## 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 <sup>nd</sup> 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 <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 <b>Young Adults Group</b> 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 <b>Knitting Circle</b> 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 <sup>nd</sup> 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 <sup>nd</sup> 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 <sup>nd</sup> 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)