

Young adults with cancer

Learning that you have cancer brings with it many feelings of uncertainty and stress related to your day-to-day realities. We encourage you to discuss your feelings with your Primary Team.

As well, you can ask to see a social worker or call directly at 905-387-9495, ext. 63415. Ask about:

- coping with cancer
- coping with the effects of treatment
- dealing with stress, anxiety and depression
- individual and couples counseling
- sexuality and intimacy
- talking with children
- financial planning and work
- healthy eating
- learning about your family history
- understanding and navigating the health care system

This booklet contains websites and information about dealing with cancer.

Online services

www.youngadultcancer.ca/

Mission is to build a community of young adults diagnosed with cancer that provides information, support, skills and opportunity. They organize retreats, conferences and local events in Toronto, Ottawa, Calgary and Edmonton.

www.stupidcancer.com

Mission to empower those affected by young adult cancer by building community, improving quality of life and providing meaningful survivorship. This site offers newsletters, videos, conferences and events.

www.myplanet.planetcancer.org/

An online forum, with a chance to share insights, explore fears and communicate with others who are affected by cancer. Enables users to create an online profile, provides forum and videos.

www.ebbandflowstory.com

Created a film for young adults with cancer who go to conferences, retreats and adventure trips. They also have information on upcoming adventure expeditions for young adults with cancer (based in the United States of America).

www.masskickers.org

Mass Kickers Foundation (MKF) is a 501(c)(3) non-profit organization which provides support and motivation to all newly diagnosed patients, family and friends affected by tumours or cancer. MKF serves this mission through their website, fundraising and select events throughout the year (based in the United States of America).

www.imermanangels.org

Imerman Angels provide personal connections that enable one-on-one support among cancer fighters, survivors and caregivers. Patients have the opportunity to seek help and eventually to become mentors.

www.mylifeline.org

Is a 501(c)(3) non-profit organization that encourages cancer patients and caregivers to create free, customized websites. Their mission is to empower patients to build an online support community of family and friends to foster connection, inspiration and healing.

www.virtualhospice.ca

Information and support on palliative and end-of-life care, loss and grief. There is an online team of experts who can answer questions regarding life threatening illness and loss. There are also discussion forums, online videos and a chance for patients to share their own stories.

www.pinkpearlfoundation.org

A non-profit organization that brings together young women with cancer through a network of peer-support and innovative programs.

www.nannyangelnetwork.com

The Nanny Angel Network (NAN) provides free, professional relief childcare to mothers with cancer in Toronto and the surrounding area. NAN envisions a world where every mother with cancer receives the care she needs for her children so that she does not feel alone during cancer treatment and she can care for herself, rest and recover from her treatment.

www.fertilefuture.ca

Fertile Future is a Canadian non-profit organization that provides fertility preservation information and support services to cancer patients and oncology professionals. They provide a telephone support line and a power of hope cost reduction program to help offset the cost of fertility preservation in cancer patients.

Community services

Wellwood – 905-667-8870

www.wellwood.on.ca

Wellwood is a community based, non-profit organization which provides information, programs and peer support to people who have received a diagnosis of cancer, loved ones, caregivers and health care providers.

Wellspring – 905-257-1988

www.wellspring.ca/halton-peel

Within the warmth of a wellspring centre, cancer patients and their loved ones will find people who understand, and free programs that address the everyday challenges that cancer brings.

YWCA Encore – 905-522-9922

www.ywcahamilton.org/

Free exercise program for women who have undergone surgery for breast cancer at any time in their lives.

Canadian Cancer Society – 1-800-939-3333
www.cancer.ca

Offers a range of supports including: cancer information service to answer cancer-related questions, peer support service to connect with people living with cancer with trained volunteers.

The website www.cancerconnection.ca helps people with cancer share their experiences with one another.

Breast Cancer Support Services – 905-634-2333
www.breastcancersupport.org

Offers a wide range of programs and services, including information, support and wellness for women and families living with breast or gynecological cancer.

Books and audiovisuals

Available at the Juravinski Cancer Centre, Patient and Family Resource Centre.

- Everything Changes: The Insider's Guide to Cancer in Your 20s and 30s. Kairol Rosenthal. Call Number: 6.4.5.2009
- We Get It: Dealing with Cancer as a Young Adult in Different/Young Adult Cancer. Cancer Canada. Call Number: 5.10.0.2009 DVD
- Chasing Rainbows: Young Adults Living with Cancer (2006).
www.chasingrainbowsproduction.com
- Wrong Way to Hope (Hands on Films, 2010).
www.wrongwaytohope.com

The links to the websites listed were correct at the time of printing. However, information changes quickly, and we cannot guarantee that the links are current.

A warm thank you to the *Pink Pearl Foundation* for their help in searching and reviewing these websites.