

Monday	Tuesday	Wednesday	Thursday	Friday
		1 STAT	2	3 Living with Metastatic Cancer 10am –11:30am (Zoom) Call to register: 604.930.4000 Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194
6 Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194	7 Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2 nd floor Call to register: 250.712.3963	8 Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194	9 Head & Neck Support Group 10:15am – 11:45am (Zoom) Call to register: 250.519.5525 Knitting Group 2pm – 4pm In-person, BC Cancer Library (675 W 10th Ave) Register MAiD Bereavement Support Group 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: virtuallspiritualhealth@phsa.ca	10 Living with Metastatic Cancer 10am –11:30am (Zoom) Call to register: 604.930.4000 Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194
13 Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194	14 Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2 nd floor Call to register: 250.712.3963	15 Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194 Art & Music Studio Group	16 Job Search Seminar 9:30am – 11:30am (Zoom) Register	17 Living with Metastatic Cancer 10am –11:30am (Zoom) Call to register: 604.930.4000 Relaxation and Music Therapy Group

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Young Adults Group 10:30am – 12pm (Zoom) Register</p> <p>New Year, New (St)Art 1pm – 2:30pm (Zoom) Register</p>	<p>1pm – 3pm (Zoom) Register</p>		<p>2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p>20 Lung Cancer Support Group 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p>Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>21 Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>New Year, New (St)Art 1pm – 2:30pm (Zoom) Register</p>	<p>22 Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Art Therapy Workshop: Vision Collage 1pm – 3pm In-person, BC Cancer – Vancouver Register</p>	<p>23 Return to Work Group 9:30am – 11:30am (Virtual) Register</p> <p>Knitting Group 2pm – 4pm In-person, BC Cancer Library (675 W 10th Ave) Register</p> <p>MAiD Bereavement Support Group 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: virtuallspiritualhealth@phsa.ca</p>	<p>24 Living with Metastatic Cancer 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p>Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p>27 Lung Cancer Support Group 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p>Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>28 Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>New Year, New (St)Art 1pm – 2:30pm (Zoom) Register</p>	<p>29 Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Art & Music Studio Group 1:30pm – 3:30pm In-person, Vancouver Lodge Register</p> <p>Head & Neck Support Group</p>	<p>30 Return to Work Group 9:30am – 11:30am (Virtual) Register</p> <p>Affirmation Workshop 2pm – 4pm In-person, BC Cancer – Surrey Call to register: 604.930.4000</p>	<p>31 Living with Metastatic Cancer 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p>Relaxation and Music Therapy Group 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>The Role of Redemption in Suffering Workshop Series 2pm – 4pm (Zoom) Please register by Jan 15th: Register</p>	<p>Vancouver Patients Only 2pm – 3:30pm (Zoom) Call to register: 604.877.6000 ext 672194</p>		

Community Support Programs & Information

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

**** Participate in a Study: Cancer Exercise Research** [Participate in a Study | Cancer Exercise Research \(ubc.ca\)](#)