

October 2026 Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Head & Neck Cancer Support Group 10:15 - 11:45 AM PT Online with BC Cancer Victoria (Open to All) Call to Register: 250-519-5525 Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT Click to Register Relaxation & Music Therapy Group Start time: 10:30am To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	2 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Inspire Health - Gentle Yoga 9:30-10:45am Location: Virtual Session Click here to register Relaxation & Music Therapy Group Start time: 2:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
5 Relaxation & Music Therapy Group Start time: 5:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	6 Cultivating Your Spiritual Garden Workshop Series (Online) 2:00 PM – 4:00 PM Click here to register Inspire Health - Nutrition Workshop: How Stress and Nutrition Connect 11:00am-12:00pm Location: Virtual Session & in-person at InspireHealth Vancouver & Kamloops Centres Click here to register Inspire Health - Functional Movement – 4 Week Series	7 Online Art Therapy: Fall Photography 10:30-12:00 Click to register Inspire Health - Gentle Morning Movement Session Start time: 9:00 - 9:45am Location: In-Person, Vancouver, Kelowna & Kamloops Click to register	8 Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT Click to Register Inspire Health - Exercise & Lymphatic Health Education Session 11:00am-12:30pm Location: Virtual Session Click here to register	9 Sexual Health and Cancer: Introduction to Sexual Health, Intimacy and Cancer 10:00-11:15 am Click here to register Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000

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	11:00am-12:00pm Location: In-person at InspireHealth Vancouver Click here to register		Bi-weekly MAiD Bereavement Support Group (Zoom) 1:30 - 2:30 PM or 6:30 - 7:30 PM Email to register: virtualspiritualhealth@phsa.ca Relaxation & Music Therapy Group Start time: 10:30am To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	Inspire Health - Gentle Yoga 9:30-10:45am Location: Virtual Session Click here to register Relaxation & Music Therapy Group Start time: 2:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
12 Look Good Feel Better (In Person - Surrey) 9:30 AM – 11:30 AM PT Click to Register or Call: 1-800-914-5665 Relaxation & Music Therapy Group Start time: 5:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	13 Young Adults Group 10:30 AM – 12:00 PM PT Click to Register Inspire Health - Nutrition Workshop: Smart Kitchen Strategies 11:00am-12:00pm Location: Virtual Session & in-person at InspireHealth Vancouver Click here to register	14 Inspire Health - Inspired Conversations: Resilience 10:30am-12:00pm Location: Virtual Session Click here to register Online Art Therapy: Fall Photography 10:30-12:00 Click to register Inspire Health - Gentle Morning Movement Session Start time: 9:00 - 9:45am Location: In-Person, Vancouver, Kelowna & Kamloops Click to register	15 Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT Click to Register Soul Food: Life's Most Meaningful Moments: 2:30-4pm on Zoom Click here to register Relaxation & Music Therapy Group Start time: 10:30am To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	16 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Inspire Health - Gentle Yoga 9:30-10:45am Location: Virtual Session Click here to register Relaxation & Music Therapy Group Start time: 2:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
19 Relaxation & Music Therapy Group Start time: 5:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	20 Inspire Health - Creating Through Cancer Workshop 1:00-2:00pm Location: Virtual Session Click here to register	21 Online support Group for Chinese-speaking Patients & Families: Mindfulness - A Gentle Experience Mandarin 10:30 AM – 12:00 PM PT Click to Register	22 Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT Click to Register	23 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Inspire Health - Gentle Yoga

[Sign-up](#) and receive monthly Supportive Care eBulletins

Email: chinenye.oluka@phsa.ca

Website: www.bccancer.bc.ca

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		Inspire Health - Self-Care Workshop for Support People 5:30-7:00pm Location: Virtual Session Click here to register Online Art Therapy: Fall Photography 10:30-12:00 Click to register Inspire Health - Gentle Morning Movement Session Start time: 9:00 - 9:45am Location: In-Person, Vancouver, Kelowna & Kamloops Click to register	Bi-weekly MAiD Bereavement Support Group (Zoom) 1:30 - 2:30 PM or 6:30 - 7:30 PM Email to register: virtualspiritualhealth@phsa.ca Relaxation & Music Therapy Group Start time: 10:30am To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	9:30-10:45am Location: Virtual Session Click here to register Relaxation & Music Therapy Group Start time: 2:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
26 Lung Cancer Support Group 10:00 - 11:30 AM PT via Zoom Call to Register: 604-930-4000 Relaxation & Music Therapy Group Start time: 5:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	27 Inspire Health - Nutrition Q&A Session 11:00am-12:00pm Location: Virtual Session Click here to register	28 Online Art Therapy: Fall Photography 10:30-12:00 Click to register Head & Neck, Vancouver, Centre Support Group via Zoom 2 – 3:30 PM PT Call to Register: PFC VCC, 604-866-6000 *672194 Inspire Health - Gentle Morning Movement Session Start time: 9:00 - 9:45am Location: In-Person, Vancouver, Kelowna & Kamloops Click to register	29 Knitting Circle at BC Cancer Library (675 w. 10th Ave), first floor of the Research Building. Please call 604-675-8002 to be hosted inside. Click to Register Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT Click to Register	30 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Inspire Health - Gentle Yoga 9:30-10:45am Location: Virtual Click here to register Gynecological Support Group via Zoom 2 – 3:30 PM PT Call to Register: PFC VCC, 604-866-6000 *672194

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			Inspire Health - Cooking Demo – Fall Soup Inspirations 1:00-2:30pm Location: Virtual Session & in-person at InspireHealth Vancouver Click here to register Relaxation & Music Therapy Group Start time: 10:30am To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	Relaxation & Music Therapy Group Start time: 2:30pm To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194

Community Support Programs & Information

Coping with Cancer BC Cancer Website Info	Canadian Cancer Society 1-888-939-3333	Look Good Feel Better Workshops 1-800-914-5665	Inspire Health 1-888-734-7125
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