



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

CANADIAN PARTNERSHIP
AGAINST CANCER



PARTENARIAT CANADIEN
CONTRE LE CANCER

***A PROGRAM OF
PROFESSIONALLY-LED ONLINE
SUPPORT GROUPS FOR
CANADIANS AFFECTED BY
CANCER***

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Provincial Psychosocial Oncology Program

BC Cancer Agency

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CancerChatCanada

Register on our secure website for upcoming groups.

[Click here](#)

Find out more about online support

The National Alliance for Psychosocial Support and Care is looking for professional psychosocial oncology counsellors to facilitate online groups. If you think you got what it take or know somebody who does, click here to learn how.

[Join our email list](#)

CancerchatCanada provides a safe place to connect with others facing similar challenges.

Click the play button to view the video



What's New

October 7, 2010 /

[A Multi-Site Study for Young Canadian Breast Cancer Survivors](#)

A new multi-provincial study of support for young women survivors of breast cancer begins Septemb...

[Read More >](#)

July 12, 2010 /

[Cancerchatcanada's Caregivers Groups](#)

What are live-chat support groups?

- 5-8 participants and facilitator meet in a chat room for 10 weekly scheduled meetings
- Agenda - open discussion of cancer-related difficulties, emotions, and ways of coping
- Sessions are private, closed
- Despite semi-anonymity, members become known to one another quickly

lauren:
well i have a son who was recently diagnosed with a brain tumor. he lives with me and he's having a pretty hard time

heatherr:
Ahhh - welcome Dustin -- that must be a tough thing to cope with - what are your hopes for the group?

sandy:
She is so sick that I have to take time off work to care for her:

sandy:
How old is your son?

lauren:
i am a teacher but have had to drop to part time cause i can't seem to manage everything

lauren:
he is 20

heatherr:
❤️❤� Lauren and Sandy - feeling into the weight of what you have written ... want to slow us down a little ...

heatherr:
If it is okay - can we stay with Sandy for a moment

sandy:
That's so sad about your son

heatherr:
Sandy - you live with your mom - how are you coping with this? I am curious ❤️

lauren:
yes it's been hard

1/8 Participants

-  adina_r
-  heatherr
-  dustin ✕
-  lauren ✕
-  sandy ✕
-  rita ✕
-  patrick ✕
-  danielle ✕

 Bubble View ON | OFF

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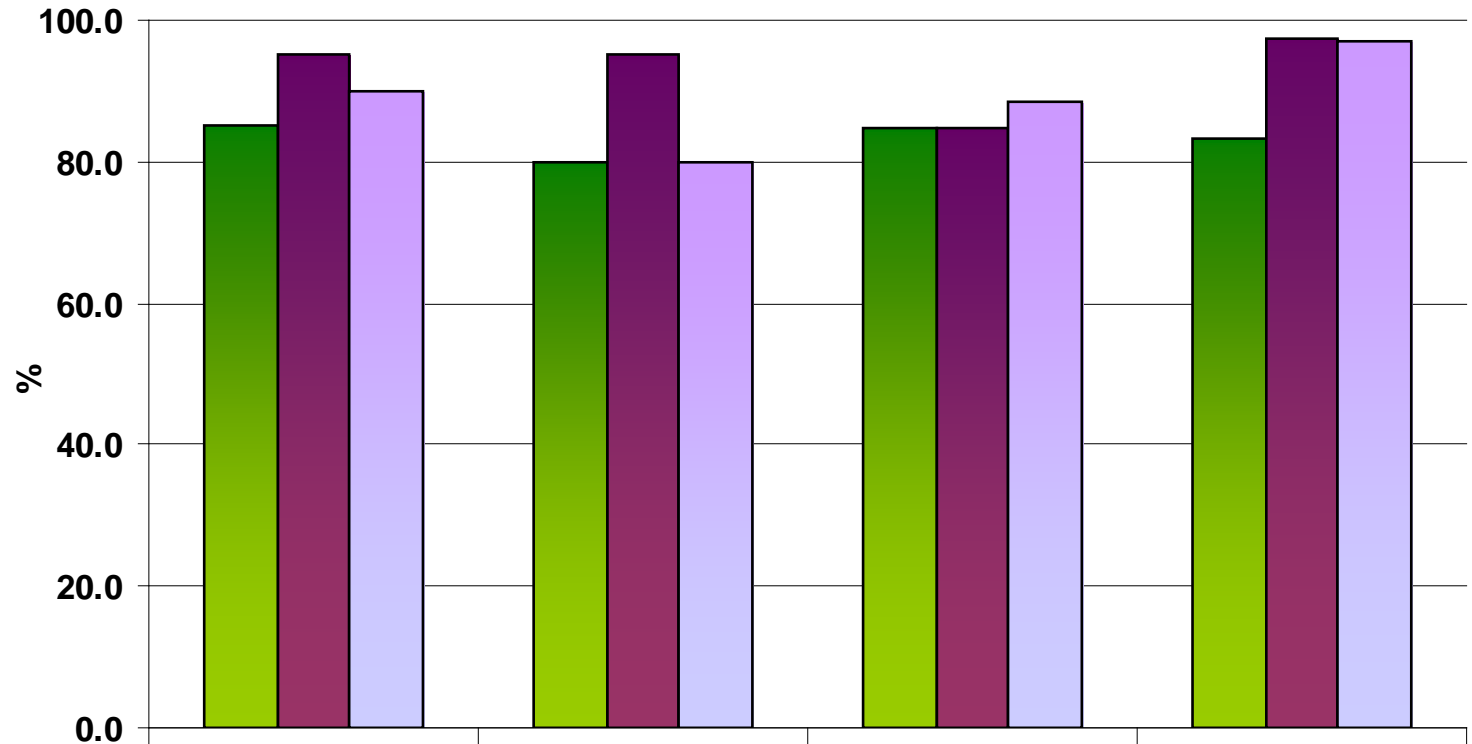
 View Chat Session

BC Young Women's Group



Content Analysis: Satisfaction

N = 102



	Caregivers	Patients	Rural Women	Young Women
■ EXPECTATIONS	85.0	80.0	84.6	83.3
■ COUNSELLOR	95.0	95.0	84.6	97.2
■ TECHNOLOGY	90.0	80.0	88.5	97.2

1. Access

- *“I live in a town 50 miles from the cancer centre...I didn't know who to get information from – I felt lost...”*
rural survivor”
- *“Time was so tight, stressed, cooking, cleaning.. I didn't have to drive anywhere so this was good.”* -
caregiver
- *“Having this online, when I could not leave the house at all, has been a life saver.”* – **Caregiver**

2. Privacy & semi- anonymity

- *“I was surprised by my ability to talk about private things like my spouse, my dying friend, my disappointment with family. I think the semi-anonymity and feeling safe gave way to the freedom to speak.” – **Young survivor***
- *“I cry a lot when I talk about my feelings and it’s hard to cry and talk at the same time. I felt silly crying in front of other people, so the anonymity of the online group was important for me.” – **Patient***

3. Writing instead of Talking

- *“By typing things out, it allowed us to get more out I think, things that you weren’t even aware of in the back of your mind.” – Patient*
- *“I had time to compose my thoughts in the online format. Face-to-face meetings can be more taxing when you’re stressed and trying to be composed - less of a barrier there online - speaking what you feel is easier.” – Young survivor*

4. Understanding & Belonging

- *“It was a huge relief being with people who understand and have been through what you’re going through...we talked about anything and everything! It was very open and comfortable.”*
– Patient

About our participants to date

- 342 patients and caregivers served in 49 OSG's
- age range 23-74 years
- 46% live outside of large urban areas
- In non-study patient groups - 68% non-breast and 25% male
- 70% report receiving no professional psychosocial support for cancer distress

Moving Forward After Breast Cancer: A RCT Pilot Study of an Online Skills and Support Group for Young Breast Cancer Survivors

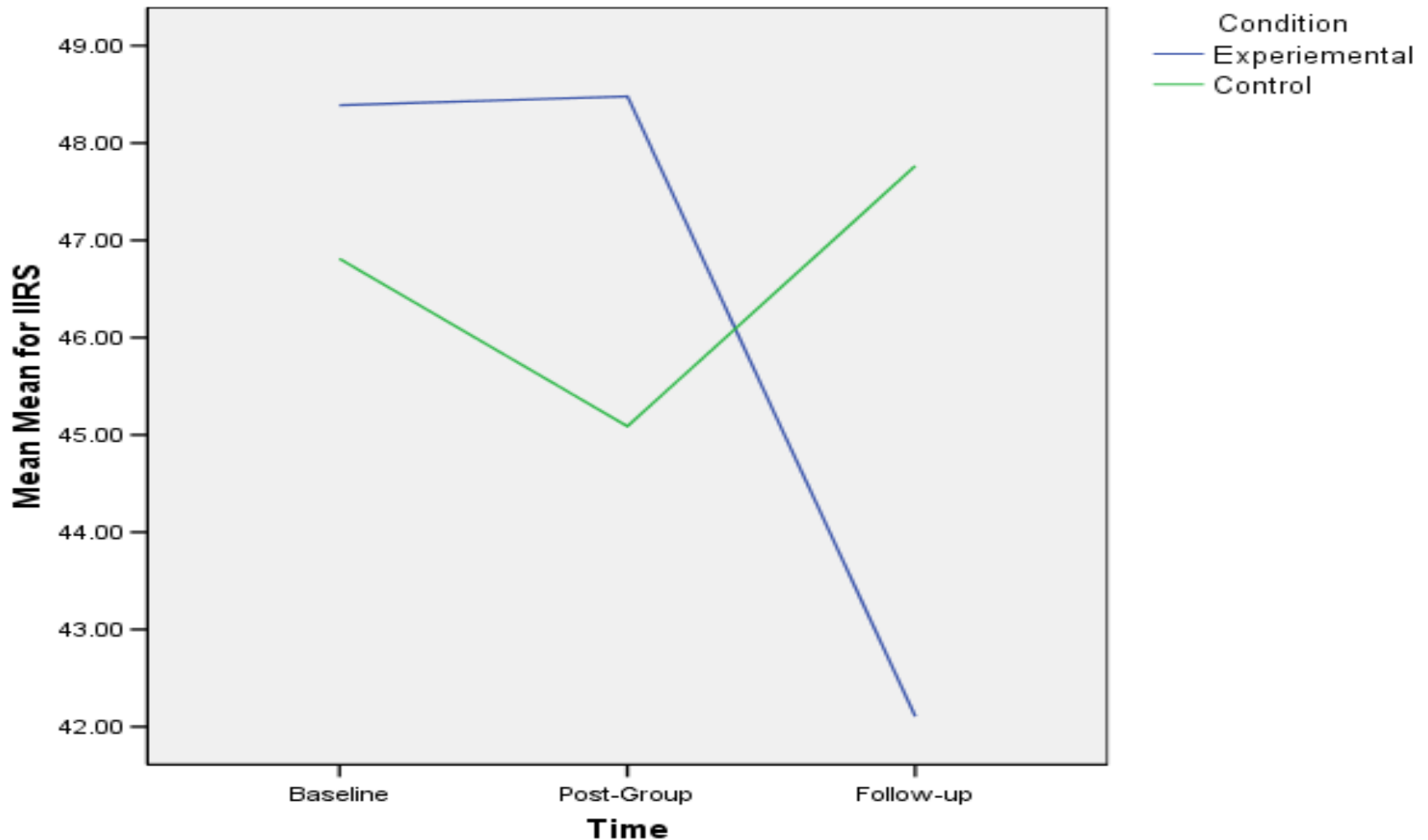
EXP: Online 'skills and support': 10 weeks Online support and discussion group plus coping skills workbook

CON: Coping skills workbook alone

Hypothesis: Exp would reduce Illness Intrusiveness compared to CON

Funding gratefully acknowledged Canadian Breast Cancer Foundation BC/Yukon

Reduced Illness Intrusiveness 3 months after OSG participation – young survivors



How do I make a referral?

We take referrals throughout the year with groups starting every second month

If you have a referral you can:

- e-mail cancerchatcanada@cancerchatcanada.ca
- or call our coordinators toll free at **1-800-663-3333 ext 4966**
- or direct patients to the Cancerchatcanada.ca registration form to self-register