

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

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<p>16 <b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>17 <b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>	<p>18 <b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>Mindfulness Based Art Therapy</b> 10:30am – 12pm (Zoom) <a href="#">Register</a></p> <p><b>Art &amp; Music Studio Group</b> 1pm – 3pm (Zoom) <a href="#">Register</a></p>	<p>19</p>	<p>20 <b>Living with Metastatic Cancer</b> 10am – 11:30am Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p>23 <b>Lung Cancer Support Group</b> 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>24 <b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>	<p>25 STAT</p>	<p>26 STAT</p>	<p>27 <b>Living with Metastatic Cancer</b> 10am – 11:30am Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p>30 <b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>31 <b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>			

**Community Support Programs & Information**

<a href="#">Coping with Cancer</a> BC Cancer Website Info	<a href="#">Canadian Cancer Society</a> 1-888-939-3333	<a href="#">Look Good Feel Better Workshops</a> 1-800-914-5665	<a href="#">Inspire Health</a> 1-888 -734-7125
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**\*\* Participate in a Study: Cancer Exercise Research** [Participate in a Study | Cancer Exercise Research \(ubc.ca\)](#)