

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>4</p>	<p>5</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Brain Tumor Support Group 9:30 – 11am Call to register: 604.877.6000 ext 672194</p>	<p>6</p> <p>Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525</p>	<p>7</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>10</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>11</p> <p>Young Adults Group 10:30 – 12pm Register</p> <hr/> <p>Mandarin Support Group 1:30-3pm Register</p>	<p>12</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <hr/> <p>Cantonese Support Group 1:30-3pm Register</p>	<p>13</p>	<p>14</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>17</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>18</p> <p>Art Therapy Workshop (in-person, Vancouver) Floral Art: Enjoy flowers in a new way in this creative workshop. 1-3:00pm Register</p>	<p>19</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>20</p> <p>Cantonese Support Group 1:30-3pm Register</p>	<p>21</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p>

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <hr/> <p>Art & Music Studio Group A time for creativity and self care. Meet over Zoom. 1-3:00pm Register</p> <hr/> <p>Virtual Nutrition Class: Eating well on your cancer journey Meet over Zoom. 1-3:00pm Register</p>		<p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>
<p>24 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>25</p>	<p>26 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <hr/> <p>Head and Neck Support Group 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194</p>	<p>27 Affirmation Workshop 2-4pm Surrey only Call to register: 604.930.4000</p>	<p>28 Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>



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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