

## Where to Start... Young Adults with Cancer

Suggested resources when you **start** to look for information about Young Adults with Cancer

	What does it mean to be a young adult with cancer?
	<ul> <li>You were diagnosed between 18 and 39.</li> <li>You worry about money, school, work, friends, family, sex, fertility and the cancer coming back.</li> <li>You feel isolated, alone, scared and uncertain.</li> <li>You feel disconnected from your peers who can't relate to your experience.</li> <li>You wonder if there's help out there for you.</li> <li>You feel like you should be able to handle this without help and judge yourself when you struggle.</li> </ul>
Common Questions	<ul> <li>What can I expect if I reach out for help?</li> <li>You are not alone.</li> <li>There are people who understand your experience.</li> <li>You feel connected, confident and empowered to move forward.</li> </ul>
	<ul> <li>Where can I get help?</li> <li>University Health Network/ Princess Margaret Hospital Adolescents and young Adults (AYA) Oncology Program at https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_ Adult_Oncology</li> <li>Call the Psychosocial Oncology team at your local cancer centre <ul> <li>Trillium Health Partners 905-813-1100 ext. 4862</li> <li>Brampton Civic Hospital 905-494-6542</li> <li>Halton Healthcare Oncology Clinic 905-338-4635</li> </ul> </li> </ul>







	<ul> <li>Canadian Cancer Society</li> <li>www.cancer.ca</li> </ul>
	<ul> <li>Provides information on prevention, research, support services, and numerous on-line publications for young adults with cancer.</li> </ul>
	Fertile Future
	<ul> <li>https://fertilefuture.ca</li> </ul>
Websites	<ul> <li>Provides information, education and support to young cancer patients and their families when facing cancer treatment that can affect fertility.</li> </ul>
	Voicing my Choices
	<ul> <li>https://fivewishes.org/shop/order/product/voicing-my-choices#</li> </ul>
	<ul> <li>Empowers young people living with a serious illness to communicate to family, friends and caregivers about how you want to be comforted, supported, treated and remembered.</li> </ul>
	Advance Care Planning
	<ul> <li>https://www.advancecareplanning.ca/</li> </ul>
	<ul> <li>Information and resources to help you reflect on your values and wishes, and to help you let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself.</li> </ul>
	Cancer Fight Club
	www.cancerfightclub.com
	• Provides young adult patients and survivors, caregivers, family and friends access to resources and support services that help guide them on their cancer pathway.
	Pink Pearl
Support	<ul> <li>https://pinkpearlcanada.org/</li> <li>Provides support of young women facing cancer.</li> </ul>
	Stupid Cancer
	www.stupidcancer.org
	Focuses on empowering young adults affected by cancer.
	Rethink Breast Cancer
	www.rethinkbreastcancer.com
	<ul> <li>Provides online resources and social media spaces for young women with breast cancer to help make friends, share knowledge and find support.</li> </ul>

	Wellspring
Support Continued	<ul> <li>https://wellspring.ca/</li> <li>Provides services to young adults with cancer and their families, including support groups, presentations, exercise and relaxation programs.</li> </ul>
	Young Adult Cancer Canada
	<ul> <li>www.youngadultcancer.ca</li> <li>Focuses on inspiring, informing and supporting young adults, ages 15-39, dealing with cancer.</li> </ul>
Videos	<ul> <li>Valleys- The Webseries</li> <li>Valleys: Episode 1- "A Two Edged Sword" on YouTube</li> <li>Webseries follows one young woman with breast cancer and her best friend as they raft the Grand Canyon and struggle through their own unique set of challenges as patient and caregiver.</li> </ul>
	Wrong way to Hope: Inspiring Story of Young Adults & Cancer
	<ul> <li>https://www.youtube.com/watch?v=0daJ4xw0Goo</li> <li>Follows a group of young adult cancer survivors, sharing their personal stories, and applying the lessons they learned from their cancer struggles as they travel down one of the most remote rivers in North America.</li> </ul>
Telephone	<ul> <li>Canadian Cancer Society's Information Service</li> <li>1-888-939-3333</li> </ul>
	Young Adult Cancer Canada • 1-877-571-7325
Books	Title: Crazy Sexy Cancer Tips Author: Kris Carr
	Title: Everything Changes: The Insider's Guide to Cancer in Your 20's and 30's Author: Kairol Rosenthal
	Title: Planet Cancer: The Frequently Bizarre Yet Always Informative Experiences and Thoughts of Your Fellow Natives Author: Heidi Schultz Adams & Christopher Schultz

## **Important Note:**

Trillium Health Partners made this document to provide patients, families and caregivers with resources for young adults with cancer. Trillium Health Partners does not endorse any community services or resources mentioned in this document. The information in this document does not replace medical advice. Every effort has been made to ensure information in this document is complete, correct and up-to-date but no guarantee is made to that effect. By using this document, you agree to use any of the resources mentioned at your own risk. If you have any questions about the information in this document, please talk to your healthcare team.

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