

## BC Cancer Library and Cancer Information Centre Resources

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

### Books for People with Cancer

Title	Library Call Number
Handbook for mortals : guidance for people facing serious illness	WB310 L989h 2011
Lap of honour : a no fear guide to living well with dying	BF789 D4 E35 2019
Leaves falling gently : living fully with serious and life-limiting illness through mindfulness, compassion, and connectedness	WB310 B344 2011
Radical acts of love : how we find hope at the end of life	BF789 D4 B877 2020
Talking about death won't kill you	BF789 D4 K85 2018
What dying people want	BF789 D4 K96 2002

### Books for Family, Friends and Caregivers

Title	Library Call Number
Art of conversation through serious illness	BF789 D4 M377 2010
Be the noodle : fifty ways to be a compassionate, courageous, crazy-good caregiver	BF789 D4 K29 2010
Caregiver's guide	WB310 C271 2014
D-word : talking about dying : a guide for relatives, friends and carers	BF789 D4 B827 2010
End-of-life handbook	WB310 F312f 2007
Few months to live : different paths to life's end	BF789 S797 2001
Final gifts	BF789 C156 1992

<b>Final journeys</b>	WB310 C156 2008
<b>Graceful endings</b>	BF575 G7 K11 2012
<b>I don't know what to say</b>	F789 B925 2005
<b>Life lessons</b>	BF789 D4 K82I 2000
<b>No one has to die alone</b>	BF789 D4 L439 2012
<b>Saying goodbye to someone you love</b>	BF575 G7 D773 2010
<b>Talking about death won't kill you</b>	BF789 D4 K85 2018

## 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.

**Handbook for mortals : guidance for people facing serious illness**

[growthhouse.org/mortals/mor0.html](http://growthhouse.org/mortals/mor0.html)

**Caregiver's guide**

[stlazarus.ca/acaregiversguide](http://stlazarus.ca/acaregiversguide)

## Audio CDs

**Title**

**Library Call Number**

**Meditation for peaceful dying: for end-of-life patients, their family and friends**

QZ266 N1952 2001

## Pamphlets

**Advanced cancer** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Advanced%20cancer/32043-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Advanced%20cancer/32043-1-NO.pdf)

**After a death : what to do when someone dies**

[gov.bc.ca/gov/content/life-events/death/after-death](http://gov.bc.ca/gov/content/life-events/death/after-death)

**Information for families when end of life is near** (First Nations Health Authority)

[fnha.ca/WellnessSite/WellnessDocuments/FNHA-End-of-Life-Brochure.pdf#search=hospice](http://fnha.ca/WellnessSite/WellnessDocuments/FNHA-End-of-Life-Brochure.pdf#search=hospice)

**Practical and financial support for people with advanced cancer** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/PracticalFinancial\\_AdvancedCancer\\_FactSheet.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/PracticalFinancial_AdvancedCancer_FactSheet.pdf)

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

[cancer.gov/publications/patient-education/when-someone-you-love-has-advanced-cancer](https://cancer.gov/publications/patient-education/when-someone-you-love-has-advanced-cancer)

**When life is nearing its end** (BC Cancer)

[bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/when-life-is-nearing-its-end](https://bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/when-life-is-nearing-its-end)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer Librarians. They have information about coping with death and dying for people with cancer and their friends, family and caregivers. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](https://bccancer.bc.ca/library).

**BC Cancer Advance Care Planning:** [bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning](https://bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning)

**BC Cancer Loss and Grief:** [bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/loss-and-grief](https://bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/loss-and-grief)

**BC Cancer Medical Assistance in Dying (MAiD):** [bccancer.bc.ca/health-info/coping-with-cancer/medical-assistance-in-dying](https://bccancer.bc.ca/health-info/coping-with-cancer/medical-assistance-in-dying)

**BC Cancer Palliative Care / Hospice Websites:** [bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/palliative-care-hospice-websites](https://bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/palliative-care-hospice-websites)

**American Cancer Society:** [cancer.org/treatment/end-of-life-care.html](https://cancer.org/treatment/end-of-life-care.html)

**BC Government Advance Care Planning:** [gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning](https://gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning)

**Canadian Hospice Palliative Care Association:** [chpca.ca](https://chpca.ca)

**Canadian Virtual Hospice:** [virtualhospice.ca](https://virtualhospice.ca)

**Cancer.Net:** [cancer.net/navigating-cancer-care/advanced-cancer](https://cancer.net/navigating-cancer-care/advanced-cancer)

**Caring Info:** [nhpco.org/patients-and-caregivers](https://nhpco.org/patients-and-caregivers)

**National Cancer Institute:** [cancer.gov/about-cancer/advanced-cancer](https://cancer.gov/about-cancer/advanced-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](https://bccancer.bc.ca/supportprograms)

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

**BC Health Authorities Hospice and Palliative Care Services:**

**Fraser Health:** [fraserhealth.ca/health-topics-a-to-z/end-of-life-care/hospice-palliative-care#.YAnK1](http://fraserhealth.ca/health-topics-a-to-z/end-of-life-care/hospice-palliative-care#.YAnK1)

**Interior Health:** [interiorhealth.ca/yourcare/palliativecare/Pages/default.aspx](http://interiorhealth.ca/yourcare/palliativecare/Pages/default.aspx)

**Island Health:** [islandhealth.ca/our-services/end-of-life-hospice-palliative-services](http://islandhealth.ca/our-services/end-of-life-hospice-palliative-services)

**Northern Health:** [northernhealth.ca/services/end-life-care-palliative-care](http://northernhealth.ca/services/end-life-care-palliative-care)

**Vancouver Coastal Health:** [vch.ca/your-care/home-community-care/care-options/hospice-palliative-care](http://vch.ca/your-care/home-community-care/care-options/hospice-palliative-care)

## 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)