December 2024

Virtual Support Programs



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194	Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2 nd floor Call to register: 250.712.3963	Brain Tumor Support Group9:30am – 11amCall to register:604.877.6000 ext 672194Relaxation and Music TherapyGroup10:30am – 11:30amCall to register:604.877.6000 ext 672194Mindfulness Based Art Therapy10:30am – 12pm (Zoom)RegisterArt & Music Studio Group1:30pm – 3:30pmIn-person, Vancouver CentreLodgeRegister	Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525	Living with Metastatic Cancer 10am –11:30am Call to register: 604.930.4000 Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194
9 Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194	10 Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2 nd floor Call to register: 250.712.3963 Young Adults Group 10:30am – 12pm (Zoom) <u>Register</u>	11 Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194 Mindfulness Based Art Therapy 10:30am – 12pm (Zoom) Register Art Therapy Workshop: Holiday Card Making 1pm – 3pm In-person, BC Cancer – Vancouver Centre Register	12 Knitting Circle 2pm – 4pm BC Cancer Library (675 West 10th Ave) <u>Register</u>	13 Living with Metastatic Cancer 10am –11:30am Call to register: 604.930.4000 Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194

December 2024

Virtual Support Programs



Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
Relaxation and Music Therapy	Relaxation Group	Relaxation and Music Therapy		Living with Metastatic Cancer
Group	10am – 11:15am	Group		10am –11:30am
5:30pm – 6:30pm	In-person, BC Cancer – Kelowna	10:30am – 11:30am		Call to register:
Call to register:	Okanagan Room, 2 nd floor	Call to register:		604.930.4000
604.877.6000 ext 672194	Call to register:	604.877.6000 ext 672194		
	250.712.3963			Relaxation and Music Therapy
		Mindfulness Based Art Therapy		Group
		10:30am – 12pm (Zoom)		2:30pm – 3:30pm
		Register		Call to register:
				604.877.6000 ext 672194
		Art & Music Studio Group		
		1pm – 3pm (Zoom)		
		Register		
23	24	25	26	27
Lung Cancer Support Group	Relaxation Group	STAT	STAT	Living with Metastatic Cancer
10am –11:30am (Zoom)	10am – 11:15am			10am –11:30am
Call to register:	In-person, BC Cancer – Kelowna			Call to register:
604.930.4000	Okanagan Room, 2 nd floor			604.930.4000
	Call to register:			
Relaxation and Music Therapy	250.712.3963			Relaxation and Music Therapy
Group				Group
5:30pm – 6:30pm				2:30pm – 3:30pm
Call to register:				Call to register:
604.877.6000 ext 672194				604.877.6000 ext 672194
30	31			
30 Relaxation and Music Therapy	31 Relaxation Group			
Group	10am – 11:15am			
5:30pm – 6:30pm	In-person, BC Cancer – Kelowna			
Call to register:	Okanagan Room, 2 nd floor			
604.877.6000 ext 672194	Call to register:			
007.077.0000 EXL 072134	250.712.3963			
	250.712.5505			



Community Support Programs & Information

Coping with Cancer	Canadian Cancer Society	Look Good Feel Better Workshops	Inspire Health
BC Cancer Website Info	1-888-939-3333	1-800-914-5665	1-888 -734-7125

** Participate in a Study: Cancer Exercise Research Participate in a Study | Cancer Exercise Research (ubc.ca)