

### 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 “Services” click – “Support Programs.” BC Cancer support programs are available up to 18 months after cancer treatment.

To schedule a counselling appointment or contact Patient & Family Counselling call 604-877-6000 local 672194 (English) or 604-877-6000 local 672375 (Cantonese/Mandarin). To learn more about group programs or pre-register for groups please note that many have additional online information and online registration.

The [BC Cancer Library](#) has many items you can borrow, recommended websites and topic resource lists called “Pathfinders”. Choose the topic “Life after Cancer”.

#### Patient & Family Counselling Services

Counsellors can talk to you in person, over Zoom for Healthcare, or over the phone about practical concerns and/or provide emotional support/brief counseling. Counsellors lead support groups and education sessions. For more information see: <http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling>

#### Relaxation Program

A guided relaxation and music therapy group for patients and caregivers with heightened anxiety, depression and stress. See: <http://www.bccancer.bc.ca/our-services/services/support-programs>

#### Mindfulness Based Stress Reduction (MBSR) Groups (English/Cantonese/Mandarin)

An eight week program offered twice a year, helps learners calm their mind and body when coping with illness, pain and stress. This program teaches mindfulness practices to bring more awareness to the present moment.

Registration for English (3wk Mindfulness or MBSR): <https://redcap.bccrc.ca/surveys/?s=9R98A97EL8>

Information in Chinese: [poster](#)

Registration for Chinese MBSR: <https://redcap.link/ChineseMindfulnessRegistration>

#### Art Therapy Groups

Participants can develop new skills, connections, and ways of expressing themselves through the means of creative art-making. There are several art therapy groups being offered, each with a different focus. For more information and to register visit: <http://www.bccancer.bc.ca/our-services/services/supportive-care/art-therapy>.

#### Chinese Cancer Support Groups

Support groups available in Cantonese and Mandarin to share feelings and thoughts when coping with cancer.

#### Head and Neck Cancer Support Group

Monthly online support group for patients and family members who are going through and those who completed Head and Neck cancer treatment. See: <http://www.bccancer.bc.ca/our-services/services/support-programs>

#### Returning to Work

A vocational rehabilitation counsellor leads education sessions and can address questions and concerns about remaining, returning and finding work over the phone or in-person. Education sessions include Job Search, Social Media and Returning to Work. See: <http://www.bccancer.bc.ca/our-services/services/supportive-care/vocational-rehabilitation>

### Community

#### Canadian Cancer Society

Life after Cancer, peer support, wig and breast prosthesis bank, online community, community services locator. Call toll-free 1-888-939-3333. See: <https://cancer.ca/en/>

#### Callanish Society

A place for inner healing, outreach, counselling and retreats and group programs. Call 604-732-0633. See: <https://www.callanish.org/>

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| <b>Self-Management BC</b>                         | Programs to help participants set personal goals and develop skills to overcome barriers and manage health. Call Lower Mainland (604) 940-1273. See: <a href="https://www.selfmanagementbc.ca/">https://www.selfmanagementbc.ca/</a> |
| <b>Inspire Health</b>                             | Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call Lower Mainland (604) 734-7125. See: <a href="https://www.inspirehealth.ca/">https://www.inspirehealth.ca/</a>          |
| <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.  |
| <b>YMCA of Greater Vancouver</b>                  | Find a social or health program in a Greater Vancouver community. Call Robert Lee YMCA (604) 689-9622 or Langara Family YMCA (604) 324-9622. See: <a href="https://www.gv.ymca.ca/">https://www.gv.ymca.ca/</a>                      |

## National & International Websites

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| <b><a href="http://www.cancerandwork.ca">www.cancerandwork.ca</a></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. (Groups currently suspended for a time.) |
| <b>Cancer Care Manitoba</b>   | Find examples of follow up care plans called “Moving Forward” for various types of cancer in order to help create your own care plan.                           |
| <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</b>                                | Resources and information found under “The Cancer Journey”, “After Treatment” and “Getting Back on Track”.  |
| <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      |

## Other Resources

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| <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 free booklet is available by going to the the National Cancer Institute website.  |
| <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 (book)</b> | This book by Sherri Magee & Kathy Scalzo can help during the days, weeks and months following cancer treatment. Find online, in a bookstore or borrow from the BC Cancer library. |