

BC Cancer Support

Please go to the BC Cancer website 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 Surrey, then click - Support Programs on the right hand side. BC Cancer support programs are available up to 18 months after cancer treatment.

To schedule a counselling appointment, learn more about group programs or pre-register for a group call Patient & Family Counselling (PFC) at 604-930-4000.

[BC Cancer Library](#) has many resource materials to 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 or over the phone about practical concerns (such as affording costs) and provide emotional support. Counsellors lead support groups.
The Relaxation Program	4-weekly education focused sessions on techniques to enhance ability to manage the stress of diagnosis and treatment.
Memory and Attention Adaptation Training (MAAT)	6-weekly education focused sessions on compensatory strategies to manage the cognitive treatment side-effects (‘brain fog’) impacting memory & attention.
Mindfulness Meditation	A 2-session introductory program focused on learning skills of this simple form of meditation which anchors you in the present moment & increases inner peace.
What Now?	A single information-education session offered monthly focused on the transition into the post-treatment rehabilitation stage of cancer survivorship.
Return to Work	A vocational rehabilitation counsellor leads education sessions and can speak with you to address questions and concerns about remaining, returning and finding work.

Community

Canadian Cancer Society, BC Yukon	Life after Cancer, peer support, wig and breast prosthesis bank, online community, community services locator. Call toll-free 1-888-939-3333.
Self-Management BC	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.
Inspire Health	Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call Lower Mainland (604) 734-7125.
Healthlink BC	Get accurate health information from professionals about relevant cancer care topics (i.e.: exercising, mental health and nutrition). Call 811.
Private Rehabilitation and Health Coverage	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

www.cancerandwork.ca	A website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after cancer.
Cancer Chat Canada	Free professionally-led online support groups for people affected by cancer. Learn more online or call 1-844-725-2476.
Cancer Care Manitoba	Find examples of follow up care plans called “Moving Forward” for various types of cancer in order to help create your own care plan.
Healing and Cancer	The body-mind-spirit connection. Find video’s to help you learn and practice techniques.
Hope & Cope Wellness Centre	Has resources including a booklet called “Talking to Children about Cancer”.
Memorial Sloan Kettering Cancer Centre (US)	Resources can be found under “Living Beyond Cancer” and “Resources for Survivors”. Examples of follow up care plans are available.
Ottawa Hospital Cancer program	Suggest visiting the Patient Learning Links for “Survivorship” including the Wellness Beyond Cancer Program.
Princess Margaret Cancer Centre	Resources and information found under “The Cancer Journey”, “After Treatment” and “Getting Back on Track”.
Wellspring	Has video’s on money matters, understanding long term disability and coping. Find the “Healing Journey” with free online workbooks.
Young Adult Cancer Canada	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.
Tumor Specific Websites	For information regarding national and local tumor specific resources please refer to BC Cancer Library / PFC / Canadian Cancer Society Service Locator.

Other Resources

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