

# Pathfinder Series: Young Adults with Cancer

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books & Audiovisual

*Everything Changes: The Insider's Guide to Cancer in Your 20s and 30s* / Kairol Rosenthal  
Call number: 6.4.5 2009

The author, a young adult cancer survivor, spoke with twenty-five other young adult cancer survivors to find out how they coped with the cancer experience. The issues she discusses are many, including dating and sex, employment and careers, fertility and adoption and dealing with family and friends.

*Wrong Way To Hope: An Inspiring Story of Young Adults and Cancer* / Mike Lang, Aaron Bryant  
Call number: 6.4.2 2010 DVD

This inspirational group of young adult survivors share their personal stories as they embark on a journey of a lifetime down one of the most remote rivers in North America. Applying the lessons they learned from their cancer struggle, together they battle a completely new set of trials on the river.

*This Should Not Be Happening: Young Adults With Cancer* / Anne Katz  
Call number: 6.4.0 2014

This is a straight-talking book from one of the best authors around. Based on current research, the author's own clinical expertise and interviews with over a dozen young adult cancer survivors, this book confronts the challenges of cancer head-on with frank, pragmatic advice and inspiration on issues unique to young adults dealing with life-changing illness.

*Planet Cancer: The Frequently Bizarre Yet Always Informative Experiences and Thoughts of Your Fellow Natives* / Heidi Schultz Adams and Christopher Schultz  
Call number: 6.4.7 2010

Planet Cancer is an honest, down-to-earth guide to living in the new world of a cancer, from diagnosis to post-treatment. Aimed at young adults between 15 and 40, the book is based on the popular Planet Cancer website that has been helping young people since 2001.

*Let's Talk About It: Inspiring Stories From Young Adult Cancer Survivors* / Darren Neuberger  
Call number: 6.4.6 2010

If you are a young adult who has been touched by cancer, then this book is for you. In this collection you will find humour, strength, courage and wisdom in personal stories written by young adult cancer survivors. You will find inspiration in our journey and understand why it is important that we talk about living with and overcoming this disease.

## Websites

CancerCare – Young Adults [http://www.cancercare.org/tagged/young\\_adults](http://www.cancercare.org/tagged/young_adults)

This is a US-based website that offers support services for cancer patients including online support groups, podcasts, booklets and other publications. They also offer a monthly “Ask CancerCare” series, where visitors to the site can ask specific questions of the featured experts.

Cancer.Net – For Young Adults and Teenagers <http://www.cancer.net/navigating-cancer-care/young-adults>

An extremely comprehensive site with information on cancer and its impact on your body, your emotions and overall health, as well as family, friends, relationships, work and school, and a lot more. Be sure to check out their video series, “Moving Forward”, for tips on all of these topics and interviews with other young adults in the same situations.

Cancer Fight Club <https://cancerfightclub.com/>

This website was established by young adult cancer community members from across Montreal and Quebec. It includes links to resources about going back to school or work as well as Twitter hashtags to follow.

Fertile Future <https://fertilefuture.ca/>

Fertile Future believes there is a strong need to inform, educate and assist regarding fertility preservation for cancer patients. The Power of Hope Cost Reduction Program is a financial assistance program for Canadian cancer patients who wish to pursue fertility preservation prior to undergoing cancer treatments.

Stupid Cancer <http://stupidcancer.com/>

Stupid Cancer exists to ensure that every young adult affected by cancer is given access to the best age-appropriate support they are entitled to in order to get busy living at every stage of their survivorship.

The C Word: Young Adults Talk About Living With Cancer

[https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Patient\\_Family\\_Library/Pages/Videos/the\\_c\\_word.aspx](https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Patient_Family_Library/Pages/Videos/the_c_word.aspx)

These videos feature seven young adult cancer survivors candidly answering questions about life, being young, and having cancer.

The Ulman Cancer Fund for Young Adults <http://www.ulmanfund.org/>

A leading voice in the young adult cancer movement, The Ulman Cancer Fund is working at a grassroots level to support, educate, connect and empower young adult cancer survivors.

Young Adult Cancer Canada <http://www.youngadultcancer.ca/>

Established in 2000, YACC’s mission is to “support young adults living with, through, and beyond cancer.” Their website includes information about a Facebook group and programs such as retreats, conferences, social activity-based events, and the national “Big Cancer Hook-Up.”