

Community Virtual Support

This resource list provides general information about cancer-related provincial and national support. It is not an endorsement for programs. Programs may have requirements or subject to availability. Please contact the provider to learn more. You can also search www.bc211.ca/, call Canadian Cancer Society Information Line (1-888-939-3333) or make an appointment to speak with a [Patient and Family Counsellor](#) at a cancer centre.

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

Most frequently accessed community programs

- Callanish Society - <https://www.callanish.org/full-calendar-view?view=calendar&month=07-2020> Meditation, Support Groups, Young Adults
- Cancer Chat Canada - <https://cancerchat.desouzainstitute.com/calendar> (text based, online programs) Groups for patient/family; fear of recurrence, sleep, caregiver, body image
- Cancer and Work - <https://www.cancerandwork.ca/>
- Canadian Cancer Society – <https://cancer.ca> and <https://cancerconnection.ca>
- Inspire Health - <https://www.inspirehealth.ca/> Exercise, dietitian, counsellor, support groups, patient education, caregiver support
- Look Good Feel Better – workshops for managing appearance changes - <https://lgfb.ca/en/workshop/>
- Wellspring - <https://wellspring.ca/online-programs/programs/all-programs>. Patient/family/caregiver support groups; brain fog, fatigue, survivorship, return to work
- Self-Management BC Programs – Cancer: Thrive and Survive <https://www.selfmanagementbc.ca/>. Send an email to selfmgmt@uvic.ca learn more about this program, it is not listed on the website.
- Wellwood - <https://www.wellwood.ca/calendar/> (Ontario programs available to BC residents; adjust time Kids programs, exercise, art, meditation/relaxation, lymphedema, chemo-fog, fear of recurrence).

Gender specific and/or LGBTQA2S

- Inspire Health. Men's Support Group (persons identifying as men) - <https://www.inspirehealth.ca/programs/classes/>
- Pain BC. Pain Support and Wellness Group: Men's Group - <https://www.painbc.ca/about/programs/pain-support-wellness-groups>
- Queering Cancer <https://queeringcancer.ca/>
- Wellspring. Gay Men's Cancer Support Group - <https://wellspring.ca/online-programs/programs/all-programs/gay-mens-cancer-support-group/>
- Wellspring. Men's Room Support Group - <https://wellspring.ca/online-programs/programs/all-programs/mens-room-support-group/>

Peer support

- Canadian Cancer Society. CancerConnection.ca - <https://cancerconnection.ca/home> (online forum with peers)
- Ostomy. Peer Support Groups <https://www.ostomycanada.ca/support/groups/#1585859405921-7e96164d-3756>
- Wellspring. Peer Support- <https://wellspring.ca/online-programs/programs/all-programs/peer-support/>

Survivorship

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

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

- Callanish Society - <https://www.callanish.org/younger-adults> for resource guide.
Online support group for young adults living with cancer (by donation) - <https://www.callanish.org/full-calendar-view/younger-adult-support-circle-online-5h6rx-n3ldx>
- Leukemia & Lymphoma Society of Canada. Online Chats: Young Adults with Leukemia, Lymphoma and Myeloma - <https://www.llscanada.org/support/online-chats>
- Rethink. Young Women’s Network Facebook group – <https://rethinkbreastcancer.com/rethink-young-womens-network/> (exclusive to young women)
- Young Adult Cancer Canada Web Chats - <https://youngadultcancer.ca/program/yacc-web-chats/>

Cancer type support

Anal

- Colontown. Private groups (neighbourhoods) under Outside the Realm – ‘Analwise’
<https://colontown.org/colontown-neighborhoods/>

Bladder

- Bladder Cancer Canada. Bladder Cancer Peer Support - <https://wellspring.ca/online-programs/programs/all-programs/bladder-cancer-peer-support/>
- Bladder Cancer Canada. Support Group - <https://bladdercancercanada.org/en/get-support/> (offering online support group meetings to anyone with bladder cancer living in BC)

Brain

- Brain Tumour Support Group - BC Cancer (max 30 registrants) call Patient & Family Counselling 1-800-663-3333, extension 672194.
- Brain Tumour Patients and Survivors. Virtual Support Group for Western Canada - <https://www.braintumour.ca/events/virtual-support-group-western-canada/>

Breast & Lymphedema

- Lymphedema Association <https://www.bclymph.org/>
- Wellspring. Breast Cancer Circle - <https://wellspring.ca/online-programs/programs/all-programs/breast-cancer-circle/> (women who are newly diagnosed or in treatment)
- Wellspring. Breast Cancer Support Group - <https://wellspring.ca/online-programs/programs/all-programs/breast-cancer-support-group/> (female breast cancer patients)

Colon

- Colontown. Private groups (neighbourhoods), includes interest areas and Canada “True North Crew” - <https://colontown.org/colontown-neighborhoods/>

Head and Neck

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

Kidney

- Kidney Foundation. Peer Support- <https://kidney.ca/Support/Peer-Support>

Leukemia

- Leukemia & Lymphoma Society of Canada. First Connection Program (Peer Support)- <https://www.lscanada.org/peer-support-program-connect-with-someone-who-has-been-there>
- Leukemia & Lymphoma Society of Canada. Online Chats: Living with Acute Leukemia - <https://www.lscanada.org/support/online-chats>
- Leukemia & Lymphoma Society of Canada. Online Chats: Living with CML - <https://www.lscanada.org/support/online-chats>

Lymphoma

- Leukemia & Lymphoma Society of Canada. Online Chats: Living with NHL- <https://www.lscanada.org/support/online-chats>
- Lymphoma Canada. Support Group - <https://wellspring.ca/online-programs/programs/all-programs/lymphoma-canada-support-group/>

Lung

- Lung Cancer Canada. Peer to Peer Navigators - <https://www.lungcancer canada.ca/Resources/Patient-Support-Groups.aspx>

Melanoma

- Melanoma Network of Canada. Virtual Support Group - <https://www.melanomanetwork.ca/supportgroups/>
- Save Your Skin Foundation. Melanoma Patient Support Group Chats - <https://saveyourskin.ca/patient-support-webinars/>

Advanced/Metastatic

- Advanced Cancer Support Group. Wellspring - <https://wellspring.ca/online-programs/programs/all-programs/living-without-limits-advanced-cancer-support-group/>
(Canada Wide)
- Metastatic Cancer Virtual Group. Call PFC to register 1-604-930-4000 (BC patients)

Myeloma

- Leukemia & Lymphoma Society of Canada. Online Chats: Living with Myeloma - <https://www.lscanada.org/support/online-chats>
- Myeloma Canada. Virtual Support Groups <https://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 (chat/dialogue/support) - <https://ovariancanada.org/Living-with-Ovarian-Cancer/Find-Local-Support-Groups>
- Wellspring. Ovarian Cancer Support Group - <https://wellspring.ca/online-programs/programs/all-programs/ovarian-cancer-support-group/>

Pancreas

- Pancreatic Cancer Canada. Peer Support - <https://pancreaticcancerCanada.ca/peer-support/>
- Pancreatic Cancer Peer Support. Wellspring - <https://wellspring.ca/online-programs/programs/all-programs/pancreatic-cancer-peer-support/>

Prostate

- BC Cancer Prostate Cancer Supportive Care Program, <https://pcscprogram.ca/>
- Prostate Cancer Foundation BC - <http://www.prostatecancerbc.ca/home/support-groups/>
- Prostate. TrueNth. Peer Navigation - <https://peernavigation.truenth.ca/start/pcc-i8/index.html>

Rectal

- Colontown. Private groups (neighbourhoods) including 'Rectalburgh' - <https://colontown.org/colontown-neighborhoods/>

Bereavement

- Bereavement Helpline - <https://www.bcbh.ca/>
- Victoria Hospice. Online Bereavement Support Group - <https://victoriahospice.org/how-we-can-help/bereavement-services/> (pre-group interview with a counsellor is required)
- Wellspring. Bereavement Support Group-Family - <https://wellspring.ca/online-programs/programs/all-programs/bereavement-support-group/>
- Wellspring. Bereavement Support Group-Spousal - <https://wellspring.ca/online-programs/programs/all-programs/bereavement-support-group-spousal/>

Caregivers

- Brain Tumour: Caregivers - <https://www.braintumour.ca/care-support/caregiver-corner/>
- Callanish Online Support Circle - <https://www.callanish.org/full-calendar-view/supporters-circle-btdzb-wther-pwgs2-l6e94-rwlwc-la8s7-km5nk-h3bdh-g65r8>
- Family Caregivers of BC. Caregiver: BC Men's Virtual Caregiver Support Group - <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>
- Family Caregivers of BC. Caregivers Connect: BC's Virtual Caregiver Support Group - <https://www.familycaregiversbc.ca/family-caregiver-support-groups/>
- Leukemia & Lymphoma Society of Canada. Online Chats: Caregivers- <https://www.llscanada.org/support/online-chats>
- Myeloma Canada. Virtual Support Groups for Caregivers- <https://www.myelomacanada.ca/en/find-support/virtual-support-groups>
- Wellspring. Caregivers Connect - <https://wellspring.ca/online-programs/programs/all-programs/caregivers-connect-support-and-relaxation/>

Parents

- Wellspring. Children and Parents Program (age 5-12)- <https://wellspring.ca/online-programs/programs/all-programs/childrens-program/>
- Wellspring. Parents Support Group - <https://wellspring.ca/online-programs/programs/all-programs/parents-support-group/>

Related resources for coping with cancer

- Anxiety BC. Mindshift Groups and Mindshift app - <https://www.anxietycanada.com/mindshift-groups/>
- BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. <https://bouncebackbc.ca>
- BC Cancer, Coping with Cancer <http://www.bccancer.bc.ca/health-info/coping-with-cancer>
- BC Cancer audio recordings for relaxation - <https://soundcloud.com/phsabc>
- BC Association of Living Mindfully. Art of Living Mindfully - <https://www.bcalm.ca/what-we-offer/art-of-living-mindfully/>(limited e-classes available)
- Pain BC. Pain Support and Wellness Group <https://www.painbc.ca/about/programs/pain-support-wellness-groups>
- Wellness Together – mental health and substance use support <https://ca.portal.gs> or call [1-866-585-0445](tel:1-866-585-0445) to speak with a Program Navigator.
- Womenmd – Integrated Lifestyle Medicine; Self-compassion, CBT for Insomnia, Mindfulness, Mindful Eating, MBSR - <https://www.womenmd.ca> (by physician referral)