

Monday	Tuesday	Wednesday	Thursday	Friday
Click <a href="#">HERE</a> for colour legend				<p><b>1</b></p> <p><b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p><b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000</p>
<p><b>4</b></p> <p><b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p><b>5</b></p> <p><b>Cantonese Support Group</b> 1:30-3pm Register <a href="#">HERE</a></p> <p><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</p>	<p><b>6</b></p> <p><b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>Create like the Masters</b> 10:30 – 12pm Register <a href="#">HERE</a></p> <p><b>Brain Tumor Support Group</b> 9:30 – 11am Call to register: 604.877.6000 ext 672194</p> <p><b>Mandarin Support Group</b> 1:30-3pm Register <a href="#">HERE</a></p>	<p><b>7</b></p> <p><b>Head &amp; Neck Support Group</b> 10:15am – 11:45am Call to register: 250.519.5525</p>	<p><b>8</b></p> <p><b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p><b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000</p>
<p><b>11</b></p> <p><b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p><b>12</b></p> <p><b>Young Adults Group</b> 10:30 – 12pm Register <a href="#">HERE</a></p>	<p><b>13</b></p> <p><b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<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>Create like the Masters</b> 10:30 – 12pm Register <a href="#">HERE</a>		<b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
18 <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	19 <b>Art &amp; Music Studio Group</b> 10 – 12:00pm Register <a href="#">HERE</a>	20 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194	21	22 <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>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
25 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194	26 <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	27 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194	28 <b>Affirmation Workshop</b> 2-4pm Surrey only Call to register: 604.930.4000	29 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194
<b>Lung Cancer Support Group</b> 10-11:30am Call to register: 604.930.4000		<b>Head and Neck Support Group</b> 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194		

## 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
--	--	--	---	---

## Colour legend

Groups on Supportive Care eBulletin	Highlighting colour
<b>Creative &amp; Experiential Groups:</b> <ul style="list-style-type: none"> <li>• Art Therapy</li> <li>• Relaxation &amp; Music Therapy</li> <li>• Young Adults Group</li> <li>• Spiritual Health</li> </ul>	
<b>Self-Management Resources:</b> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Memory Attention and Adaptation Training</li> <li>• Meditation &amp; Relaxation playlists</li> <li>• Exercise Information</li> <li>• Indigenous Cancer Journey Support</li> </ul>	
<b>Tumour-Based Support Groups:</b> <ul style="list-style-type: none"> <li>• Living with Metastatic Cancer</li> <li>• Head &amp; Neck Cancer Support Group</li> <li>• Brain Tumour Support Group</li> <li>• Lung Cancer Support Group</li> </ul>	
<b>Practical Support Groups:</b> <ul style="list-style-type: none"> <li>• Return to Work Seminar</li> <li>• Job Search Seminar</li> </ul>	
<b>In-Person Groups:</b> <ul style="list-style-type: none"> <li>• Relaxation Group – BC Cancer Kelowna</li> <li>• Affirmation Workshop – BC Cancer Surrey</li> </ul>	
<b>Group Programs for Chinese-Speaking Patients and Families</b> <ul style="list-style-type: none"> <li>• Mandarin Support Group</li> <li>• Cantonese Support Group</li> </ul>	