

# Young Adults with Cancer

## A guide to finding resources and support

Here is a list of resources to help you look for information for young adults with cancer. Most of these resources can be found at the Patient and Family Resource Centre. The Resource Centre is located on the first level in the Burr Wing (Burr 1) at the Cancer Centre at Kingston General Hospital.

**This does not replace medical advice. Please ask your cancer care team about specific questions or concerns.**

### Websites

#### Young Adult Cancer Canada

[www.youngadultcancer.ca](http://www.youngadultcancer.ca)

- Organization that brings together a community of young adults diagnosed with cancer to share information, support, skills and opportunities.

#### Princess Margaret Adolescent and Young Adult (AYA) Program Resources

[www.uhn.ca/PrincessMargaret/PatientsFamilies/](http://www.uhn.ca/PrincessMargaret/PatientsFamilies/)

→ Under Clinics & Tests, select Adolescent and Young Adult (AYA) Program → Click on AYA Resources

- Resources that support needs and concerns of adolescents and young adults with cancer.

#### Oncofertility Referral Network

[www.cancerkn.com/oncofertility-referral-network](http://www.cancerkn.com/oncofertility-referral-network)

- Complete list of fertility preservation centres in Canada.

#### Fertile Future

[www.fertilefuture.ca](http://www.fertilefuture.ca)

- Website for the Canadian national non-profit organization that provides fertility preservation information and support services to cancer patients.

#### Survive & Thrive Cancer Programs

[www.survivethrive.org](http://www.survivethrive.org)

- Survive & Thrive Cancer Programs uses adventure trips, film, healthy living, education and research to encourage and inspire those touched by cancer to live well.

### Websites (continued)

#### On the Tip of the Toes

[www.pointedespieds.com/en/](http://www.pointedespieds.com/en/)

- Therapeutic adventure expeditions for young people between the ages of 14-29 living with cancer.

#### Cottage Dreams

[www.cottagedreams.ca](http://www.cottagedreams.ca)

- Offers cancer survivors the opportunity to spend a week at a donated cottage with their friends and family.

### Community resources and support programs

#### Social work and Spiritual care providers

(Cancer Centre and Hospital)

- Social workers and/or spiritual care providers can offer you support for coping as a young adult with cancer. You can make an appointment with a social worker by asking your nurse or doctor for a referral.

#### Peer Support Service (Canadian Cancer Society)

Phone 1-888-939-3333

- Telephone support program that connects you with a trained volunteer who has had a similar cancer experience.

## Community resources and support programs (continued)

### Cancer Chat Canada

[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

- An online support group for people with cancer.

### Look Good, Feel Better®

For more information visit [www.lgfb.ca](http://www.lgfb.ca)

- A free, 2 hour hands-on workshop for women to help you manage the appearance-related effects of cancer and its treatment.
- Workshops are offered monthly in Kingston. To register call 613-549-6666 extension 7480.
- Workshops are offered 5 times a year in Belleville. To register call 613-962-0686.

## Pamphlets

### Cancer and Fertility (Fertile Future)

- A guide for young adults that explains the risk of cancer treatment affecting fertility and fertility preservation options for women and men.

## Books

### Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey

(Carr and Williamson, 2008)

### Crazy Sexy Cancer Tips (Carr, 2007)

### Everything Changes: The Insider's Guide to Cancer in Your 20's and 30's (Rosenthal, 2009)

### Planet Cancer: The Frequently Bizarre Yet Always Informative Experiences and Thoughts of Your Fellow Natives (Schultz Adams and Schultz, 2010)

## Videos

### We Get It (Young Adult Cancer Canada)

[www.youngadultcancer.ca/our-programs/we-get-it](http://www.youngadultcancer.ca/our-programs/we-get-it)

- Explores the unique issues faced by young adults dealing with cancer.

### The Truth of It: Young Adults (Cancerview, DVD)

- A group of Canadian young adults diagnosed with cancer share their story on video so others can learn from their experience.

## Cancer site-specific resources

### Blood Cancers

#### Leukemia & Lymphoma Society- Online Chats

[www.llscanada.org/support/online-chats](http://www.llscanada.org/support/online-chats) → Click on Young Adults

- This chat provides a forum for young adult patients (ages 18-39) to discuss any issue related to living with a blood cancer.

### Breast Cancer

#### Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)

- Organization supporting young adults concerned about or affected by breast cancer through education and research.

#### Never Too Young: Psychosocial Information and Support for Young Women with Breast Cancer (Canadian Breast Cancer Network) Booklet

- Unique resource for young breast cancer survivors. Copies available at Resource Centre.

#### Breastless in the City: A Young Woman's Story of Love, Loss and Breast Cancer (Bueti, 2009) Book

- A young woman's story about her experiences going through breast cancer while in pursuit of love.

#### Cancer Vixen: A True Story (Marchetto, 2006) Book

- Memoir of a young woman's battle with breast cancer