

Pathfinder Series: Adolescents & Young Adults with Cancer

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

Book & DVD

This Should Not Be Happening: Young Adults with Cancer / Anne Katz

Call number: 6.4.0 2014

- based on current research, the author's own clinical expertise, and interviews with over a dozen young adult cancer survivors.
- confronts the challenges of cancer head-on with frank, pragmatic advice and inspiration on issues unique to young adults dealing with life-changing illness.

Wrong Way to Hope: An Inspiring Story of Young Adults and Cancer / Mike Lang and Aaron Bryant

Call number: 6.4.2 2010 DVD

- 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.

Websites

AYA CAN <https://ayacan.ca/>

- peer-led national organization advocating for Canadian adolescents and young adults affected by cancer.
- monthly newsletter, events, resources, programs, and more.



BC Cancer – Adolescent & Young Adult Cancer Care & Support

<http://www.bccancer.bc.ca/health-info/adolescent-young-adult>

- resources about emotional and financial support, work and school, exercise, sexual health and fertility, parenting, clinical trials, and more.



Cactus Cancer Society <https://cactuscancer.org/>

- U.S.-based website that offers a safe space, support, and resources.
- online wellness, connection, coping, lifestyle encouragement, peer support, and more.



CancerCare – Young Adults http://www.cancercare.org/tagged/young_adults

- U.S.-based website that offers support services for cancer patients including online support groups, podcasts, publications, and more.
- monthly “Ask CancerCare” series (ask featured experts specific questions).



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

- established by YA cancer community members from across Montreal and Quebec.
- resources about going back to school or work, clinical trials, genetics, and financial aid.



Elephants and Tea <https://elephantsandtea.org/>

- the only magazine written for and by the AYA cancer community telling their story in their own words.



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

- Canadian national non-profit organization that provides fertility preservation information and support services.
- financial assistance (Power of Hope Cost Reduction Program).



On the Tip of the Toes <https://tipoftoes.com/>

- free therapeutic adventure expeditions for young people aged 14 to 39 who are living with cancer.



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

- U.S.-based website with resources about mental health, family & fertility, sex & intimacy, adulting, and more.



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

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



Young Adult Cancer Canada

<http://www.youngadultcancer.ca/>

- private Facebook group, programs, retreats, conferences, social activity-based events, community stories, survivor profiles, and national “Big Cancer Hook-Up.”

