

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
22 ideas : coping with cancer	QZ201 E61 2012
Coping with cancer	QZ200 D295 2009
Coping with the emotional impact of cancer	QZ201 F518c 2009
Facing cancer	QZ201 F141s 2004
Finding your way through cancer	QZ266 F141s 2004
Hoping, coping, and moping	WM172 J58h 2000
Human side of cancer	QZ200 H735 2000

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.

Being single with cancer : a solo survivor's guide to life, love, health, and happiness

tinyurl.com/y8qxzfyg

DVDs

Title	Library Call Number
The truth of it A group of Canadians diagnosed with cancer share their stories	QZ201 T875c 2010

Pamphlets

BC Cancer emotional support handouts

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

See “Helpful Handouts” tab for handouts on a variety of topics, including anxiety, deep breathing exercises, expressing anger and managing stress.

Coping when you have cancer (Canadian Cancer Society)

cancer.ca/~media/cancer.ca/CW/publications/Coping%20when%20you%20have%20cancer/32127-1-NO.pdf

Emotional facts of life with cancer (Canadian Association of Psychosocial Oncology)

capo.ca/The-Emotional-Facts-of-Life-with-Cancer

Newsletters

BC Cancer Supportive Care ebulletin

bccancer.bc.ca/our-services/services/supportive-care#Ebulletins

Supportive Care ebulletins highlight support groups and educational sessions available to patients and their family members. You can sign up and receive monthly bulletins directly to your email address.

Recommended Websites

These websites have been reviewed and approved by the BC Cancer Librarians. They have information for people who are coping 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/emotional-support

American Cancer Society: cancer.org/treatment/survivorship-during-and-after-treatment/coping.html

Canadian Cancer Society: cancer.ca/en/cancer-information/living-with-cancer/adjusting-to-cancer

Cancer Support Community: cancersupportcommunity.org

Cancer.Net: cancer.net/coping-with-cancer

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.

Inspire Health: inspirehealth.ca

Free online programs offered via Zoom.

Wellspring: wellspring.ca/online-programs/programs/all-programs

Free virtual support programs and classes. Most are 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)