

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Head &amp; Neck Support Group</b> 10:15am – 11:45am Call to register: 250.519.5525 <hr/> <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	<b>2</b> <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194 <hr/> <b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
<b>5</b> <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	<b>6</b> <b>Young Adults Group</b> 10:30 – 12pm  Register <a href="#">HERE</a>	<b>7</b> <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194 <hr/> <b>Relaxation Group</b> 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963 <hr/> <b>Brain Tumor Support Group</b> 9:30 – 11am Call to register: 604.877.6000 ext 672194	<b>8</b> <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	<b>9</b> <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194 <hr/> <b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
<b>12</b> <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	<b>13</b> <b>Mandarin Support Group</b> 1:30-3pm Register <a href="#">HERE</a>	<b>14</b> <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194 <hr/> <b>Relaxation Group</b> 10 – 11:30am	<b>15</b> <b>Cantonese Support Group</b> 1:30-3pm Register <a href="#">HERE</a> <hr/> <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	<b>16</b> <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194 <hr/> <b>Living with Metastatic Cancer</b> 10 – 11:30am

Monday	Tuesday	Wednesday	Thursday	Friday
		In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963		Call to register: 604.930.4000
19 <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	20	21 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194	22 <b>Affirmation Workshop</b> 2-4pm Surrey only Call to register: 604.930.4000	23 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194
		<b>Relaxation Group</b> 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963	<b>Return to Work Seminar</b> 9:30 – 11:30am Register <a href="#">HERE</a>	<b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
26 <b>Lung Cancer Support Group</b> 10-11:30am Call to register: 604.930.4000	27 <b>Art &amp; Music Studio Group</b> 10 – 12:00pm Register <a href="#">HERE</a>	28 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194	29	
		<b>Head and Neck Support Group</b> 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194		
		<b>Relaxation Group</b> 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963		



Community Support Programs & Information

<a href="#">Coping with Cancer</a> BC Cancer Website Info	<a href="#">Cancer Chat Canada</a> 1-844-725-2476	<a href="#">Look Good Feel Better Workshops</a> 1-800-914-5665	<a href="#">Inspire Health</a> 1-888 -734-7125	<a href="#">Canadian Cancer Society</a> 1-888-939-3333
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