

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to bccancer.bc.ca/library to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

Books

Title	Library Call Number
100 questions & answers about life after cancer : a survivor's guide	QZ201 T648 2008
After cancer care	QZ266 L555 2015
After you ring the bell : 10 challenges for the cancer survivor	QZ200 K19a 2012
Cancer and returning to work	QZ200 P248 2014
Cancer survivor's handbook	QZ200 P949 2009
Childhood cancer survivors : a practical guide to your future	QZ200 K26c 2012
Living with the long-term effects of cancer	QZ201 B724 2020
Our dad is getting better	QZ201 C5 S586d 2007
Our mom is getting better	QZ201 C5 S586d 2007
Picking up the pieces : moving forward after surviving cancer	QZ201 M191 2006
Surviving after cancer : living the new normal	QZ200 K19s 2011

eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

After cancer treatment : heal faster, better, stronger
tinyurl.com/aftercancertreatment

After you ring the bell : 10 challenges for the cancer survivor

tinyurl.com/afteryouring

Picking up the pieces : moving forward after surviving cancer

tinyurl.com/pickinguppieces

Older survivors of cancer : feeling understood by shared experiences

tinyurl.com/2zkshnbf

Surviving after cancer : living the new normal

tinyurl.com/survivingafter

Videos

Advice for patients discharged from BC Cancer

tinyurl.com/ybpfeyc6

Pamphlets

BC Cancer emotional support resources

bccancer.bc.ca/health-info/coping-with-cancer/emotional-support

See pamphlets in Helpful Handouts tab.

After breast cancer treatment : what next? (Alliance for Breast Cancer Information & Support, BC & Yukon)

bccancer.bc.ca/patient-and-public-info-site/Documents/AllianceAfterTreatment2013_reformattedFinalInt.pdf

Cancer and Returning to Work (BC Cancer)

BC Cancer patients can request a free copy by going to BC Cancer Contact page and completing the web query request form.

Follow-up program after breast cancer treatments (BC Cancer)

bccancer.bc.ca/survivorship-site/Documents/Follow-up-after-breast-cancer-treatment.pdf

Follow-up program after colorectal cancer treatments (BC Cancer)

bccancer.bc.ca/family-oncology-network-site/Documents/2015_Follow-up%20prog%20after%20colorect%20ca%20tx_web%202015.pdf

Facing forward : life after cancer treatment (National Cancer Institute)

cancer.gov/publications/patient-education/facing-forward

Facing Forward : when someone you love has completed treatment (National Cancer Institute)

[cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment](https://www.cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment)

Life after cancer treatment (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Life%20after%20cancer%20treatment/32060-1-NO.pdf](https://www.cancer.ca/~media/cancer.ca/CW/publications/Life%20after%20cancer%20treatment/32060-1-NO.pdf)

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about follow-up and life after cancer. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library

BC Cancer: bccancer.bc.ca/lifeaftercancer

BC Cancer Survivorship Websites: bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/survivorship-websites

Cancer and Work: cancerandwork.ca

Provides resources from across Canada to survivors with practical, up-to-date information on returning to work, including support offered by provinces and territories.

National Cancer Institute: [cancer.gov/about-cancer/coping/survivorship](https://www.cancer.gov/about-cancer/coping/survivorship)

This website includes information about adjusting to a new normal, follow-up medical care, physical changes, and family issues. There is also a link to Moving Beyond Breast Cancer videos.

Springboard Beyond Cancer: survivorship.cancer.gov

Provides information about coping with cancer symptoms, stress and mood, and about health topics such as nutrition, exercise, and quitting smoking.

Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

bccancer.bc.ca/supportprograms

BC Cancer Patient & Family Counselling: bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

Cancer Chat Canada: cancerchat.desouzainstitute.com

An online support group for people with cancer. Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society): cancerconnection.ca

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

Cancer: Thriving and Surviving: www.selfmanagementbc.ca/cancerthrivingsurvivingprogram

Free six-week workshop that helps people who are cancer survivors to better manage their health and daily lives. Call 1.866.902.3767 for information.

Cancer Survivors Network: csn.cancer.org

This website allows survivors to connect with each other by joining their free online network.

Wellspring Living Beyond Cancer Support Group: wellspring.ca/online-programs/programs/all-programs/living-beyond-cancer-support-group

Virtual support group. Via Zoom.

BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

Abbotsford

604.851.4710 x 646825
1.877.547.3777 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Prince George

1.888.675.8001 x 8001 (toll free)

Victoria

250.519.5517
1.800.670.3322 (toll free)