

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>	<p><b>2</b></p> <p><b>Brain Tumor Support Group</b> 9:30am – 11am Call to register: 604.877.6000 ext 672194</p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p><b>3</b></p> <p><b>Return to Work Group</b> 9:30am – 11:30am (Virtual) Registration Closed</p> <p><b>Head &amp; Neck Support Group</b> 10:15am – 11:45am (Zoom) Call to register: 250.519.5525</p> <p><b>Knitting Group</b> 2pm – 4pm In-person, BC Cancer Vancouver Library (675 W 10th Ave) <a href="#">Register</a></p>	<p><b>4</b></p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p><b>7</b></p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p><b>8</b></p> <p><b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p> <p><b>Young Adults Group</b> 10:30am – 12pm (Zoom) <a href="#">Register</a></p>	<p><b>9</b></p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>Knitting Group</b> 2pm - 3pm In-person, BC Cancer Victoria Library Drop-in</p> <p><b>Spring Photography</b> Virtual 10:30am – 12pm <a href="#">Register</a></p>	<p><b>10</b></p> <p><b>Return to Work Group</b> 9:30am – 11:30am (Virtual) Registration Closed</p> <p><b>MAiD Bereavement Support Group</b> 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: <a href="mailto:virtuallspiritualhealth@phsa.ca">virtuallspiritualhealth@phsa.ca</a></p>	<p><b>11</b></p> <p><b>Living with Metastatic Cancer</b> 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>
<p><b>14</b></p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p><b>15</b></p> <p><b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register:</p>	<p><b>16</b></p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p><b>17</b></p> <p><b>Art &amp; Music Studio Group</b> 1pm – 3pm (Zoom) <a href="#">Register</a></p>	<p><b>18</b></p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>250.712.3963</p> <p><b>Art Therapy Workshop</b> "Painting Landscapes Like Emily Carr" In person, BC Cancer - Vancouver 1:00pm – 4:00pm <a href="#">Register</a></p>	<p><b>Eating Well on Your Cancer Journey</b> 1:30pm-2:30pm (Virtual) <a href="#">Register</a></p> <p><b>Spring Photography</b> Virtual 10:30am – 12pm <a href="#">Register</a></p> <p><b>Job Search Seminar</b> 9:30 – 11:30am <a href="#">Register</a> Or call 1-800-663-3333 ext 672194</p>	<p><b>Cultivating your Spiritual Garden</b> <i>Spirituality &amp; Spiritual Distress, The Gifted Self &amp; Self-Compassion</i> 2pm-4pm (virtual) <a href="#">Register</a></p> <p><b>Knitting Group</b> 2pm – 4pm In-person, BC Cancer Library (675 W 10th Ave) <a href="#">Register</a></p>	
<p>21</p> <p><b>Lung Cancer Support Group</b> 10am – 11:30am (Zoom) Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>22</p> <p><b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2<sup>nd</sup> floor Call to register: 250.712.3963</p>	<p>23</p> <p><b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194</p> <p><b>Art &amp; Music Studio Group</b> 1:30pm – 3:30pm In-person, Vancouver Lodge <a href="#">Register</a></p> <p><b>Knitting Group</b> 2pm - 3pm In-person, BC Cancer Victoria Library Drop-in</p> <p><b>Spring Photography</b> Virtual 10:30am – 12pm</p>	<p>24</p> <p><b>MAiD Bereavement Support Group</b> 1:30-2:30pm or 6:30-7:30pm (Virtual) Email to register: <a href="mailto:virtualspiritualhealth@phsa.ca">virtualspiritualhealth@phsa.ca</a></p> <p><b>Affirmation Workshop</b> 2pm – 4pm In-person, BC Cancer – Surrey Call to register: 604.930.4000</p> <p><b>Cultivating your Spiritual Garden</b> <i>Values, Beliefs, Meaning Making, Individuals &amp; Communities</i> 2pm-4pm (virtual) <a href="#">Register</a></p> <p><b>Support Group for Chinese-speaking Patients &amp; Families</b></p>	<p>25</p> <p><b>Living with Metastatic Cancer</b> 10am –11:30am (Zoom) Call to register: 604.930.4000</p> <p><b>Relaxation and Music Therapy Group</b> 2:30pm – 3:30pm Call to register: 604.877.6000 ext 672194</p>

Monday	Tuesday	Wednesday	Thursday	Friday
		<a href="#">Register</a>	1:30pm-3:30pm, Mount Pleasant Community Centre In-person <a href="#">Register</a> <a href="#">詳細資料</a>  <a href="#">登記連結</a>	
28 <b>Relaxation and Music Therapy Group</b> 5:30pm – 6:30pm Call to register: 604.877.6000 ext 672194	29 <b>Relaxation Group</b> 10am – 11:15am In-person, BC Cancer – Kelowna Okanagan Room, 2 <sup>nd</sup> floor Call to register: 250.712.3963	30 <b>Relaxation and Music Therapy Group</b> 10:30am – 11:30am Call to register: 604.877.6000 ext 672194  <b>Art &amp; Music Studio Group</b> 1:30pm – 3:30pm In-person, Vancouver Lodge <a href="#">Register</a>  <b>Head &amp; Neck Support Group</b> Vancouver Patients Only 2pm – 3:30pm (Zoom) Call to register: 604.877.6000 ext 672194  <b>Return to Work Group</b> <a href="#">Register</a> Or call 1-800-663-3333 ext 672194  <b>Spring Photography</b> Virtual 10:30am – 12pm <a href="#">Register</a>		

**Community Support Programs & Information**

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

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