

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>2 Summer Sketching 1-2:30pm Register</p> <hr/> <p>Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>3 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>4 Job Search Seminar 9:30-11:30am Register</p> <hr/> <p>Head & Neck Support Group Victoria (Open to All) 10:15-11:45 Call to register: 250.519.5525</p>	<p>5 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>8 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>9 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <hr/> <p>Young Adults Group 10:30 – 12pm Register</p>	<p>10 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>11 Return to Work Group July 11, 18, 25 Register</p>	<p>12 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>15 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>16 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <hr/> <p>Summer Sketching 1-2:30pm Register</p>	<p>17 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <hr/> <p>Head and Neck Support Group 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194</p>	<p>18 Return to Work Group July 11, 18, 25 Register</p>	<p>19 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>

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Art & Music Studio Group A time for creativity and self care. Meet over Zoom. 1-3:00pm Register</p>		
<p>22 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>23 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>24 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>25 Affirmation Workshop 2-4pm Surrey only Call to register: 604.930.4000</p>	<p>26 Relaxation and Music Therapy Group 2:30 – 3:30pm 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>Cantonese Support Group 1:30-3pm Register</p>	<p>Head & Neck Support Group Vancouver Patients Only 2-3:30pm Call to register: 604.877.6000 ext 672194</p>	<p>Return to Work Group July 11, 18, 25 Register</p>	<p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>
	<p>Summer Sketching 1-2:30pm Register</p>	<p>Art Therapy Workshop (in-person, Vancouver) Rock Painting: Discover the joy of painting rocks. 10-12noon Register</p>	<p>Mandarin Support Group 1:30-3pm Register</p>	
<p>29 Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>30 Relaxation Group 10 – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>31 Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
	Summer Sketching 1-2:30pm Register	Head & Neck Support Group Vancouver Patients Only 2-3:30pm Call to register: 604.877.6000 ext 672194		

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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