

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525</p> <p>Return to Work Group For those with a history of cancer. Offered once every two months. Register</p>	<p>2 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>5 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>6 Summer Sketching 1-2:30pm Register</p> <p>Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>7 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>8 Job Search Seminar 9:30-11:30am Register</p>	<p>9 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>12 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>13 Summer Sketching 1-2:30pm Register</p> <p>Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>14 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Art Therapy Workshop (in-person, Vancouver) Watercolour Painting: Learn a few new tips and tricks for watercolour painting. 10-12noon Register</p>	<p>15</p>	<p>16 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>Young Adults Group 10:30 – 12pm Register</p>			
<p>19 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>20 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>21 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Head and Neck Support Group 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194</p>	<p>22</p>	<p>23 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>26 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>27 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>28 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>29 Affirmation Workshop 2-4pm Surrey only Call to register: 604.930.4000</p>	<p>30 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>

Community Support Programs & Information

<p>Coping with Cancer BC Cancer Website Info</p>	<p>Canadian Cancer Society 1-888-939-3333</p>	<p>Look Good Feel Better Workshops 1-800-914-5665</p>	<p>Inspire Health 1-888 -734-7125</p>
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