

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to bccancer.bc.ca/library to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

Books

Title	Library Call Number
C-word	WP870 L987 2010
Cancer under the radar	QZ201 C218c 2010
Everything changes: the insider's guide to cancer in your 20s and 30s	QZ201 R815e 2009
Never too young (booklet)	WP870 C215m 2010
Riding the cancer coaster	QZ200 S334 2015
This should not be happening	QZ200 K19t 2014

eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

Everything changes: the insider's guide to cancer in your 20s and 30s

tinyurl.com/y25f394u

This should not be happening

tinyurl.com/y5a4f75m

DVDs

Title	Library Call Number
I'm still here: young adults living life with recurrent cancer	QZ201 C156 2015
Truth of it: young adults	QZ201 T875c 2010 v.3

We get it: dealing with cancer as a young adult is different

QZ201 Y68w 2010

Wrong way to hope

QZ200 W957 2010

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information for young adults with cancer. For a complete list of websites recommended by the BC Cancer librarians, go to bccancer.bc.ca/library

Cancer.Net: cancer.net/navigating-cancer-care/young-adults-and-teenagers

Livingoutloud.life: livingoutloud.life

Young adults and teens talk about living and dying with advanced illness.

National Cancer Institute: cancer.gov/types/aya

Rethink Breast Cancer: rethinkbreastcancer.com

Stupidcancer.org: stupidcancer.org

This is an award winning website that focuses on building community, improving quality of life, and providing meaningful survivorship.

Young Adult Cancer Canada: youngadultcancer.ca

Young Survival Coalition: youngsurvival.org

Information for young women facing breast cancer.

Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

bccancer.bc.ca/supportprograms

BC Cancer Patient & Family Counselling: bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

Cancer Chat Canada: cancerchat.desouzainstitute.com

An online support group for people with cancer. Call 1.844.725.2476 for information.

Callanish Monthly Younger Adult Support Circle: callanish.org/younger-adults

Monthly support circle for younger adults via Zoom.

CancerConnection.ca (Canadian Cancer Society): cancerconnection.ca

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

Young Adult Cancer Canada Web Chats: youngadultcancer.ca/program/yacc-web-chats

BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

Abbotsford

604.851.4710 x 646825
1.877.547.3777 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)