

BCCA Psychosocial Oncology Programs, Services & Online Resources

Psychosocial Oncology

This resource sheet is intended to provide clinicians, who work with cancer patients, information about the types of psychosocial programs, services and resources that are available to BC Cancer Agency patients online through our website or at a cancer centre. For BC Cancer Agency patients who require counselling for practical or emotional concerns please refer them to Patient and Family Counselling Services (PFCS) at their Cancer Centre.

When Traveling to a Cancer Centre

Patients usually arrange their own means of transportation for Cancer Centre appointments. A fact sheet called ***“Getting to your Cancer Appointments”*** is available online and/or a regional handout may be available from the Cancer Centre PFCS secretary.

Low cost accommodation is available at a Canadian Cancer Society Lodge for cancer patients and their escorts while attending cancer appointments. Patients can call their Cancer Centre PFCS secretary to see if an alternate accommodation list is available. For additional information go to: www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support

Canadian Cancer Society Lodges

Jean C. Barber Vancouver Lodge 575 West 10th Avenue Vancouver, BC Phone: 604.879.9131	Southern Interior Rotary Lodge 2251 Abbott Street Kelowna, BC Phone: 250.712.2203	Centre for the North Kordyban Lodge Prince George, BC Phone: 250.562.3535	Vancouver Island Lodge 2202 Richmond Ave. Victoria, BC Phone: 250.592.2662
--	--	--	---

Online Resources for Cancer Patients

For information related to emotional support go to: www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support Types of resources include:

Emotional Support Patient Handouts:

- Answering a Child's Questions about Death
- Anxiety
- Coping with Anger
- Common Signs and Symptoms of Stress
- Compensation Strategies for Memory & Attention
- Deep Breathing Exercise
- Progressive Muscle Relaxation
- Positive Thinking
- Problem Solving Strategy
- Symptoms of Depression
- Symptoms of Grief and Tips for Coping with a Loss
- Tips for Managing Stress
- Supporting Someone who Experiences a Loss
- Tips for Talking with your Children
- Tips for Talking with Your Teen
- Explaining Different Types of Treatment
- Talking to Your Children about Living with Uncertainty

For information related to practical (and financial) support go to: www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support Types of resources include:

Practical Support Fact Sheets & Publications:

- Advance Planning & Discussion Checklist
- Financial Information for Cancer Patients (pamphlet)
- Resource Guide for Chinese Cancer Patients
- Cancer & Returning to Work: A practical guide for cancer patients
- Financial Assistance for Prescription Drugs
- Getting to Your Cancer Appointments
- Permanent Move to BC From Another Province
- Resources for Hair Loss and Appearance Changes
- Travel Insurance Tips
- Financial & Practical Assistance for People With Advanced Cancer
- Resources for After Your Mastectomy or Lumpectomy
- Things to do After a Death

Other Resources

- Relaxation Cd's
- Guides & Publications
- Bilingual handouts & guides (Chinese)
- Financial video clips



Regional Programs & Services

Psychosocial Oncology programs and services are available at all Cancer Centres. Patient and Family Counselling Services offer individual and group counselling. Services and programs are self-referred but some may require screening for suitability. For program information, screening and sign-up call Patient & Family Counselling Services. A support programs calendar is available online. To find out what is offered choose your Centre at [Centre's & Clinics](#) and then go to Support Programs (monthly calendar).

Centre's	Services	Support Programs	
Vancouver	Patient & Family Counselling Vocational Rehabilitation Chinese Counsellor Art Therapist Brain Care	Chinese Support Group Chinese Peer Navigator Mindfulness Based Stress Reduction Children's Group Return to Work Lymphoma Network Support Group Cancer Chat Canada (online support groups)	Brain Tumour Support Lung Cancer Support Group Memory & Attention Adaptation Training (MAAT) Relaxation Group Cognitive Behavioural Therapy Women Living with Metastatic Cancer
Vancouver Is.	Patient & Family Counselling Vocational Rehabilitation (telehealth)	Brain Tumour Support Group Children's Club Relaxation Program Therapeutic Touch Clinic Women with Metastatic Cancer Lung Cancer Group Young Adults with Cancer Colorectal Education Sessions Patient Education Workshops	Ovarian Cancer Group Cancer Transitions Partners of Patients with Metastatic Disease Cancer Connect Support Group Cancer Chat Canada (online support groups)
Southern Interior	Patient & Family Counselling Vocational Rehabilitation (telehealth)	Brain Tumour Support Group Children's Club (when scheduled) Relaxation Group Managing Life with Cancer	Mindfulness-based Stress Reduction Cancer Chat Canada (online support groups)
Centre for the North	Patient & Family Counselling Aboriginal Cancer Care Coordinator Vocational Rehabilitation (telehealth)	Relaxation Group Cancer Chat Canada (online support groups)	

Fraser Valley	Patient & Family Counselling Vocational Rehabilitation (telehealth)	Children's Club Relaxation Group	Cancer Chat Canada (online support groups)
Abbotsford	Patient & Family Counselling Vocational Rehabilitation (telehealth)	Relaxation Group Children's Club Cancer Chat Canada (online support groups)	



Provincial Services:

Resource Social Worker	Shelley Pennington
Community Education Coordinator	Elaine Shearer
Vocational Rehabilitation Counsellor	Maureen Parkinson
Brain Care	Douglas Ozier
Art Therapy	Sara Prins Hankinson/Cathy Dunlop
Cancer Chat Canada & Provincial Services Clinical Coordinator	Heather Rennie

Online Support Groups:

Cancer Chat Canada is hosted by BC Cancer Agency. Patients and family members can access time-limited online support groups. Groups are for caregivers, patients (newly diagnosed, in treatment, or recently completed treatment) and cancer survivors (within 0-3 years of primary active treatment). Participants will be screened for suitability for groups. For upcoming groups, and referral information, please refer patients and family members to the Cancer Chat Canada website <http://cancerchatcanada.ca/>.

Online Resources for Children & Teens:

Cancer in My Family – website for children www.cancerinmyfamily.ca/parent-about-the-site.aspx
 Facts4Teens – web resources for teens (facts & feelings) <http://facts4teens.bccancer.bc.ca/default.htm>

Partners in Cancer Care:

Canadian Cancer Society www.cancer.ca/en/?region=bc (financial support programs, information and peer support)
 BC Cancer Foundation <http://bccancerfoundation.com/> (donations)