December 2026 Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 **Online Art Therapy:** Mindfulness *Time*: 10:30-12:00pm Click to register **Brain Tumour Support Group** *Time*: 9:30 am to 11 am *Call to Register:* 604-877-6000 ext. 672194 **InspireHealth LIFE Program -** Kamloops *Time*: 9:00am-3:30pm *Location*: In-person at InspireHealth Kamloops Click to register **InspireHealth Chair Yoga** *Time*: 10:00-11:00am *Location*: Virtual Session Click to register	3 **Head & Neck Cancer Support Group - Victoria** *Time*: 10:15 - 11:45 AM PT Online with BC Cancer Victoria (Open to All) *Call to Register*: 250-519-5525 **Relaxation & Music Therapy Group -** Zoom *Start time:* 10:30am *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	4 **Living with Metastatic Cancer Support Group -** Surrey *Time*: 10:00 - 11:30 AM PT via Zoom Pre-registration required *Call to Register:* 604-930-4000 **Relaxation & Music Therapy Group -** Zoom *Start time:* 2:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
7 **Relaxation & Music Therapy Group -** Zoom *Start time:* 5:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194 **Monday Mindful Meditation** *Time*: 11:00am-12:00pm *Location*: Virtual Session Click to register	8 **Young Adults Group** 10:30 AM – 12:00 PM PT Click to Register	9 **Online Art Therapy:** Mindfulness *Time*: 10:30-12:00 Click to register **InspireHealth LIFE Program -** Vancouver *Time*: 9:00am-3:30pm *Location*: In-person at InspireHealth Vancouver Click to register **InspireHealth Chair Yoga** *Time*: 10:00-11:00am	10 **Bi-weekly MAiD Bereavement Support Group** (Zoom) *Time*: 1:30 - 2:30 PM or 6:30 - 7:30 PM *Email to register:* virtualspiritualhealth@phsa.ca **Relaxation & Music Therapy Group -** Zoom *Start time:* 10:30am *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	11 **Living with Metastatic Cancer Support Group -** Surrey *Time*: 10:00 - 11:30 AM PT via Zoom Pre-registration required **Call to Register**: 604-930-4000 **Relaxation & Music Therapy Group -** Zoom *Start time:* 2:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194

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Monday	Tuesday	Wednesday	Thursday	Friday
		Location: Virtual Session Click to register		
14 **Look Good Feel Better (In Person - Surrey)** *Time*: 9:30 AM – 11:30 AM PT Click to Register or Call: 1-800-914-5665 **Relaxation & Music Therapy Group -** Zoom *Start time:* 5:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194 **Monday Mindful Meditation** *Time*: 11:00am-12:00pm *Location*: Virtual Session Click to register	15	16 **Online Art Therapy:** Mindfulness *Time*: 10:30-12:00 Click to register **Inspired Conversations: Self-Compassion** *Time*: 10:30am-12:00pm *Location*: Virtual Session Click to register **Self-Care Workshop for Support People** *Time*: 5:30-7:00pm *Location*: Virtual Session Click to register **InspireHealth Chair Yoga** *Time*: 10:00-11:00am *Location*: Virtual Session Click to register	17 **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 **Relaxation & Music Therapy Group -** Zoom *Start time:* 10:30am *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194 **Exercise & Lymphatic Health Education Session** *Time*: 1:00-2:30pm *Location*: Virtual Session Click to register	18 **Living with Metastatic Cancer Support Group –** Zoom *Time*: 10:00 - 11:30 AM PT via Zoom Pre-registration required *Call to Register:* 604-930-4000 **Relaxation & Music Therapy Group -** Zoom *Start time:* 2:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
21 **Relaxation & Music Therapy Group -** Zoom *Start time:* 5:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194 **Monday Mindful Meditation** *Time*: 11:00am-12:00pm *Location*: Virtual Session Click to register	22	23 **InspireHealth Chair Yoga** *Time*: 10:00-11:00am *Location*: Virtual Session Click to register	24 **Bi-weekly MAiD Bereavement Support Group** (Zoom) *Time*: 1:30 - 2:30 PM or 6:30 - 7:30 PM *Email to register:* **virtualspiritualhealth@phsa.ca** **Relaxation & Music Therapy Group -** Zoom *Start time:* 10:30am	25 **Living with Metastatic Cancer Support Group -** Surrey *Time*: 10:00 - 11:30 AM PT via Zoom Pre-registration required **Call to Register**: 604-930-4000 **Relaxation & Music Therapy Group -** Zoom *Start time:* 2:30pm

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			To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	*To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194
28 **Relaxation & Music Therapy Group -** Zoom *Start time:* 5:30pm *To register, please call* 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	29	30 **InspireHealth Chair Yoga** *Time*: 10:00-11:00am *Location*: Virtual Session Click to register	31 **Relaxation & Music Therapy Group -** Zoom *Start time:* 10:30am *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