

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>2</p> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p>	<p>3</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Brain Tumor Support Group 9:30 – 11am Call to register: 604.877.6000 ext 672194</p>	<p>4</p> <p>Head & Neck Support Group 10:15am – 11:45am Call to register: 250.519.5525</p>	<p>5</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>8</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p> <p>Cultivating Your Spiritual Garden 2 – 4pm Register HERE</p>	<p>9</p> <p>Young Adults Group 10:30 – 12pm Register HERE</p> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Spring Photography 1-2:30pm Register HERE</p>	<p>10</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p>	<p>11</p> <p>Return to work Seminar 9:30 – 11:30am (zoom) Register HERE</p>	<p>12</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>15</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p>	<p>16</p> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Spring Photography 1-2:30pm</p>	<p>17</p> <p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Eating well on your Cancer Journey 1:30 – 2:30pm Register HERE</p>	<p>18</p> <p>Return to work Seminar 9:30 – 11:30am (zoom) Register HERE</p>	<p>19</p> <p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 – 11:30am Call to register: 604.930.4000</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p> <p>Lung Cancer Support Group 10-11:30am Call to register: 604.930.4000</p>	<p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Spring Photography 1-2:30pm</p>	<p>Relaxation and Music Therapy Group 10:30 – 11:30am Call to register: 604.877.6000 ext 672194</p> <p>Family Art Therapy Program 10:30-noon Register HERE</p> <p>Art & Music Studio Group 10 – 12:00pm Register HERE</p> <p>Head and Neck Support Group 2:00 – 3:30pm Vancouver only Call to register: 604.877.6000 ext 672194</p>	<p>Return to Work Seminar 9:30 – 11:30am Register HERE</p>	<p>Relaxation and Music Therapy Group 2:30 – 3:30pm Call to register: 604.877.6000 ext 672194</p> <p>Living with Metastatic Cancer 10 –11:30am Call to register: 604.930.4000</p>
<p>29</p> <p>Relaxation and Music Therapy Group 5:30 – 6:30pm Call to register: 604.877.6000 ext 672194</p> <p>Cantonese Support Group 1:30-3pm Register HERE</p>	<p>30</p> <p>Relaxation Group 10 – 11:30am In-person, BC Cancer – Kelowna Okanagan Room, 2nd floor Call to register: 250.712.3963</p> <p>Mandarin Support Group 1:30-3pm Register HERE</p> <p>Spring Photography 1-2:30pm</p>			

Community Support Programs & Information

<p>Coping with Cancer BC Cancer Website Info</p>	<p>Cancer Chat Canada 1-844-725-2476</p>	<p>Look Good Feel Better Workshops 1-800-914-5665</p>	<p>Inspire Health 1-888 -734-7125</p>	<p>Canadian Cancer Society 1-888-939-3333</p>
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Colour Legend

Groups on Supportive Care eBulletin	Highlighting colour
<p>Creative & Experiential Groups:</p> <ul style="list-style-type: none"> • Art Therapy • Relaxation & Music Therapy • Young Adults Group • Spiritual Health 	
<p>Self-Management Resources:</p> <ul style="list-style-type: none"> • Nutrition • Memory Attention and Adaptation Training • Meditation & Relaxation playlists • Exercise Information • Indigenous Cancer Journey Support 	
<p>Tumour-Based Support Groups:</p> <ul style="list-style-type: none"> • Living with Metastatic Cancer • Head & Neck Cancer Support Group • Brain Tumour Support Group • Lung Cancer Support Group 	
<p>Practical Support Groups:</p> <ul style="list-style-type: none"> • Return to Work Seminar • Job Search Seminar 	
<p>In-Person Groups:</p> <ul style="list-style-type: none"> • Relaxation Group – BC Cancer Kelowna • Affirmation Workshop – BC Cancer Surrey 	
<p>Group Programs for Chinese-Speaking Patients and Families</p>	