



Provincial Health Services Authority

# Coping with a Recent Diagnosis Pathfinder

A Guide to Finding Library Resources and Support Services

## 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
Breast cancer survival manual	WP870 L756 2017
Cancer : what you need to know : overcome the 10 common mistakes patients make	QZ201 R813 2017
Cancer is a word, not a sentence	QZ201 B925c 2006
Coping with the emotional impact of cancer	QZ201 F518c 2009
Healing your grieving heart after a cancer diagnosis : 100 practical ideas for coping, surviving, and thriving	QZ201 W855 2014
Learn to live through cancer	QZ201 F596 2011
Surviving the cancer system	QZ201 F413 2009
When its cancer : the 10 essential steps to follow after your diagnosis	QZ201 B524 2006

### eBooks

**Breast cancer companion : a guide for the newly diagnosed**

[tinyurl.com/3kz6mpb9](http://tinyurl.com/3kz6mpb9)

**Everything you need to know about cancer in a language you can understand**

[tinyurl.com/1i35nqs5](http://tinyurl.com/1i35nqs5)

**Overcome the challenges of cancer care : how to avoid pitfalls on the path to healing**

[tinyurl.com/huh7m7gk](http://tinyurl.com/huh7m7gk)

## Videos

**Advice for rural cancer patients** (BC Cancer)

[tinyurl.com/y765y4dg](https://tinyurl.com/y765y4dg)

**Truth of it : patients and caregivers talk about their experiences with cancer**

[partnershipagainstcancer.ca/topics/truth-of-it-video-series](https://partnershipagainstcancer.ca/topics/truth-of-it-video-series)

## Pamphlets

**After diagnosis : a guide for patients and families** (American Cancer Society)

[cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/after-diagnosis-a-guide-for-patients-and-families.pdf](https://cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/after-diagnosis-a-guide-for-patients-and-families.pdf)

**BC Cancer emotional support handouts**

[bccancer.bc.ca/health-info/coping-with-cancer/emotional-support](https://bccancer.bc.ca/health-info/coping-with-cancer/emotional-support)

See “Helpful Handouts” for handouts on a variety of topics, including anxiety, deep breathing exercises, expressing anger and managing stress.

**Coping when you have cancer** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Coping%20when%20you%20have%20cancer/32127-1-NO.pdf](https://cancer.ca/~media/cancer.ca/CW/publications/Coping%20when%20you%20have%20cancer/32127-1-NO.pdf)

**Emotional facts of life with cancer** (Canadian Association of Psychosocial Oncology)

[capo.ca/The-Emotional-Facts-of-Life-with-Cancer](https://capo.ca/The-Emotional-Facts-of-Life-with-Cancer)

**Questions to ask when you have cancer** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Questions%20to%20ask/32099-1-NO.pdf](https://cancer.ca/~media/cancer.ca/CW/publications/Questions%20to%20ask/32099-1-NO.pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer Librarians. They have information for people who are coping with cancer. 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 Patient Guide:** [bccancer.bc.ca/our-services/patient-guide](https://bccancer.bc.ca/our-services/patient-guide)

**American Cancer Society:** [cancer.org/treatment/understanding-your-diagnosis.html](https://cancer.org/treatment/understanding-your-diagnosis.html)

**Canadian Cancer Society:** [cancer.ca/en/cancer-information/living-with-cancer/newly-diagnosed](https://cancer.ca/en/cancer-information/living-with-cancer/newly-diagnosed)

**National Cancer Institute:** [cancer.gov/about-cancer/coping/adjusting-to-cancer](https://cancer.gov/about-cancer/coping/adjusting-to-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](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.

**Inspire Health:** [inspirehealth.ca](http://inspirehealth.ca)

Free online programs offered via Zoom.

**Wellspring:** [wellspring.ca/online-programs/programs/all-programs](http://wellspring.ca/online-programs/programs/all-programs)

Free virtual support programs and classes. Most are offered 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)