

Information for patients and families



Walker Family Cancer Centre

Young adults with cancer

Learning that you have cancer brings with it many feelings of uncertainty and stress related to your day-to-day realities. We encourage you to discuss your feelings with your Primary Team.

As well, you can ask to see a social worker or call directly at 905-682-6451, Press 3 for Supportive Care to make an appointment. Ask about:

- coping with cancer
- coping with the effects of treatment
- dealing with stress, anxiety and depression
- individual and couples counseling
- sexuality and intimacy
- talking with children
- financial planning and work
- healthy eating
- learning about your family history
- understanding and navigating the health care system

This handout contains websites to help you access information about dealing with cancer.

Online services and links to services

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

Call: **1-877-663-0223**

ONE Fertility (Ontario Network of Experts in fertility) is a new and growing network of fertility treatment centres with an internationally recognized reputation for excellence. Our team of scientists, physicians and researchers are affiliated with McMaster University through teaching and collaborative research. Located in Burlington.

www.fertilefuture.ca

Call: **1-877-HOPE (4673)-066**

Fertile Future is a Canadian non-profit organization that provides fertility preservation information and support services to cancer patients and oncology professionals. They provide a telephone support line and a power of hope cost reduction program to help offset the cost of fertility preservation in cancer patients.

www.youngadultcancer.ca/

Mission is to build a community of young adults diagnosed with cancer that provides information, support, skills and opportunity. They organize retreats, conferences and local events in Toronto, Ottawa, Calgary and Edmonton.

www.stupidcancer.com

Mission to empower those affected by young adult cancer by building community, improving quality of life and providing meaningful survivorship. This site offers newsletters, videos, conferences and events.

www.myplanet.planetcancer.org/

An online forum, with a chance to share insights, explore fears and communicate with others who are affected by cancer. Enables users to create an online profile, provides forum and videos.

www.ebbandflowstory.com

Created a film for young adults with cancer who go to conferences, retreats and adventure trips. They also have information on upcoming adventure expeditions for young adults with cancer (based in the United States of America).

www.masskickers.org

Mass Kickers Foundation (MKF) is a 501(c)(3) non-profit organization which provides support and motivation to all newly diagnosed patients, family and friends affected by tumours or cancer. MKF serves this mission through their website, fundraising and select events throughout the year (based in the United States of America).

www.imermanangels.org

Imerman Angels provide personal connections that enable one-on-one support among cancer fighters, survivors and caregivers. Patients have the opportunity to seek help and eventually to become mentors.

www.mylifeline.org

Is a 501(c)(3) non-profit organization that encourages cancer patients and caregivers to create free, customized websites. Their mission is to empower patients to build an online support community of family and friends to foster connection, inspiration and healing.

Community services

Wellspring – 905-684-7619

<http://www.wellspring.ca/niagara>

Within the warmth of a wellspring centre, cancer patients and their loved ones will find people who understand, and free programs that address the everyday challenges that cancer brings.

Canadian Cancer Society – 1-800-939-3333

www.cancer.ca

Offers a range of supports including: cancer information service to answer cancer-related questions, peer support service to connect with people living with cancer with trained volunteers.

The website www.cancerconnection.ca helps people with cancer share their experiences with one another.



The information in this hand out has been gathered and developed by the teams at Walker Family Cancer Centre and the Juravinski Hospital and Cancer Centre

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