

MONDAY			THURSDAY	FRIDAY	
		01 For the Love of Flowers 11:00am - 12:30pm To register, email shankinson@bccancer.bc.ca Brain Tumour Support Group 9:30am-11:00am Register at 604-877-6000 ext. 672194	02 Relaxation & Music Therapy Group 10:30am-12:00pm Register at 1-800-663-3333 ext.672194 Head and Neck Support Group 10:15am – 11:45am Register at 250-519-5525 or 1-800-670-3322 ext 695525	03	
06 STAT HOLIDAY	07 Relaxation & Music Therapy Group 2:30pm-4:00pm Register at 1-800-663-3333 ext.672194	08	09 Relaxation & Music Therapy Group 10:30am-12:00pm Register at 1-800-663-3333 ext.672194 Mindfulness Strategies for Well-being 1:30-3:30pm Register at 250-519- 5525	10 Living with Metastatic Cancer	10:00am – 11:30am Register at 1-604-930-4000
13	14 Relaxation & Music Therapy Group 2:30pm-4:00pm Register at 1-800-663-3333 ext.672194	15	16 Relaxation & Music Therapy Group 10:30am-12:00pm Register at 1-800-663-3333 ext 672194 Mindfulness Strategies for Well-being 1:30-3:30pm Register at 250-519- 5525	17	
20	21 Relaxation & Music Therapy Group 2:30pm-4:00pm Register at 1-800-663-3333 ext.672194	22	23 Relaxation & Music Therapy Group 10:30am-12:00pm Register at 1-800-663-3333 ext.672194 Mindfulness Strategies for Well-being 1:30-3:30pm Register at 250-519- 5525	24 Living with Metastatic Cancer	10:00am – 11:30am Register at 1-604-930-4000
27	28 Relaxation & Music Therapy Group 2:30pm-4:00pm Register at 1-800-663-3333 ext.672194	29	30 Relaxation & Music Therapy Group 10:30am-12:00pm Register at 1-800-663-3333 ext.672194		
BC Cancer Website – Coping with Cancer Practical and Emotional Support www.bccancer.bc.ca/health-info/coping-with-cancer		Cancer Chat Canada Online support groups 1-877-547-3777 ext.645234 www.cancerchatcanada.ca		Canadian Cancer Society, BC/Yukon Information & community support 1-888-939-3333 www.cancer.ca/en?region=bc	
		Look Good Feel Better 1-800-914-5665 www.lgfb.ca		Prostate Cancer Supportive Care Program https://pcscprogram.ca	
				Inspire Health 1-888-734-7125 https://www.inspirehealth.ca/programs/class-schedules/online-classes-temporary-schedule	