

# Cancer Care Support Resources

Health care professionals often need to provide BC Cancer patients with information related to getting support for practical and emotional concerns. To learn more information on coping and support go to the BC Cancer website at [www.bccancer.bc.ca/](http://www.bccancer.bc.ca/) (Health Info - [Coping with Cancer](#) or Our Services - [Patient & Family Counselling](#)).

Visit the BC Cancer library to borrow a resource, find a topic list (Pathfinder) or find a list of recommended websites.

## Practical Support

### ***Traveling to a cancer centre:***

Individuals usually make their own travel arrangements to attend appointments at a cancer centre. For information about transportation, lodging or parking at a centre, go to [Health-info - coping with cancer - practical support - transportation & lodging](#).

Canadian Cancer Society lodges are available in:

**Vancouver**

Jean C. Barber Lodge  
575 West 10th Ave.  
604-879-9131

**Kelowna**

Rotary Lodge  
2251 Abbott Street  
250-712-2203

**Prince George**

Kordyban Lodge  
1100 Alward St.  
250-562-3535

**Victoria**

Vancouver Island Lodge  
2202 Richmond Ave.  
250-592-2662

### ***Affording the costs of having cancer:***

Financial assistance information is available for people who need to stop working or are having trouble affording the costs associated with having a cancer diagnosis. Go to Practical Support and search under [financial assistance](#).

Our most popular handout is called "Financial Information for Cancer Patients". Ask for a copy from Patient & Family Counselling or download a copy from the website. Other resources include "Non-profit Financial Programs" and the "Resource Guide for Chinese Cancer Patients". Go to [Health info – coping with cancer – practical support](#).

## Emotional Support

For handouts about dealing with emotions and learning coping strategies go to: [Health info - coping with cancer - emotional support](#). Popular handouts include "Strategies to help with Sleep", "Symptoms of Depression" and "Managing Stress".

Listen to BC Cancer relaxation tracks using a mobile device or computer. "Mindfulness & Meditation" and "Relaxation & Guided Imagery" playlists are available on Soundcloud App (download from App Store and search BC Cancer).

Practice relaxation skills at home. Check out the new instructional video called "Managing stress while living with Cancer" go to [Health info - coping with cancer - emotional support – managing stress](#).

## Family Support

For family caregiver's resources or support for talking to children or teens visit [Health Info - coping with cancer - talking to my family](#). Find children's workbooks and a link to the children's website called "Cancer in my Family".

When teens want to explore the facts about cancer and what it means for home life, school and friends go to Health Info – Coping with cancer – facts 4 teens.

## Support programs available at a cancer centre

- [Patient and Family Counselling Services](#) provide counselling services and support programs at each cancer centre. Patients can self-refer or be referred by a health care professional. Support programs vary at the different centres. Groups may be drop in or pre-registration may be required. Look online for the centre support program monthly calendar.
- [Look Good Feel Better](#) (LGFB) cosmetic workshops are often held at a cancer centre and facilitated by trained volunteers. They are not a part of Patient & Family Counselling programming. Patients are asked to call 1-800-914-5665, email [mpilon@lgfb.ca](mailto:mpilon@lgfb.ca) or go online to find a community workshop or register.

Contact Patient & Family Counselling	Find Centre Support Program Calendars
<b>Abbotsford</b> 604-851-4733 or toll-free 1-877-547-3777	<a href="#">Centre Support Programs</a> (Abbotsford)
<b>Prince George</b> 250-645-7330 or toll-free 1-855-775-7300	<a href="#">Centre Support Programs</a> (Prince George)
<b>Surrey</b> 604-930-4000 x654000 or toll-free 1-800-523-2885	<a href="#">Centre Support Programs</a> (Surrey)
<b>Kelowna</b> 250-712-3963 or toll-free 1-888-563-7773	<a href="#">Centre Support Programs</a> (Kelowna)
<b>Vancouver</b> 604-877-6000 x672194 or toll-free 1-800-663-3333	<a href="#">Centre Support Programs</a> (Vancouver)
<b>Victoria</b> 250-519-5525 or toll-free 1-800-670-3322	<a href="#">Centre Support Programs</a> (Victoria)

## Community Support

[Cancer Chat Canada](#) at De Souza Institute provides national online professionally facilitated time-limited support groups for caregivers, patients and cancer survivors. Group participants are screened for suitability and registration is required.

Canadian Cancer Society Information Line - call 1-888-939-3333

Psychosocial Oncology Programs, October 11, 2018 - [www.bccancer.bc.ca/health-professionals/clinical-resources/psychosocial-oncology](http://www.bccancer.bc.ca/health-professionals/clinical-resources/psychosocial-oncology)