

Health Info - Coping with Cancer

<http://www.bccancer.bc.ca/health-info/coping-with-cancer>

Practical Support:

- Information when you need to travel for cancer treatment
- Finding financial assistance and more

Emotional Support:

- Learn ways to manage stress
- Information about feelings of anger, anxiety, sadness, worry and grief

Family Support:

- Having conversations with family and help for caregivers

Facts 4 teens:

- Information and resources for teens

Exercise Support:

- Information and resources about the benefits of exercise

And much more



Our Services

Support Programs: www.bccancer/supportprograms

- Sign up to receive monthly Supportive Care eBulletins (upcoming support program info)
- Find BC Cancer support groups, calendar for virtual education sessions and community programs



Supportive Care: www.bccancer.bc.ca/our-services/services/supportive-care

- Learn about your Supportive Care Team: Patient and Family Counselling, Art Therapy, Psychiatry, Spiritual Health, Vocational Rehabilitation, Speech Language Pathology and Pain, Symptom Management and Palliative Care

