

December 2025

Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>2</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Mindfulness Based Art Therapy. 1:00pm-2:30pm. Click to Register</p>	<p>3</p> <p>Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 604-877-6000 ext. 672194</p> <p>Art therapy workshops (in-person, Vancouver) 10:00am-12:00pm. Click to Register.</p>	<p>4</p> <p>Head & Neck Cancer Support Group BC Cancer - Victoria (Open to All) 1st Thursday of each month, 10:15-11:45AM Call to Register: 250-519-5525</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Creative Arts & Relaxation Group Held in-person at BC Cancer - Vancouver Lodge (575 W 10th Ave.). To register email: shankinson@bccancer.bc.ca.</p>	<p>5</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>
<p>8</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>9</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Young Adults Group (10:30–12PM) Click to Register</p> <p>Mindfulness Based Art Therapy. 1:00pm-2:30pm. Click to Register</p>	<p>10</p> <p>*New Food Choices to Manage Bowel Changes - Program has gone Provincial. The Victoria Regional Centre is now pleased to offer this program to those across the province. Click HERE to register for the next class from 2:30-3:30 PST.</p>	<p>11</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor). REGISTER</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>MAiD Bereavement Support Group Bi-Weekly Virtual Sessions</p>	<p>12</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>

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

Email: Jonathan.avery@bccancer.bc.ca

Website: www.bccancer.bc.ca

			<p>1:30-2:30pm or 6:30-7:30pm on Zoom.</p> <p>For questions or to register, please email: virtualspiritualhealth@phsa.ca</p> <p>Knitting Circle at BC Cancer Vancouver (in-person) (2-4pm). The group is located at the BC Cancer Vancouver Library (675 w. 10th Ave), first floor of the Research Building. Library (by the fireplace on the 3rd floor).</p> <p>REGISTER</p>	
<p>15</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>	<p>16</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Mindfulness Based Art Therapy. 1:00pm-2:30pm. Click to Register</p>	<p>17</p> <p>Eating Well on Your Cancer Journey. 1:30pm-2:30pm PST via zoom. REGISTER</p>	<p>18</p> <p>Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Art & Music Studio Group (1:00PM – 3:00PM) Click to Register</p>	<p>19</p> <p>Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000</p> <p>Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p>
<p>22</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194</p> <p>Lung Cancer Support Group (virtual). 10-11:30AM (Zoom) Call to Register: 604-930-4000</p>	<p>23</p> <p>Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.</p> <p>Young Adults Group (10:30–12PM) Click to Register</p>	<p>24</p>	<p>25</p>	<p>26</p>

December 2025

Support Programs

	<p>Mindfulness Based Art Therapy: 1:00pm Click to Register</p> <p>Online Cantonese Support Group. 10:30am – 12:00pm. REGISTER</p>			
<p>29</p> <p>Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877- 6000 or 1-800-663-3333 ext. 672194</p>	<p>30</p>	<p>31</p> <p>Head & Neck Cancer Support Group BC Cancer - Vancouver (Only Vancouver Patients) Last Wednesday of every month, 2- 3:30PM Call to Register: 604-877-6000 ext. 672194</p>		

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

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