

Callanish Society

RESOURCES GUIDE:

**FOR YOUNG ADULTS LIVING WITH CANCER AND THEIR
SUPPORTERS**

Lower Mainland Organizations:

- **Young Adult Cancer Network (YACN)**

Kitsilano, Vancouver-Callanish Society- www.callanish.org

604-732-0633 info@callanish.org

YACN which is run through Callanish Society offers the following programs:

- Monthly support meeting
- Individual counselling
- Weeklong retreats

- **Vancouver Friends for Life Society**

West End, Vancouver- <http://www.friendsforlife.ca/>

604 682-5992 Ext. 0

You can become a member and they offer various programs free-of-charge:

- Reiki
- Massage
- Acupuncture
- Wellness workshops
- Group Support
- Tai Chi
- Yoga

- **InspireHealth- Integrated Cancer Care**

Vancouver- <http://www.inspirehealth.ca/>

604-734-7125

Offer a range of alternative treatments for cancer.

- **BC Cancer Agency (Vancouver Center)**

Vancouver- <http://www.bccancer.bc.ca/default.htm>

604-877-6000 Ext. 2194

The Cancer Agency offers a number of programs free-of-charge through their patient and family counselling department:

- Mindfulness-Based Stress Reduction
- Individual Counselling
- Therapeutic Touch
- Weekly Relaxation Group
- Young Women with Cancer Support Networking Group
- Vocational and Rehabilitation Counselling

-Resource Library

- **The Leukemia and Lymphoma Society of Canada**

Vancouver- www.LLS.org/wes

604.733.2873 Ext. 30 (Toll-free 1.866.547.5433)

Offers a range of programs regarding the various blood cancers, their treatments, and related topics.

-Comprehensive printed materials and education programs (including telephone education sessions) about blood cancers

-**First Connection:** A peer mentor support program, connecting people who are newly-diagnosed or having a new treatment with someone who has faced a similar situation. Also for family members or other caregivers.

- *Family Support Groups*- In-person, telephone or online support groups –

-*Information Resource Centre.* 1.800.955.4572, a phone line based at our USA affiliate which answers questions and provides the latest information about blood.

-*TrialCheck*- Online service for finding clinical trial information for blood cancer (<http://www.trialcheck.org/cancertrialshelp/membership.aspx?memid=4255>)

-**YAconnect:** Young Adults Living with Leukemia, Lymphoma and Myeloma (LLS) Online chat Group Tuesdays from 5:50-7:30 PT

This chat group is for young adults (ages 18-39) to discuss any issue related to living with a blood cancer: a new diagnosis, treatment decisions, relapse, treatment side effects, emotional toll, fatigue, interpersonal relationships, clinical trials, living with uncertainty and other survivorship issues. Led by our American affiliate, The Leukemia & Lymphoma Society for young adults across North America.

- **Look Good...Feel Better**

www.lgfb.ca

This organization demonstrates skin care techniques, cosmetic application and wig/scarf use to enhance the natural beauty of women and adolescents affected by cancer. These group gatherings are upbeat and are offered in various locations.

- **Keep Abreast Canada**

Coquitlam- <http://www.keep-a-breast.org>

The Keep A Breast Foundation's Treasured Chest program strives to give women whom are newly diagnosed with breast cancer a unique opportunity to document their body and their feelings at a specific time in their treatment by turning their casted torso into a beautiful piece of art. The Keep A Breast Foundation Breast Casts™ are part of KAB's unique education and support

programs that harness the power of art and artistic expression to communicate complex feelings and thoughts about health, the female form and ultimately about breast cancer. This program is offered at spas across the Lower Mainland, and is free to breast cancer survivors. For women who are not comfortable being cast at a Spa event, home kits are available. For more information, please contact Michelle Murray at michelle@keep-a-breast.org.

- **Live Well Exercise Clinic- Cancer Rehabilitation Program**

Sara Hodson (Clinical Exercise Physiologist)

www.livewellexerciseclinic.com

Surrey BC- An exercise based rehabilitation program supporting people with cancer, and other chronic conditions. They work as a multi-disciplinary team of exercise physiologists, nurses, and dieticians. They offer individualized exercise prescriptions, supervised exercise sessions, nutrition counselling, and all aspects of self management support.

National/International Organizations

- **Young Adult Cancer Canada (YACC)**

Geoff Eaton- <http://www.youngadultcancer.ca/>

Newfoundland, NL- YACC offers retreats, conferences, expeditions and lots of other resources for young adults with cancer. Their mission is to help every young adult dealing with cancer in Canada by providing inspiration, information and support. Subscribe to their monthly newsletter “*Up to Here*” or become a Facebook Fan and get all the info on their events and programs.

-**Goaltender** (<http://cancergoaltender.ca/>) is a web resource of YACC that will connect you to other young adults facing the same issues and empower you to keep your life on track. Designed to make your life easier, Goaltender helps you establish goals and get the support needed to reach them. From keeping track of medical appointments to connecting with other survivors, Goaltender gives you the tools to take back control of your life

- **I'm Too Young For This! Cancer Foundation**

Matthew Zackery - <http://i2y.com/>

New York City- Various outreach programs for young adults living with cancer (i.e. pub nights, medical education, and annual conferences). Matthew is also host of the: *Stupid Cancer Show* on Monday nights and the i2ystupidcancer.com bracelet campaign out of New York City. And they are connected with the “Zac Efron Gives Back” campaign. Become a Facebook friend and you get all their daily updates!

- **First Descents**
 Brad Ludden
www.firstdescents.org
 USA- runs adventure retreats (kayaking and climbing) for young adults with cancer.
- **LiveStrong Young Adult Alliance -**
www.livestrong.org/yaa
 Austin, Texas- Part of the Lance Armstrong's Foundation
- **Planet Cancer:**
<http://www.planetcancer.org/>
 USA- provides a critical community of peer support and advocacy for young adults with cancer.
- **Survive and Thrive: Expedition Ltd:**
 Mikey and Bonnie Lang
<http://www.survivethrive.org>
 Calgary, AB- their mission is to help young adult cancer survivors identify, process and apply life lessons through adventure activities.
- **Vital Options International**
<http://www.vitaloptions.org/youngadultswithcancer.html>
 This organization is based in the USA, but they have access to all information and other organizations dedicated to young adults with cancer.
- **Young Cancer Spouses**
<http://www.youngcancerspouses.org/>
 Recognizing the needs of spouses of young adults with cancer. Practical tips and connections with others who are caring for themselves, while caring for others.
- **Willow Breast Cancer Support Canada**
<http://willow.org/index.asp>
 A national not-for-profit organization that provides free support and information to anyone affected by breast cancer.
 1-888-778-3100
 Need to talk? Emotional support from someone who has been there can be very helpful.

- **Camp Mak-A-Dream**
<http://www.campdream.org/>
 Their mission is to provide a medically supervised, cost-free Montana retreat experience, in an intimate community setting, for children, young adults and families affected by cancer.
- **Rethink Breast Cancer**
<http://www.rethinkbreastcancer.com/index.html>
 Toronto, ON
 A charity helping young people who are concerned about and affected by breast cancer through innovative breast cancer education, research and support programs.
- **MacMillan Cancer Care**
<http://www.macmillan.org.uk/Home.aspx>
 United Kingdom
 Provide practical, medical and financial support and push for better cancer care.

Helpful Websites:

- **Cancer Fight Club**
 Scott Adams- <http://www.cancerfightclub.com/coming-soon.php>
- **Cancer in Young Adults....Through Parents Eyes**
 Easton family
<http://www.cancerinyoungadults-throughparentseyes.org/>
 A website that exists to provide support and information for anyone affected by cancer as a teenager or young adult. It contains personal stories written by parents who have accompanied their adolescent/young adult son or daughter along the roller coaster of the cancer journey.
- **Lotsa Helping Hands**
<http://www.lotsahelpinghands.com/>
 Website that helps you create a free of charge, private, web-based community to organize family, friends, neighbors, and colleagues – a family's 'circles of community' — during times of need. Easily coordinate activities and manage

volunteers. In addition to offering you a site where you can communicate and share information using announcements, messages boards, and photos.

- **Imerman Angels**

<https://ImermanAngels.org>

Connects a person fighting cancer today ("cancer fighter") with someone who has beaten the same type of cancer ("cancer survivor"). The relationship provides a fighter the opportunity to ask personal questions and receive encouragement from someone who is uniquely familiar with the situation.

- **Teenage Cancer Trust**

<http://www.teenagecancertrust.org/>

- **Caring Voices**

www.CaringVoices.ca

Sometimes does on-line chats for young adult issues.

- **Gilda's Club**

<http://www.gildasclub.org/>

An emotional and social support community for people living with cancer. Non-profit clubs exist throughout North America.

- **The Canadian Cancer Survivor Network (CCSN)**

<http://survivornet.ca/en>

An online community to connect patients, survivors and other stakeholder groups with decision makers and the wider community to engage in discussion and to act on evidence-based best practices to alleviate the medical, emotional, financial and social costs of cancer. CCSN engages in and encourages research on ways to overcome barriers to optimal cancer care and follow-up for survivors in Canada.

Fertility

- **Fertile Hope**
<http://www.fertilehope.org/>
This website is dedicated to informing people of the fertility issues and options related to cancer and cancer treatment.
- **Pacific Centre for Reproductive Medicine**
<http://www.pacificfertility.ca/>
604.422.7276 or toll free 1.866.481.7276
- **Genesis Fertility Centre**
<http://www.genesis-fertility.com/>
- **Fertile Future**
http://www.fertilefuture.ca/documents/Cancer_Fertility_Young_Adults_EN.pdf
Canadian charitable organization that provides fertility preservation information and support services to cancer patients and oncology professionals.

Explaining Cancer to Children

- **My Anything But Ordinary Cancer Journey**
<http://www.cancerinmyfamily.ca/#/landing-page>
A new BC Cancer Agency interactive website for children to explore and address questions and feelings related to having a parent or other family member diagnosed with cancer.
- **The Children's Club**
Contact your nearest BC Cancer Agency location to inquire if their Patient and Family Counselling Department has a Children's Club scheduled. BCCA has a book for ages 6-12 called *Time for Me: An activity books for kids when someone in the family has cancer*. Another book to order through BCCA is *Reaching out to Your Children When Cancer Comes to Your Family*.
- **Kids Konnected**
<http://www.kidskonnected.org/>
This website offers a list of information and tips for children who have experienced a cancer diagnosis of a parent.

- **The Kids' Guide to Mommy's Breast Cancer: A book for young children**
With the help of the Booby Innovation Grant, Karyn Stowe developed this creative and informative book for young children as they and their families cope with the challenges of breast cancer and treatment.
- **Rethink Breast Cancer**
A guide for parents about talking to your children about breast cancer, is available as a PDF online: http://rethinkbreastcancer.com/wp-content/uploads/2012/02/Rething_TalkingToYourKids_V5.pdf
- **Cancer In My Family**
<http://cancerinmyfamily.ca>
Art game for kids to explore cancer with their parents.

Scholarships and Financial Assistance

- **ThriveAlive Foundation**
<http://www.thrivealive.ca/home/>
A not-for-profit charitable organization committed to providing assistance and resources to people in need for their cancer treatments not covered by government or healthcare plans.
- **Citizens Care- Burnaby BC**
<http://www.citizens-care.org/>
Their Giving Circle currently services the lower Mainland of British Columbia. Citizens Care members help by donating to those in their community that need assistance and by referring people in need from their own community. If you have a need you can make a request on their website. All requests are treated with complete confidentiality and are reviewed by their Grants Committee. They do not make monetary grants, but will fulfill requests for needs by purchasing items or services directly for grant applications.
- **Scholarship Canada**
<http://www.scholarshipscanada.com/>
- **YACC article on Scholarships**
http://www.youngadultcancer.ca/community/articles_archive/want_to_go_back_to_school_wondering_how

- **Canadian Cancer Society- Emergency Aid Program**

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

1-888-939-3333

The Canadian Cancer Society provides limited, short-term assistance towards cancer-related transportation and accommodation expenses. Also through their partnership with the BC Cancer Agency, they are able to offer access to symptom management drugs.

Applicants are interviewed for eligibility by an authorized volunteer who conducts a confidential needs assessment.

- **Services for People with Disabilities (Government of Canada)**

<http://www.servicecanada.gc.ca/eng/audiences/disabilities/index.shtml>

1-800-622-6232

Include information about Government of Canada services and programs for people with disabilities (cancer is considered a disability). Includes employment, accessibility and education, to health, income support, and tax benefits.

- **Tax Benefits Programs for People with Disabilities (Government of Can)**

http://www.sbr.gov.bc.ca/documents_library/brochures/DisabilityTaxBenefitPrograms.pdf

604-660-4524

Fuel tax refund, motor vehicle insurance, home owner grants, and property tax deferment. You can also find out about the '*Disability tax credit certificate*'.

- **The Registered Disability Savings Plan (RDSP)**

<http://forthefuture.ca/>

<http://www.rdsp.com/>

The Registered Disability Savings Plan is a savings plan designed specifically for people with disabilities in Canada. The first of its kind in the world, this new tax-deferred savings vehicle will assist families in planning for the long - term financial security of their relatives with disabilities.

- **Ministry of Housing and Social Development**

<http://www.gov.bc.ca/hsd/>

This Ministry has various ways to apply for income assistance, including applying as a person with disabilities assistance. It is also where you can find information to apply for rental assistance.

Books

- ***Everything Changes*** – by Kairol Rosenthal
‘Everything Changes’ dusts the sugarcoating off the young adult cancer experience to uncover gritty and ultra-confessional stories of fear, tenacity, jealousy, frustration, embarrassment, and hope. From sex toys to assisted suicide, and COBRA payments to clubbing during chemo, the unvarnished stories in EVERYTHING CHANGES reveal what most young survivors are thinking but few have the nerve to say.
- ***Kitchen Table Wisdom: Stories that heal***- by Rachel Naomi Remen
A collection of true stories that address all of the spiritual issues; suffering, meaning, love, faith, mystery and miracles that Dr. Remen shares with the reader from her background as physician, professor of medicine, a therapist, and a long-term survivor of chronic illness.
- ***Crazy Sexy Cancer Tips*** – by Kris Carr
<http://www.crazysexcancer.com/>
Part memoir, part tips, tricks, how-to’s, and insights from 13 young adult women cancer survivors about their experience with cancer.
- ***Let’s Talk About it: Inspiring Stories from young adult cancer survivors-***
Darren Neuberger
<http://letstalkaboutit.viviti.com/>
Darren Neuberger was diagnosed with acute lymphocytic leukemia on August 5 2003 at the age of 34. During his two years straight of treatment for the disease, Darren had an idea to put together a book of young adult cancer survivor stories. He wanted to do this so that any newly diagnosed young adult cancer patient could read these stories and give them a message of hope and inspiration as they face their own journey with cancer.
- ***Cancer in Young Adults: Through Parents’ Eyes*** –Anne Grinyer
Based on firsthand accounts from parents about their experiences supporting a young adult with cancer.
- ***Young People Living with Cancer-*** Anne Grinyer
Discusses what teenage and young adult cancer patients say are of most concern to them about their illness and treatment.
- ***Life after Cancer in Adolescence and Young Adulthood: The experience of survivorship-*** Anne Grinyer
Offers a glimpse into the needs of young adults post cancer, focusing not only on the physical effects, but also the social, cognitive, emotional, and physiological consequences of surviving cancer in adolescence and young adulthood.
- ***Rodeo in Joliet-*** Glenn Rockowitz
A glimpse into the mind of the author after his cancer diagnosis at 28, when he is diagnosed weeks before the birth of his only son, and given three months to live.

Ironically, his father is diagnosed a week later, and his cancer journey parallels and then diverges from Glenn's during the window of time covered in this book.

- ***It's Not About the Bike: My Journey Back to Life***- by Lance Armstrong
A memoir by cyclist Lance Armstrong which chronicles Armstrong's journey through diagnosis and treatment of cancer and his interactions with caregivers who play a crucial role for any cancer patient. The book also deals with Armstrong's physical and emotional journey back into cycling.
- ***The Red Devil***-by Katherine Russell Rich
A memoir that takes you with Riche on a solitary ride through what she calls Cancerland: to a biopsy, on dates, on vacation, to work, out of work, to different apartments she calls home, to and from hospitals. "The Red Devil" is said to be funny and grave at once. You go with Rich to the worst places, but there's no sentimentality or annoying self-pity there. It's honest and it pulls no punches.
- ***From this Moment On: A guide for those recently diagnosed with cancer***-by Arlene Cotter
A book that encourages you to courageously confront issues of life and death. An extraordinary book of advice and inspiration, it is the cancer patient's best guide to reclaiming a sense of control over life.
- ***The Healing Journey***- by Alastair Cunningham
A comprehensive discussion of what people with cancer can do to help themselves- examining the potentials of conventional medicine to psychological approaches to spiritual avenues for therapy.
- ***Picking up the Pieces: Moving forward after surviving cancer***- by Sherri Magee & Kathy Scalzo
Based on 4 years of research and interviews with hundreds of cancer survivors. Magee and Scalzo guide survivors through a unique process with daily practices that build a bridge from hospital to home, and beyond as they "pick up the pieces" of their lives once the struggle with cancer is over.
- ***How to be Sick: A Buddhist-inspired guide for the chronically ill and their caregivers***- by Toni Bernhard
This life-affirming, instructive and thoroughly inspiring book is a must-read for anyone who is—or who might one day be—sick. And it can also be the perfect gift of guidance, encouragement, and uplifting inspiration to family, friends, and loved ones struggling with the many terrifying or disheartening life changes that come so close on the heels of a diagnosis of a chronic condition or even life-threatening illness.
- ***Planet Cancer: The Frequently Bizarre Yet Always Informative Experiences and Thoughts of Your Fellow Natives***- by Heidi Schultz-Adams & Christopher Schultz

Planet Cancer is an honest, down-to-earth guide to living in this new world, from Diagnosis to Post-Treatment. Each chapter is informed by Planet Cancer's voice—authoritative, funny, friendly, no-nonsense. Experts address issues from all sides around bedrock "What It's Really Like" essays: deeply personal, unflinching, and often hilarious pieces written by people who actually experienced on Planet Cancer things like banking sperm, adopting a child, or undergoing brain radiation. The book, enlivened with quotes and real-life stories from Planet Cancer members, gives the uninitiated a sense of community and removes some of the mystery and fear of the unknown.

Videos

- ***Cancer, Talk dirty to me***
Alexandra Van
www.alexvan.info
To watch the trailer, you can just click the 'Watch' icon on the top menu. If you want to watch the actual film, wait for the pop-down menu to come up when you put your cursor on 'Watch' and click on 'The Film'. The password is **alexvan**.
- ***Chasing Rainbows-Young Adult Living with Cancer***
Pat Taylor
<http://www.chasingrainbowsproduction.com/>
- ***We Get It:***
Young Adult Cancer Canada
Over 6,500 young adults are diagnosed with cancer each year in Canada, almost all will deal in isolation from their peers who truly "get" what they are going through. We Get It is YACC latest effort to reach out to more young adults, tell them we do get it and that we've got programs custom made for them.
- ***Crazy Sexy Cancer***
<http://www.crazysexycancer.com/>
Kris Carr
- ***Wrong Way to Hope***
Mikey Lang
<http://www.wrongwaytohope.com/>
- ***Ebb and Flow-Storytelling for cancer survivors***
<http://www.ebbflowstory.com/>

Please email: info@callanish.org to request a copy of this resource guide.

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