

November 2026 Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
2 Relaxation & Music Therapy Group - Zoom <i>Start time: 5:30pm</i> <i>To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194</i>	3 Nutrition Workshop: Cancer Protective Nutrition <i>Time: 11:00am-12:00pm</i> <i>Location: Virtual Session & in-person at InspireHealth Vancouver & Kamloops Centres</i> Click to Register	4 Brain Tumour Support Group <i>9:30 am to 11 am</i> <i>Call to Register: 604-877-6000 ext. 672194</i>	5 Mindfulness-Based Stress reduction (MBSR) in Chinese <i>Cantonese Course</i> <i>9:30 AM – 12:00 PM PT</i> Click to Register Head & Neck Cancer Support Group - Victoria <i>10:15 - 11:45 AM PT</i> <i>Online with BC Cancer Victoria (Open to All)</i> <i>Call to Register: 250-519-5525</i> Relaxation & Music Therapy Group - Zoom <i>Start time: 10:30am</i> <i>To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194</i> Kelowna Walking Group (Weekly) <i>Time: 9:00-10:00am</i> <i>Location: In-person at InspireHealth Kelowna</i> Click to register	6 Living with Metastatic Cancer Support Group <i>10:00 - 11:30 AM PT via Zoom</i> <i>Pre-registration required</i> <i>Call Surrey PFC to register/inquire: 604-930-4000</i> Relaxation & Music Therapy Group - Zoom <i>Start time: 2:30pm</i> <i>To register, please call 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194</i>
9 Look Good Feel Better (In Person - Surrey) <i>9:30 AM – 11:30 AM PT</i> Click to Register or <i>Call: 1-800-914-5665</i> Relaxation & Music Therapy Group - Zoom <i>Start time: 5:30pm</i>	10 Young Adults Group <i>10:30 AM – 12:00 PM PT</i> Click to Register Nutrition Workshop: Balancing Blood Sugars <i>Time: 11:00am-12:00pm</i> <i>Location: Virtual Session & in-person at InspireHealth Vancouver</i>	11	12 Mindfulness-Based Stress reduction (MBSR) in Chinese <i>Cantonese Course</i> <i>9:30 AM – 12:00 PM PT</i> Click to Register Relaxation & Music Therapy Group - Zoom <i>Start time: 10:30am</i>	13 Sexual Health and Cancer: Survivorship and Beyond <i>10:00- 11:15am</i> Click here to register Living with Metastatic Cancer Support Group <i>10:00 - 11:30 AM PT via Zoom</i> <i>Pre-registration required</i>

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16 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	17 InspireHealth LIFE Program Time: 9:00am-3:30pm Location: In-person at InspireHealth Vancouver Click to register	18 Online Art Therapy: Mindfulness 10:30-12:00 Click to register Inspired Conversations: Resilience Time: 10:30am-12:00pm Location: Virtual Session Click to register BRCA Basics – What Everyone Needs to Know Time: 7:00-8:30pm Location: Virtual Session Click to register	19 Mindfulness-Based Stress reduction (MBSR) in Chinese Cantonese Course 9:30 AM – 12:00 PM PT 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 Exploring MAiD through a spiritual/existential lens (Zoom) 6:30 - 7:30 PM Email to register: virtualspiritualhealth@phsa.ca	20 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call Surrey PFC to register/inquire: 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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			Soul Food: Courage to Be ME 2:30-4pm on Zoom Click here to register Kelowna Walking Group (Weekly) <i>Time:</i> 9:00-10:00am <i>Location:</i> In-person at InspireHealth Kelowna Click to register	
23 Lung Cancer Support Group - Surrey 10:00 - 11:30 AM PT via Zoom <i>Call to Register:</i> 604-930-4000 Relaxation & Music Therapy Group - Zoom <i>Start time:</i> 5:30pm <i>To register, please call</i> 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194	24 Family art therapy program: Caring for yourself and caring for your child 10:30am – 12:pm <i>Email to register:</i> SHankinson@bccancer.bc.ca Nutrition Q&A Session <i>Time:</i> 11:00am-12:00pm <i>Location:</i> Virtual Session Click to register Creating Through Cancer <i>Time:</i> 1:00-2:00pm <i>Location:</i> Virtual Session Click to register	25 Head & Neck, Vancouver, Centre Support Group via Zoom 2:00 – 3:30 PM PT <i>Call to Register:</i> PFC VCC, 604-866-6000 *672194 Online Art Therapy: Mindfulness 10:30-12:00 Click to register Self-Care Workshop for Support People <i>Time:</i> 5:30-7:00pm <i>Location:</i> Virtual Session Click to register	26 Relaxation & Music Therapy Group - Zoom <i>Start time:</i> 10:30am <i>To register, please call</i> 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194 Mindfulness-Based Stress reduction (MBSR) in Chinese <i>Cantonese Course</i> 9:30 AM – 12:00 PM PT Click to Register Knitting Circle at BC Cancer Library (675 w. 10th Ave), first floor of the Research Building. <i>Please call</i> 604-675-8002 to be hosted inside. Click to Register Bi-weekly MAiD Bereavement Support Group (Zoom) 1:30 - 2:30 PM or 6:30 - 7:30 PM <i>Email to register:</i> virtualspiritualhealth@phsa.ca Breast Cancer Rehabilitation Education Session	27 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required <i>Call Surrey PFC to register/inquire:</i> 604-930-4000 Gynecological Support Group via Zoom 2:00 – 3:30 PM PT <i>Call to Register:</i> PFC VCC, 604-866-6000 *672194 Relaxation & Music Therapy Group - Zoom <i>Start time:</i> 2:30pm <i>To register, please call</i> 604-877-6000 ext. 672194 or toll free at 1.800.663.3333 ext. 672194

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

Email: chinenye.oluka@phsa.ca

Website: www.bccancer.bc.ca

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30 Relaxation & Music Therapy Group - Zoom <i>Start time:</i> 5:30pm <i>To register, please call</i> 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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