Street 250-712-2203	Prince George: Kordyban Lodge 1100 Alward St. 250-562-3535	Victoria: Vancouver Island Lodge 2202 Richmond Ave. 250-592-2662
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Financial assistance:

Are patients having difficulty affording the costs or need resource information? Go to [Health info - coping with cancer - practical support - financial assistance.](#)

Finding helpful resources:

- For handouts about dealing with emotions and learning coping strategies go to: [Health info - coping with cancer - emotional support.](#) Popular handouts include: “Self-help for Sleep Problems – Insomnia” and “Managing Stress”.
- Our most popular handout is for practical and financial issues. Patients can ask for a free copy of “Financial Information for Cancer Patients” or download a copy. We also have a handout for “Non-profit Financial Programs” and the “Resource Guide for Chinese Cancer Patients” at [Health info – coping with cancer – practical support.](#) Many more topics are available.
- If parents need help talking to children and teens about cancer in their family visit [Health Info - coping with cancer - talking to my family.](#) Find children’s workbooks and a link to the children’s website called “Cancer in my Family”. Family caregivers can also find resources for self-care.
- When teens need to explore the facts about cancer and what it means for home life, school and peers they can go to: [Health Info - coping with cancer - facts 4 teens.](#)
- Borrow a resource, find a topic list (Pathfinder) or go to a recommended website by visiting the BC Cancer library.

Support programs:

- [Patient and Family Counselling Services](#) are available for individuals and family groups. Counsellors also lead support groups and provide educational opportunities. Patients require an appointment; can self-refer or referred by a health care professional
- Look Good Feel Better (LGFB) cosmetic workshops are often held at a cancer centre and facilitated by trained volunteers. They are not a part of Psychosocial Oncology programming. Patients can call 1-800-914-5665 or go online <https://lgfb.ca/en/workshop/> to find a community workshop or register for a workshop.

Contact Patient & Family Counselling	Find Centre Support Program Calendars
Abbotsford 604-851-4733 or toll-free 1-877-547-3777	Abbotsford Cancer Support Programs
Prince George 250-645-7330 or toll-free 1-855-775-7300	Centre for the North Support Programs (Prince George)
Surrey 604-930-4000 x654000 or toll-free 1-800-523-2885	Fraser Valley Centre Support Programs (Surrey)
Kelowna 250-712-3963 or toll-free 1-888-563-7773	Southern Interior Centre Support Programs (Kelowna)
Vancouver 604-877-6000 x672194 or toll-free 1-800-663-3333	Vancouver Support Programs
Victoria 250-519-5525 or toll-free 1-800-670-3322	Vancouver Island Support Programs (Victoria)
Late Effects, Assessment and Follow-up Clinic (LEAF) 604-877-6770 or toll-free 1-844-677-6070	Specialized medical clinic offering services specific to childhood cancer survivors. Healthcare professionals can refer only. Call for more information about support programs offered

Audio streaming:

Individuals can listen to BC Cancer relaxation tracks using a mobile device or computer. “Mindfulness & Meditation” and “Relaxation & Guided Imagery” playlists are available on **Soundcloud** (download free app from App Store and search BC Cancer tracks). Or go directly to this [link](#). Streaming provides an excellent way to discover and practice relaxation techniques anywhere.