

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 caring for family or friends with cancer	QZ201 R797 2010
American Cancer Society complete guide to family caregiving	QZ201 S259 2013
And in health: a guide for couples facing cancer together	QZ201S529 2013
Art of conversation through serious illness	BF789 D4 M377 2010
Be the noodle	BF789 D4 K29 2010
Brain tumour caregiver handbook	WL358 B814 2019
Caregiver's guide	WB310 C271 2014
How to help your friend with cancer	QZ201 F965 2015
How to help someone with cancer	QZ201 B467 2016
In the shadows: how to help your seriously ill adult child	QZ201 B365 2013
Loving, supporting, and caring for the cancer patient	QZ201 G618 2016
Passages in caregiving	WT500 S541 2011
Prostate cancer and the man you love	WJ752 K19p 2012
Stand by her: a breast cancer guide for men	WP870 A547 2010

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.

100 questions & answers about caring for family or friends with cancer

tinyurl.com/100caring

American Cancer Society complete guide to family caregiving

tinyurl.com/acsccomplete

Cancer caregiving A-Z

tinyurl.com/cancercaregiving

Caregiver's guide<https://www.cancer.org/treatment/caregivers/caregiver-support-videos.html>

www.stlazarus.ca/acaregiversguide

Videos

Caregiver decision guide

caregiverdecisionguide.ca

Caregiver support video series (American Cancer Society)

cancer.org/treatment/caregivers/caregiver-support-videos.html

Newsletters

Caregiver connection (Family Caregivers of British Columbia)

<https://www.familycaregiversbc.ca/caregiver-connection/>

Pamphlets

Information for cancer patients' caregivers (BC Cancer)

bccancer.bc.ca/coping-and-support-site/Documents/Info%20for%20cancer%20patient's%20caregivers.pdf

Listen first and 9 other way to support someone with cancer (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Listen%20First/32100-1-NO.pdf

When someone you love has advanced cancer (National Cancer Institute)

cancer.gov/publications/patient-education/when-someone-you-love-has-advanced-cancer

When someone you love has completed cancer treatment (National Cancer Institute)

cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment.pdf

My partner has breast cancer: how can I help? (BC/Yukon Women's Cancer Alliance)

[bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/Partner has cancer 2012.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/Partner%20has%20cancer%202012.pdf)

Recommended Websites

These websites have been reviewed and approved by the BC Cancer Librarians. They have information for people who are caring for and supporting someone with cancer. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library.

BC Cancer: bccancer.bc.ca/health-info/coping-with-cancer/talking-to-my-family/family-caregivers

BC Cancer Caregivers websites: bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/caregivers-websites

American Cancer Society: cancer.org/treatment/caregivers.html

Canadian Cancer Society: cancer.ca/en/cancer-information/living-with-cancer/caregiving/?region=bc#

Cancer.Net: cancer.net/coping-with-cancer/caring-loved-one

Family Caregivers of BC: familycaregiversbc.ca

National Cancer Institute: cancer.gov/about-cancer/coping/caregiver-support

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.

Callanish Online Support Circle: callanish.org/full-calendar-view/supporters-circle-btdzb-wther-pwgs2-l6e94-rwlwc-la8s7-km5nk-h3bdh-g65r8

Online support group is for those who are the primary support person for individuals living with cancer

Family Caregiver Support Groups and Support Line: www.familycaregiversbc.ca

Offer virtual caregiver support groups and a caregiver support line.

Wellspring Caregivers Connect: wellspring.ca/online-programs/programs/all-programs/caregivers-connect-support-and-relaxation

Virtual caregivers support group and relaxation program.

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)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)