

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>4</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>Create Like the Masters</b> 1pm – 2:30pm (Virtual) <a href="#">Register</a></p>	<p>5</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>The Sacred Work of Dying</b> 11am – 12:15am (Zoom) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p>	<p>6</p> <p><b>Return to Work Group</b> 9:30am – 11:30am (Virtual) Registration Closed</p> <p><b>Head &amp; Neck Support Group</b> 10:15am – 11:45am (Zoom) Call to register: 250.519.5525</p> <p><b>Knitting Group</b> 2pm – 4pm In-person, BC Cancer Library (675 W 10th Ave) <a href="#">Register</a></p>	<p>7</p> <p><b>Living with Metastatic Cancer</b> 10am – 11:30am (Zoom) 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>10</p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>11</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><b>Create Like the Masters</b> 1pm – 2:30pm (Virtual) <a href="#">Register</a></p>	<p>12</p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>The Sacred Work of Dying</b> 11am – 12:15am (Zoom) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p>	<p>13</p> <p><b>Return to Work Group</b> 9:30am – 11:30am (Virtual) Registration Closed</p> <p><b>Art Therapy Workshop: Labyrinth</b> 1pm – 3pm In-person, BC Cancer – Vancouver <a href="#">Register</a></p> <p><b>MAiD Bereavement Support Group</b> 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p>	<p>14</p> <p><b>Living with Metastatic Cancer</b> 10am – 11:30am (Zoom) 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>17</p> <p><b>Relaxation and Music Therapy Group</b></p>	<p>18</p> <p><b>Relaxation Group</b> 10am – 11:15am</p>	<p>19</p> <p><b>Relaxation and Music Therapy Group</b></p>	<p>20</p> <p><b>Art &amp; Music Studio Group</b> 1pm – 3pm (Zoom)</p>	<p>21</p> <p><b>Living with Metastatic Cancer</b> 10am – 11:30am (Zoom)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>	<p>10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>The Sacred Work of Dying</b> 11am – 12:15am (Zoom) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p>	<p><a href="#">Register</a></p> <p><b>Knitting Group</b> 2pm – 4pm In-person, BC Cancer Library (675 W 10th Ave) <a href="#">Register</a></p>	<p>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>24</p> <p><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>25</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>26</p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>The Sacred Work of Dying</b> 11am – 12:15am (Zoom) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p> <p><b>Art &amp; Music Studio Group</b> 1:30pm – 3:30pm In-person, Vancouver Lodge <a href="#">Register</a></p> <p><b>Head &amp; Neck Support Group</b> Vancouver Patients Only 2pm – 3:30pm (Zoom) Call to register: 604.877.6000 ext 672194</p>	<p>27</p> <p><b>MAiD Bereavement Support Group</b> 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p> <p><b>Affirmation Workshop</b> 2pm – 4pm In-person, BC Cancer – Surrey Call to register: 604.930.4000</p>	<p>28</p> <p><b>Living with Metastatic Cancer</b> 10am – 11:30am (Zoom) 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>31</p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>				

March 2025

## Virtual Support Programs



### 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
--------------------------------------------------------------	-----------------------------------------------------------	-------------------------------------------------------------------	--------------------------------------------------

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