

July 2026 Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 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	3 Relaxation & Music Therapy (Online) 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
6 Relaxation & Music Therapy (Online) 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	7	8 Mindfulness-Based Stress Reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register	9 Relaxation & Music Therapy (Online) 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	10 Relaxation & Music Therapy (Online) 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
13 Relaxation & Music Therapy (Online) 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	14 Art & Music Studio Group 1:00- 3:00 PM PT Click to Register.	15 Mindfulness-Based Stress Reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register PHSA Spiritual Health Group: The Sacred Work of Dying (Online) 11:15 AM- 12:45 PM PT Click to register	16 Relaxation & Music Therapy (Online) 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Listening with the Heart Spiritual Health Group: The Deeper Journey via Zoom 2:30- 4:00 PM PT	17 Sexual Health Introduction 10:00- 11:00 AM PT Click to Register Relaxation & Music Therapy (Online) 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

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			Click 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
20 Relaxation & Music Therapy (Online) 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	21 Summer Sketching 1:00 – 2:30 PM PT Click to Register	22 Mindfulness-Based Stress Reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register PHSA Spiritual Health Group: The Sacred Work of Dying (Online) 11:15 AM- 12:45 PM PT Click to register	23 Online support Group for Chinese-speaking Patients & Families Cantonese 10:30 AM – 12:00 PM PT Click to Register	24 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
27 Lung Cancer Support Group 10:00- 11:30 AM PT via Zoom Call to Register: 604-930-4000	28	29 Mindfulness-Based Stress Reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register PHSA Spiritual Health Group: The Sacred Work of Dying (Online) 11:15 AM- 12:45 PM PT Click to register	30	31 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000

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: aria.mendoza@bccancer.bc.ca

Website: www.bccancer.bc.ca

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