# February 2025

# Virtual Support Programs



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Relaxation and Music Therapy	Relaxation Group	Brain Tumor Support Group	Return to Work Group	Living with Metastatic Cancer
Group	10am – 11:15am	9:30am – 11am	9:30am – 11:30am (Virtual)	10am –11:30am (Zoom)
5:30pm – 6:30pm	In-person, BC Cancer – Kelowna	Call to register:	Registration Closed	Call to register:
Call to register:	Okanagan Room, 2 <sup>nd</sup> floor	604.877.6000 ext 672194	_	604.930.4000
604.877.6000 ext 672194	Call to register:		Head & Neck Support Group	
	250.712.3963	Relaxation and Music Therapy	10:15am – 11:45am (Zoom)	Relaxation and Music Therapy
		Group	Call to register:	Group
	Create Like the Masters	10:30am – 11:30am	250.519.5525	2:30pm – 3:30pm
	1pm – 2:30pm (Virtual)	Call to register:		Call to register:
	<u>Register</u>	604.877.6000 ext 672194	Knitting Group	604.877.6000 ext 672194
			2pm – 4pm	
	The Role of Redemption in	The Sacred Work of Dying	In-person, BC Cancer Library	
	Suffering Workshop Series	11am – 12:15am (Zoom)	(675 W 10th Ave)	
	2pm – 4pm (Zoom)	Email to register:	Register	
	Please register by Feb 3:	virtualspiritualhealth@phsa.ca		
	Register			
10	11	12	13	14
Relaxation and Music Therapy	Relaxation Group	Relaxation and Music Therapy	Return to Work Group	Living with Metastatic Cancer
Group	10am – 11:15am	Group	9:30am – 11:30am (Virtual)	10am –11:30am (Zoom)
5:30pm – 6:30pm	In-person, BC Cancer – Kelowna	10:30am – 11:30am	Registration Closed	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	Art & Music Studio Group	
	250.712.3963		1pm – 3pm (Zoom)	Relaxation and Music Therapy
		The Sacred Work of Dying	<u>Register</u>	Group
	Young Adults Group	11am – 12:15am (Zoom)		2:30pm – 3:30pm
	10:30am – 12pm (Zoom)	Email to register:	Art Therapy Workshop: Simple	Call to register:
	<u>Register</u>	virtualspiritualhealth@phsa.ca	Sewing / Mending	604.877.6000 ext 672194
			1pm – 3pm	
	Create Like the Masters		In-person, BC Cancer –	
	1pm – 2:30pm (Virtual)		Vancouver	
	Register		<u>Register</u>	
	The Belle of Berle			
	The Role of Redemption in		MAiD Bereavement Support	
	Suffering Workshop Series		Group	
	2pm – 4pm (Zoom)		1:30-2:30pm or 6:30-7:30pm	
	Please register by Feb 3:		(Virtual)	
	Register		Email to register:	
			virtualspiritualhealth@phsa.ca	

Email: <a href="mailto:supportivecare@bccancer.bc.ca">supportivecare@bccancer.bc.ca</a>

# Virtual Support Programs



Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
STAT	Relaxation Group  10am – 11:15am  In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963  Create Like the Masters 1pm – 2:30pm (Virtual) Register  The Role of Redemption in Suffering Workshop Series 2pm – 4pm (Zoom) Please register by Feb 3: Register	Cantonese Support Group (粵語互助小組) 10am – 11:30am Register  Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194  The Sacred Work of Dying 11am – 12:15am (Zoom) Email to register: virtualspiritualhealth@phsa.ca	Knitting Group  2pm – 4pm  In-person, BC Cancer Library (675 W 10th Ave)  Register	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
24	25	26	27	28
Lung Cancer Support Group 10am – 11:30am (Zoom) Call to register: 604.930.4000  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  Create Like the Masters 1pm – 2:30pm (Virtual) Register  The Role of Redemption in Suffering Workshop Series 2pm – 4pm (Zoom) Please register by Feb 3: Register	Mandarin Support Group (國語互助小組) 10am — 11:30am Register  Relaxation and Music Therapy Group 10:30am — 11:30am Call to register: 604.877.6000 ext 672194  The Sacred Work of Dying 11am — 12:15am (Zoom) Email to register: virtualspiritualhealth@phsa.ca  Art & Music Studio Group 1:30pm — 3:30pm In-person, Vancouver Lodge Register	MAiD Bereavement Support Group 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: virtualspiritualhealth@phsa.ca  Affirmation Workshop 2pm – 4pm In-person, BC Cancer – Surrey Call to register: 604.930.4000	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

Email: <a href="mailto:supportivecare@bccancer.bc.ca">supportivecare@bccancer.bc.ca</a>

### February 2025

### Virtual Support Programs



Monday	Tuesday	Wednesday	Thursday	Friday
		Head & Neck Support Group Vancouver Patients Only 2pm – 3:30pm (Zoom) Call to register: 604.877.6000 ext 672194		

#### **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

Email: supportivecare@bccancer.bc.ca

<sup>\*\*</sup> Participate in a Study: Cancer Exercise Research Participate in a Study | Cancer Exercise Research (ubc.ca)