

Monday	Tuesday	Wednesday	Thursday	Friday
			1 (STAT)	2 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30 - 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
5 Relaxation & Music Therapy 5:30 - 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	6 Relaxation Group 10:00 - 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963	7 Brain Tumour Support Group 9:30 - 11:00 AM PT Call to Register: 604-877-6000 ext. 672194	8 Head & Neck Cancer Support Group 10:15 - 11:45 AM PT In-person at BC Cancer Victoria (Open to All) Call to Register: 250-519-5525 Relaxation & Music Therapy 10:30 - 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Knitting Circle 2:00 - 4:00 PM PT In-person at BC Cancer Vancouver Library, 1 st Floor of Research Building (675 W 10 th Ave) Click to Register	9 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30 - 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

Monday	Tuesday	Wednesday	Thursday	Friday
			Exploring MAiD through a Spiritual/Existential Lens 6:30 - 7:30 PM PT via Zoom Email to Register (oceanna.hall@phsa.ca)	
12 Relaxation & Music Therapy 5:30 - 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	13 Relaxation Group 10:00 - 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963 Young Adults Group 10:30 AM – 12:00 PM PT Click to Register	14 New Food Choices to Manage Bowel Changes 2:30 - 3:30 PM PT Click to Register	15 Relaxation & Music Therapy 10:30 - 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30 - 2:30 PM PT or 6:30 - 7:30 PM PT via Zoom Email to Register (virtuallspiritualhealth@phsa.ca)	16 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30 - 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
19 Relaxation & Music Therapy 5:30 - 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	20 Relaxation Group 10:00 - 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963	21 Eating Well on Your Cancer Journey 1:30 - 2:30 PM PT via Zoom Click to Register	22 Relaxation & Music Therapy 10:30 - 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Knitting Circle 2:00 - 4:00 PM PT In-person at BC Cancer Vancouver Library, 1 st Floor of Research Building (675 W 10 th Ave) Click to Register Soul Food: A Spiritual Health Group 2:30 - 4:00 PM PT via Zoom 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 Relaxation & Music Therapy 2:30 - 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

January 2026

Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
26 Relaxation & Music Therapy 5:30 - 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Lung Cancer Support Group 10:00 - 11:30 AM PT via Zoom Call to Register: 604-930-4000	27 Relaxation Group 10:00 - 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963	28 Head & Neck Cancer Support Group 2:00 - 3:30 PM PT In-person at BC Cancer Vancouver (only Vancouver Patients) Call to Register: 604-877-6000 ext. 672194	29 Relaxation & Music Therapy 10:30 - 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30 - 2:30 PM PT or 6:30 - 7:30 PM PT via Zoom Email to Register (virtuallspiritualhealth@phsa.ca)	30 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30 - 3:30 PM PT Call to Register: 604-877-6000 or 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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[Sign-up](#) and receive monthly Supportive Care eBulletins

Email: Jonathan.avery@bccancer.bc.ca

Website: www.bccancer.bc.ca