

### BC Cancer Support

Please go to the BC Cancer website at [www.bccancer.bc.ca](http://www.bccancer.bc.ca) to find information about support programs and a monthly support program calendar. Click on “Our Services in the top left, then, under Centres & Clinics, click on BC Cancer - Kelowna, then click - Support Programs on the right hand side. All BC Cancer support programs are available up to 18 months after cancer treatment.

To schedule a counselling appointment, learn more about community resources or pre-register for a group call Patient & Family Counselling (PFC) at 250-712-3963.

[BC Cancer Library](#) has many resource materials to borrow, recommended tumor specific websites and topic resource lists called “Pathfinders”. Choose the topic “Life after Cancer”.

<b>Patient &amp; Family Counselling Services</b>	Counsellors can talk to you in person or over the phone about practical concerns (such as affording costs) and provide emotional support. Counsellors lead support groups and education sessions.
<b>Returning to Work</b>	A vocational rehabilitation counsellor can speak with you over the phone and address questions and concerns about remaining, returning and finding work.
<b>Exercise and Fitness Group</b>	Join this safe and social class geared for those who are going through or who have just completed cancer treatment. The class includes cardio, strengthening, stretching, and balancing exercises in a supervised environment with a registered kinesiologist. All levels of fitness are welcome.
<b>Managing Life with Cancer (Interactive Education Sessions)</b>	Managing Life with Cancer consists of four interactive education sessions; "Dealing with the Emotional Experience of Cancer", "Eating Well and Being Active", "Reimagining Life Beyond Cancer" and "Brain Strength and Sleep Strategies".
<b>Mindfulness Based Stress Reduction</b>	8 weekly sessions, learning how to use mindfulness practices to reduce stress, improve mood and become an active participant in improving your health and well-being.
<b>Relaxation Group</b>	Relaxation techniques can help counteract the effects of stress. This weekly group is drop in (no registration required), open to patients, their family members and support persons. Please wear something comfortable.
<b>Thriving and Surviving - self management program</b>	This program is designed for people who are undergoing treatment or have completed treatment. Classes are active with mutual support and build the confidence in your ability to manage your health and maintain active.

### Community

<b>Canadian Cancer Society, BC Yukon</b>	Life after Cancer, peer support, wig and breast prosthesis bank, online community, community services locator. Call toll-free 1-888-939-3333.
<b>Self-Management BC</b>	Programs to help participants set personal goals and develop skills to overcome barriers and manage health. Call 1 866-902-3767 or 604-940-1273.
<b>Inspire Health</b>	Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call 250-861-7125.

<b>Healthlink BC</b>	Get accurate health information from professionals about relevant cancer care topics (i.e.: exercising, mental health and nutrition). Call 811.
<b>Private rehabilitation and health coverage</b>	Search online for services such as Physiotherapy or Vodder Therapy for lymph drainage and contact your extended benefits and long-term disability provider.

## National & International Websites

<b>www.cancerandwork.ca</b>	A website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after cancer.
<b>Cancer Chat Canada</b>	Free professionally-led online support groups for people affected by cancer. Learn more online or call 1-844-725-2476.
<b>Healing and Cancer</b>	The body-mind-spirit connection. Find video's to help you learn and practice techniques.
<b>Hope &amp; Cope Wellness Centre</b>	Has resources including a booklet called "Talking to Children about Cancer".
<b>Memorial Sloan Kettering Cancer Centre (US)</b>	Resources can be found under "Living Beyond Cancer" and "Resources for Survivors". Examples of follow up care plans are available.
<b>Ottawa Hospital Cancer program</b>	Suggest visiting the Patient Learning Links for "Survivorship" including the Wellness Beyond Cancer Program.
<b>Princess Margaret Cancer Centre (PMCC)</b>	Resources and information found under "The Cancer Journey", "After Treatment" and "Getting Back on Track".
<b>Wellspring</b>	Has video's on money matters, understanding long term disability and coping. Find the "Healing Journey" with free <a href="#">online</a> workbooks.
<b>Young Adult Cancer Canada</b>	Young Adult Cancer Canada has online information and they have programs such as national retreats for young adults living with cancer. Call 1-877-571-7325.
<b>Tumor Specific Websites</b>	For information regarding national and local tumor specific resources please refer to BC Cancer Library / PFC / Canadian Cancer Society Service Locator.

## Other Resources

<b>Anxiety Canada</b>	This is an online resource for youth and adults for anxiety. It has education worksheets, apps, and more.
<b>Facing Forward: Life After Cancer Treatment</b>	Facing Forward: Life After Cancer Treatment is a booklet by the National Cancer Institute
<b>Kelty's Key Online Mental Health</b>	Free and confidential online cognitive behavioral therapeutic courses that can provide you with the support you need to feel better.
<b>Palouse Mindful Meditation Course</b>	Free online mindfulness training created by a fully certified Mindfulness-based Stress Reduction instructor.
<b>Picking up the Pieces: Moving forward after surviving cancer</b>	A book that helps to prepare cancer survivors for what comes after cancer treatment ends by Sherri Magee & Kathy Scalzo.