

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

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

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