

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Living with Metastatic Cancer 10am –11:30am 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>4</p> <p>Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>5</p> <p>Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Family Art Therapy Workshop: Family Workshop 3:30pm – 5pm In-person, BC Cancer – Vancouver Centre Register</p>	<p>6</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>Fall Photography Wednesdays Oct 9 – Nov 6 10:30am – 12pm Online Group Register</p> <p>Art & Music Studio Group 1:30pm – 3:30pm In-person, Vancouver Centre Lodge Register</p>	<p>7</p> <p>Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525</p>	<p>8</p> <p>Living with Metastatic Cancer 10am –11:30am 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>11 STAT</p>	<p>12</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 Register</p>	<p>13</p> <p>Art Therapy Workshop: Slow Stitching 10am – 12pm In-person, BC Cancer – Vancouver Centre Register</p> <p>Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>14</p>	<p>15</p> <p>Living with Metastatic Cancer 10am – 11:30am 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>18</p> <p>Relaxation and Music Therapy Group 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>19</p> <p>Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Mandarin Support Group (國語互助小組) 10:30am – 12pm Register</p> <p>Cantonese Support Group (粵語互助小組) 1:30 – 3pm Register</p>	<p>20</p> <p>Art Therapy Workshop: Slow Stitching 10am – 12pm In-person, BC Cancer – Vancouver Centre Register</p> <p>Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Art & Music Studio Group 1pm – 3pm (Zoom) Register</p> <p>Virtual Nutrition Class LAST CLASS 1:30pm – 2:30pm (Zoom) Register</p>	<p>21</p> <p>Job Search Seminar 9:30am – 11:30am (Zoom) Register</p>	<p>22</p> <p>Living with Metastatic Cancer 10am – 11:30am 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>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p>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>26</p> <p>Relaxation Group 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>27</p> <p>Relaxation and Music Therapy Group 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Mindfulness Based Art Therapy 10:30am – 12pm (Online) Register</p> <p>Head & Neck Support Group Vancouver Patients Only 2-3:30pm Call to register: 604.877.6000 ext 672194</p>	<p>28</p>	<p>29</p> <p>Living with Metastatic Cancer 10am – 11:30am 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>

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