

## 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
American Cancer Society's complete guide to family caregiving	QZ201 A512b 2011
Caregiver's guide	WB310 C271 2014
End-of-life handbook	WB310 F312f 2007

### 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.

American Cancer Society complete guide to family caregiving

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

Cancer caregiving A-Z

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

Caregiver's guide

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

### Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about home care. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

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

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

This site explores some of the common emotions that patients and families experience during illness and provides access to discussion boards on a range of topics.

**CaringInfo:** [nhpco.org/patients-and-caregivers](http://nhpco.org/patients-and-caregivers)

This site has information on living with pain, how to care for someone who is living with pain, and information on care planning.

## 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.

### BC health Authorities Home and Community Care Services

**Fraser Health:** [fraserhealth.ca/health-topics-a-to-z/home-and-community-care](http://fraserhealth.ca/health-topics-a-to-z/home-and-community-care)

**Interior Health:** [interiorhealth.ca/YourCare/HomeCommunityCare](http://interiorhealth.ca/YourCare/HomeCommunityCare)

**Island Health:** [islandhealth.ca/our-services/home-care-services](http://islandhealth.ca/our-services/home-care-services)

**Northern Health:** [northernhealth.ca/services/home-community-care](http://northernhealth.ca/services/home-community-care)

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