

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 STAT</p>	<p>3 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>4 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Brain Tumor Support Group 9:30 – 11am Call to register: 604.877.6000 ext 672194</p>	<p>5 Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525</p>	<p>6 Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>9 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>10 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Young Adults Group 10:30 – 12pm Register</p> <p>Cultivating Your Spiritual Garden Workshop (1 of 4) 2-4pm over Zoom 1. Spirituality & Spiritual Distress, The Gifted Self & Self-Compassion. Must be pre-registered. Register</p> <p>Discovering Your Creativity 1-2:30pm Online classes Register</p>	<p>11 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>12 Cantonese Support Group 1:30-3pm Register</p>	<p>13 Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>17 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Cultivating Your Spiritual Garden Workshop (2 of 4) 2-4pm over Zoom. 2. Values, Beliefs, Meaning Making, Individuals & Communities Must be pre-registered. Register</p> <p>Discovering Your Creativity 1-2:30pm Online classes Register</p>	<p>18 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Virtual Nutrition Class: Eating well on your cancer journey. Meet over Zoom. 1:30-2:30pm Register</p> <p>Art Therapy Workshops: Intro to Art Therapy 1-3:00pm In-person, BC Cancer – Vancouver. Register</p>	<p>19</p>	<p>20 Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>
<p>23 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p> <p>Lung Cancer Support Group 10 –11:30am (Zoom) Call to register: 604.930.4000</p>	<p>24 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Cultivating Your Spiritual Garden Workshop (3 of 4) 2-4pm over Zoom. 3. Spiritual Practices, Sacred Texts, Sacred Spaces, Rituals Must be pre-registered. Register</p>	<p>25 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Head & Neck Support Group Vancouver Patients Only 2-3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Art & Music Studio Group 1-3pm (Zoom) Register</p>	<p>26</p>	<p>27 Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	Discovering Your Creativity 1-2:30pm Online classes Register			
30 STAT				

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
--	---	---	---