

August 2026 Support Programs

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Summer Sketching 1:00 – 2:30 PM PT Click to Register InspireHealth Nutrition Workshop – Mindful Eating (In-Person and Online) 11:00 AM – 12:00 PM PT Click to Register	5 InspireHealth LIFE Program (In-Person - Vancouver) 9:00 AM – 3:30 PM PT Click to Register	6 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	7 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
10 Look Good Feel Better (In Person - Surrey) 10:30 AM – 11:30 AM PT Click to Register or Call: 1-800-914-5665	11 Online support Group for Chinese-speaking Patients & Families Mandarin 10:30 AM – 12:00 PM PT Click to Register Summer Sketching 1:00 – 2:30 PM PT Click to Register Young Adults Group 10:30 AM – 12:00 PM PT Click to Register Rethink Breast Cancer Living w/Metastatic Breast Cancer Virtual Support Group (Professional Support) 4:00 PM – 5:30 PM PT Click to Register	12 Mindfulness-Based Stress reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register	13 InspireHealth Exercise & Lymphatic Health (Online) 11:00 AM – 12:30 PM PT Click to Register	14 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
17 Mindfulness-Based Stress reduction (MBSR) in Chinese Mandarin Course Retreat	18 Summer Sketching 1:00 – 2:30 PM PT Click to Register	19 Mindfulness-Based Stress reduction (MBSR) in Chinese Mandarin Course	20 Relaxation & Music Therapy (Online) 10:30 - 11:30 AM PT	21 Sexual Health Survivorship & Beyond 10:00 - 11:00 AM PT Click to Register

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

Email: aria.mendoza@bccancer.bc.ca

Website: www.bccancer.bc.ca

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Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM – 12:00 PM PT Click to Register	InspireHealth LIFE Program (In-Person - Victoria) 9:00 AM – 3:30 PM PT Click to Register	9:30 AM – 12:00 PM PT Click to Register Art & Music Studio Group 1:00 - 3:00 PM PT Click to Register InspireHealth Self-Care Workshop for Support People (Online) 5:30 PM – 7:00 PM PT Click to Register InspireHealth LIFE Program (In-Person - Kamloops) 9:00 AM – 3:30 PM PT Click to Register	Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Rethink Breast Cancer Grief & Radical Acceptance Virtual Support Group (Professional Support) 4:00 PM – 5:30 PM 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 Living with Metastatic Cancer Support Group 10:00 - 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000
24 Relaxation & Music Therapy (Online) 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	25 Online support Group for Chinese-speaking Patients & Families Cantonese 10:30 AM – 12:00 PM PT Click to Register	26 Mindfulness-Based Stress reduction (MBSR) in Chinese Mandarin Course 9:30 AM – 12:00 PM PT Click to Register	27 Relaxation & Music Therapy (Online) 10:30 - 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	28 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
31 Relaxation & Music Therapy (Online) 5:30 - 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194				

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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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