

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Knitting Circle at BC Cancer Victoria (in-person) (2-4pm). The group is located at BC Cancer - Victoria Library (by the fireplace on the 3rd floor). Please call 250.519.5517 for more information. Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	5 Brain Tumour Support Group (9:30–11:00AM) Call to Register Your Interest: 604-877-6000 ext. 672194	6 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 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 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 Creative Arts & Relaxation Group Held in-person at BC Cancer - Vancouver Lodge (575 W 10th Ave.). To register email: shankinson@bccancer.bc.ca .	7 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
10 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	11 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963.	12 Art therapy workshops (in-person, Vancouver). Expressing Gratitude – 10:00am -12:00pm. To register, email: shankinson@bccancer.bc.ca	13 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Creative Arts and Relaxation Group (in-person, Vancouver) (1-3PM)	14 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (2:30-3:30PM)

	Young Adults Group (10:30–12PM) Click to Register	Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtualspiritualhealth@phsa.ca Food Choices to Manage Bowel Changes - Victoria Centre Sessions are held on the 2nd Wednesday of each month from 2:30-3:30 p.m. Where: Virtually by Zoom video conference. To register: Call 250-519-5770 or toll free 1800-670-3322 ext. 695770.	To register email: shankinson@bccancer.bc.ca MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30-2:30pm or 6:30-7:30pm on Zoom. For questions or to register, please email: virtualspiritualhealth@phsa.ca 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	Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
17 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	18 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963. Knitting Circle at BC Cancer Victoria (in-person) (2-4pm). The group is located at BC Cancer - Victoria Library (by the fireplace on the 3rd floor). Please call 250.519.5517 for more information. Online Mandarin Support Group: 10:30am – 12:00pm Click to Register	19 Art therapy workshops (in-person, Vancouver). Letting Go Like Leaves – 10:00am - 12:00pm. To register, email: shankinson@bccancer.bc.ca Sacred Art of Dying (2:00–3:30PM) Register by emailing: virtualspiritualhealth@phsa.ca Eating Well on Your Cancer Journey. 1:30pm-2:30pm PST via zoom. REGISTER	20 Relaxation & Music Therapy (10:30AM-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Art & Music Studio Group (1:00PM – 3:00PM) Click to Register	21 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

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Support Programs

24 Relaxation & Music Therapy (5:30-6:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Lung Cancer Support Group (virtual). 10-11:30AM (Zoom) Call to Register: 604-930-4000	25 Relaxation Group, BC Cancer Kelowna (in-person). 10-11:15am. To register, call 250-712-3963 or 1-800-563-7773 ext. 683963. Young Adults Group (10:30–12PM) Click to Register Mindfulness Based Art Therapy: 1:00pm Click to Register Online Cantonese Support Group. 10:30am – 12:00pm. REGISTER	26 Sacred Art of Dying (1:00–2:30PM) Register by emailing: virtuallspiritualhealth@phsa.ca Art therapy workshops (in-person, Vancouver) 10:00am-12:00pm. Click to Register. 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	27 Relaxation & Music Therapy (10:30am-11:30AM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30-2:30pm or 6:30-7:30pm on Zoom. For questions or to register, please email: virtuallspiritualhealth@phsa.ca <i>Soul Food.</i> This is an online drop-in group for Spiritual Health that happens approximately once a month on Thursdays from 2:30-4pm. REGISTER. 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	28 Relaxation & Music Therapy (2:30-3:30PM) Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Living with Metastatic Cancer Support Group – 10:00am -11:30AM (Zoom) Pre-registration required Call to Register: 604-930-40000
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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