

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 for Parents and Other Adults

Title	Library Call Number
Can I still kiss you? : answering your children's questions about cancer	QZ201 R965 2001
Cancer in our family : helping children cope with a parent's illness	QZ201 H468 2013
How do we tell the children?	BF575 531h 2001
How to help children through a parent's serious illness	BF575 M133 2011
What about my kids? : a guide for parents living with breast cancer	WP870 C826 2006
When a parent is sick : helping parents explain serious illness to children	BF575 H218 2001

Books for Teens

Title	Library Call Number
Cancer information for teens	QZ201 C215c 2010
My parent has cancer and it really sucks	QZ201 C5 S587 2013
Skin deep	QZ201 C5 D563 2010

Books for Children

Title	Library Call Number
Ani's light	QZ201 C5 S617 2020
Butterfly kisses and wishes on wings	QZ201 M176b 2006
Cancer hates kisses	QZ201 C5 S633 2017

Checklist for dad	QZ200 C5 L331 2020
Grandma Kathy has cancer	QZ201 C5 B924 2007
I have a question about cancer: clear answers for all kids, including children with Autism spectrum disorder or other special needs	QZ201 C5 G142 2019
Long live the queen	QZ201 C5 S132 2018
Metu and Lee learn about breast cancer	QZ201 C5 S121 2006
Mom has cancer	QZ201 C5 M822 2008
Mommy's cancer	QZ201 C5 M612 2010
Mr. C the globetrotter	QZ201 C5 G7851 2013
Mummy had an owie	QZ201 C5 M643 2008
Nowhere hair	QZ201 C5 G542 2010
Our dad is getting better	QZ201 C5 S586d 2007
Punk wig	QZ201 C5 R559 2008
When mommy had a mastectomy	WP870 C5 G812 2005
When someone you love has cancer	QZ201 L673 2005
Where's mom's hair?	QZ201 C5 W346 2005
You are the best medicine	QZ201 C5 C592 2010
You are not alone	QZ201 C5 G785 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.

Cancer in our family : helping children cope with a parent's illness

tinyurl.com/cancerfamily

Kid's guide to mommy's breast cancer

issuu.com/rethinkbreastcancer/docs/thekidsguide

Nana, what's cancer?

tinyurl.com/nanawhat

Our mom is getting better

tinyurl.com/ourmomisgetting

Reaching out to your children when cancer comes to your family

cancerinmyfamily.ca/Parent'sGuideMar18proof.pdf

Talking to kids about metastatic breast cancer

issuu.com/rethinkbreastcancer/docs/mbc_booklet_final

Talking to your kids about breast cancer

issuu.com/rethinkbreastcancer/docs/talkingtoyourkids

Activity Books

My adventures with fox and owl (ages 5-9)

bccancer.bc.ca/health-info/coping-with-cancer/talking-to-my-family

Expand Publications tab to download excerpts.

Scribble & paste (ages 10 and up)

bccancer.bc.ca/health-info/coping-with-cancer/talking-to-my-family

Expand Publications tab to download full copy.

Pamphlets

BC Cancer family support handouts

bccancer.bc.ca/health-info/coping-with-cancer/talking-to-my-family

Helpful handouts include:

Getting through : a guide for middle-school and high-school students when cancer affects the family

Talking with your children about a cancer diagnosis

Talking with your teen about a cancer diagnosis

When you brother or sister has cancer : a guide for teens (National Cancer Institute)

cancer.gov/publications/patient-education/sibling-has-cancer

When your parent has cancer : a guide for teens (National Cancer Institute)

cancer.gov/publications/patient-education/when-your-parent-has-cancer.pdf

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about helping children cope with cancer in the family. For a complete list of websites recommended by the BC Cancer librarians, go to www.bccancer.bc.ca/library.

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

Information about talking with your children and teens and common questions they ask.

Facts4Teens: facts4teens.bccancer.bc.ca

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

RipRap : when a parent has cancer: riprap.org.uk

This website can help young people (ages 11-15) cope when a parent has cancer. There are stories from young people who have experienced having a parent with cancer and there is information and tips to help with understanding along the way.

Start the talk: startthetalk.ca

A guide to supporting children and teens when a family member has cancer for educators, healthcare professionals and patients.

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.

Wellspring. Children and Parents Program: wellspring.ca/online-programs/programs/all-programs/childrens-program

Virtual support program for families in which the parent has been diagnosed with cancer and the children are between the ages of 5 and 12. Offered via Zoom.

Wellspring. Parents Support Group: wellspring.ca/online-programs/programs/all-programs/parents-support-group

Virtual program to support parents with dependent children in high school or younger. Offered 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)