

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <b>Head &amp; Neck Support Group</b> 10:15am – 11:45am Call to register: 250.519.5525  <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	3 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194  <b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
6 <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	7	8 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am 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>Brain Tumor Support Group</b> 9:30 – 11am Call to register: 604.877.6000 ext 672194	9 <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	10 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194  <b>Living with Metastatic Cancer</b> 10 – 11:30am Call to register: 604.930.4000
13 <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194	14 <b>Mandarin Support Group</b> 1:30-3pm Register <a href="#">HERE</a>  <b>Young Adults Group</b> 10:30 – 12pm Register <a href="#">HERE</a>	15 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194  <b>Relaxation Group</b> 10 – 11:30am	16 <b>Cantonese Support Group</b> 1:30-3pm Register <a href="#">HERE</a>  <b>Return to work Seminar</b> 9:30 – 11:30am (zoom) Register <a href="#">HERE</a>	17 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194  <b>Living with Metastatic Cancer</b> 10 – 11:30am

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p> <hr/> <p><b>Family Art Workshop</b> 3:30 – 5pm In-person, BC Cancer – Vancouver Centre Register <a href="#">HERE</a></p> <hr/> <p><b>Art &amp; Music Studio Group</b> 1-3:00pm Register <a href="#">HERE</a></p> <hr/> <p><b>Eating Well On Your Cancer Journey</b> 1:30 – 2:30pm Register <a href="#">HERE</a></p>		<p>Call to register: 604.930.4000</p>
<p>20 <b>Relaxation and Music Therapy Group</b> 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>21</p>	<p>22 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <hr/> <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> <hr/> <p><b>Nature &amp; Art</b> 10:30 - noon Register <a href="#">HERE</a></p>	<p>23 <b>Affirmation Workshop</b> 2-4pm Surrey only Call to register: 604.930.4000</p> <hr/> <p><b>Return to Work Seminar</b> 9:30 – 11:30am Register <a href="#">HERE</a></p>	<p>24 <b>Relaxation and Music Therapy Group</b> 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <hr/> <p><b>Living with Metastatic Cancer</b> 10 –11:30am Call to register: 604.930.4000</p>
<p>27 <b>Lung Cancer Support Group</b> 10-11:30am Call to register:</p>	<p>28 <b>Art &amp; Music Studio Group</b> 10 – 12:00pm Register <a href="#">HERE</a></p>	<p>29 <b>Relaxation and Music Therapy Group</b> 10:30 – 11:30am</p>	<p>30</p>	<p>31</p>

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604.930.4000	<p><b>Family Art Workshop</b> 3:30 – 5pm In-person, BC Cancer – Vancouver Centre Register <a href="#">HERE</a></p>	<p>Call to register: 604.877.6000 ext 672194</p> <hr/> <p><b>Head and Neck Support Group</b> 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194</p> <hr/> <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> <hr/> <p><b>Nature &amp; Art</b> 10:30 - noon Register <a href="#">HERE</a></p>		

**Community Support Programs & Information**

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