

## 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
Cancer in the family	QZ210 R826 2016
Confronting hereditary breast and ovarian cancer	WP870 F911 2012
Positive results	WP870 M875 2010
Previvors: facing the breast cancer gene	WP870 P839 2010

### Pamphlets

**Does cancer run in my family?** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Hereditary%20Cancer%20Program/HCP\\_BrochurePromo-DoesCancerRunInMyFamilyBrochureEnglish.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Hereditary%20Cancer%20Program/HCP_BrochurePromo-DoesCancerRunInMyFamilyBrochureEnglish.pdf)

### Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about hereditary cancer. 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 Hereditary Cancer Program:** [bccancer.bc.ca/our-services/services/hereditary-cancer](http://bccancer.bc.ca/our-services/services/hereditary-cancer)

This website provides information about the hereditary cancer program in BC, including what hereditary cancer is, facts and myths about hereditary cancer, and how referrals to the program can be made.

**American Cancer Society:** [cancer.org/cancer/cancer-causes/genetics.html](http://cancer.org/cancer/cancer-causes/genetics.html)

**Canadian Cancer Society:** [cancer.ca/en/cancer-information/cancer-101/what-is-cancer/genes-and-cancer/?region=bc](http://cancer.ca/en/cancer-information/cancer-101/what-is-cancer/genes-and-cancer/?region=bc)

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

**FORCE: Facing Our Risk of Cancer Empowered:** [facingourrisk.org](https://facingourrisk.org)

Information and support for people at risk or facing a diagnosis of breast or ovarian cancer. There are support forums, webinars and a toll-free helpline available.

**Hereditary Breast and Ovarian Cancer Society:** [hbocsociety.org](https://hbocsociety.org)

Information about hereditary breast and ovarian cancer syndrome and cancer symptoms and detection. Includes links to other websites, clinics and research facilities, social media, online tools.

**Familial Gastrointestinal Cancer Registry:** [zanecohencentre.com/fgicr](https://zanecohencentre.com/fgicr)

Information about programs dedicated to the specialty care of families affected with rare forms of inherited colorectal cancer.

**Lynch Syndrome International:** [lynchcancers.com](https://lynchcancers.com)

This website deals specifically with Lynch Syndrome, a hereditary disorder in which affected individuals have a higher than normal chance of developing colorectal cancer, endometrial cancer, and various other types of cancers.

## Support Programs

This is a list of support programs offered by 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](https://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](https://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](https://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)