

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
Catching your breath in grief	BF575 G7 A885 2012
Don't take my grief away from me	BF575 M283 2003
Graceful endings : navigating the journey of loss and grief	BF575 G7 K11 2012
Grief works : stories of life, death and surviving	BF575 G7 S193 2018
It's ok that you're not ok : meeting grief and loss in a culture that doesn't understand	BF575 G7 D495 2017
Life goes on : losing, letting go and living again	BF789 B763 2002
Mourner's dancer	BF575 G7 A824 2009
On grief and grieving	BF575 G7 K82 2005
Opening to grief : finding your way from loss to peace	BF575 G7 W734 2020
Saying goodbye to someone you love	BF575 G7 D773 2010
Understanding your grief	BF575 W853u 2003
When your soulmate dies	BF575 G7 W855 2016

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.

Saying goodbye to someone you love : your emotional journey through end of life and grief

tinyurl.com/goodbyetosomeone

DVDs

Title	Library Call Number
Indigenous voices : stories of serious illness and grief	BF575 G7 D495 2017

Audio CDs

Title	Library Call Number
Living with grief : after sudden loss	BF575 L785d 2004
Working through your grief	BF575 W926d 2004

Pamphlets

Coping with loss and grief (BC Cancer)

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

See "Helpful handouts."

Recommended Websites

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

American Cancer Society: cancer.org/treatment/end-of-life-care/grief-and-loss.html

MedlinePlus: medlineplus.gov/bereavement.html

MyGrief.ca: mygrief.ca

MyGrief.ca can help you understand grief and work through some of the difficult issues you may be facing. There are nine sections to choose from; each includes text and video clips. You may wish to review certain topics only or you may prefer to work through the entire content section by section. MyGrief.ca is free to Canadian users. If you are not in Canada, there is a fee of \$25 USD.

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.

BC Bereavement Helpline: bcbh.ca

Connects you to grief support services within the province of B.C. and provides resources to help you cope with grief. Call toll-free 1-877-779-2223.

Compassionate Friends of Canada: tfcCanada.net

Offers support in the grief and trauma which follows the death of a child, no matter the age or cause. See website for chapters in B.C.

Living Through Loss Counseling Society of BC: livingthroughloss.ca

Offers fee-based grief counselling.

Lower Mainland Grief Recovery Society: www.lmgr.ca

Offers fee-based programs to people in the lower mainland.

Victoria Hospice Bereavement Services: victoriahospice.org

Individual counselling sessions over the phone and through Zoom. Call 250-519-3040 for details and support.

Wellspring Bereavement Support Group - Family: wellspring.ca/online-programs/programs/all-programs/bereavement-support-group

Virtual support group for bereaved family members via Zoom.

Wellspring Bereavement Support Group - Spousal: wellspring.ca/online-programs/programs/all-programs/bereavement-support-group-spousal

Virtual support group for bereaved spouses 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)