

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://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
Goodnight mind	WM188 C288 2012
Insomnia workbook	WM188 S582 2008
Quiet your mind & get to sleep	WM188 C289 2009
Sink into sleep	WM188 D252 2013
Sleep solution	WM188 W784 2017

### 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.

#### 50 things you can do today to manage insomnia

[tinyurl.com/50insomnia](http://tinyurl.com/50insomnia)

#### Let's talk about sleep

[tinyurl.com/2mt459vg](http://tinyurl.com/2mt459vg)

#### Sleep soundly every night, feel fantastic every day

[tinyurl.com/sleepsoundl](http://tinyurl.com/sleepsoundl)

### Audio CDs

Title	Library Call Number
Deep, healing sleep	QZ266 H7981d 2006
Deep sleep	QZ266 L322 2005

Easing into sleep	QZ266 M628e 2005
Heart of the rose and sleep tape	QZ266 S646h 2001
Healthy sleep	QZ266 W422h 2007
Sleep soundly	QZ266 H195s 2014

## Pamphlets

**Exercise : maximizing energy & reducing fatigue** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/BCCancer\\_Exercise\\_MaximizingEnergyReducingFatigue.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/BCCancer_Exercise_MaximizingEnergyReducingFatigue.pdf)

**Managing fatigue/tiredness** (BC Cancer)

[bccancer.bc.ca/managing-symptoms-site/Documents/Fatigue.pdf](http://bccancer.bc.ca/managing-symptoms-site/Documents/Fatigue.pdf)

**Self-help for sleep problems (insomnia)** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Self-help%20for%20sleep%20problems%20\(insomnia\).pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Self-help%20for%20sleep%20problems%20(insomnia).pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about managing symptoms and side effects from cancer and cancer treatment. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer Fatigue:** [bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/fatigue-\(tiredness\)](http://bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/fatigue-(tiredness))

**BC Cancer Sleeping Problems:** [bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/sleeping-problems](http://bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/sleeping-problems)

**American Cancer Society:** [cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue.html](http://cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue.html)

**Anxiety Canada:** [anxietycanada.com](http://anxietycanada.com)

Search for “sleep.”

**Kelty’s Key:** [keltyskey.com](http://keltyskey.com)

A free online cognitive behavioral therapy service that offers resources for insomnia.

**Sunnybrook Health Sciences Centre:** [health.sunnybrook.ca/cancer-fatigue-content](http://health.sunnybrook.ca/cancer-fatigue-content)

## 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](http://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 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)