

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

YOUNG ADULTS WITH CANCER

Being diagnosed with cancer as a young adult can leave you with questions about your cancer, but also may leave you wondering how this will affect other aspects of your life – such as dating, spirituality, fertility, and your friends and family. The following Pathfinder can guide you to support services and other resources to answer your questions and meet the unique needs of young adults with cancer.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

Crazy sexy cancer survivor (Book) **QZ201 C312 2008**

Everything changes: the insider's guide to cancer in your 20s and 30s (Book) **QZ201 R815e 2009**

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10296763>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

No way, it can't be: a guidebook for young adults facing cancer (Book) **QZ200 U43 2006**

This should not be happening (Book)

QZ200 K19t 2014

Also available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=11078050>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Personal Stories

Cancer under the radar (Book)

QZ201 C218c 2010

Chasing rainbows (DVD)

QZ200 C487 2006

Crazy sexy cancer (DVD)

QZ201 C311c 2007

I'm still here: young adults living life with recurrent cancer (DVD)

QZ201 C156 2015

In their own words (Online video)

www.cancer.gov/cancertopics/aya/diagnosis/after-diagnosis

Riding the cancer coaster (Book)

QZ200 S334 2015

Truth of it: young adults (DVD)

QZ201 T875c 2010 v.3

Also available online at www.cancerview.ca. Click on Resource Library→Videos for Patients & Families.

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

QZ201 Y68w 2010

Wrong way to hope (DVD)

QZ200 W957 2010

Cancer Site-Specific Resources

Beautiful eight: learning to live with advanced breast cancer (DVD)

WP870 B384 2006

C-word (Book)

WP870 L987 2010

I'm too young to have breast cancer! (Book)

WP870 L525 2004

Never too young (Booklet)

WP870 C215m 2010

Nordie's at noon (Book)

WP870 N832 2006

Young and the breastless (DVD)

WP870 Y68 2004

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Young Adults with Cancer.

LivingOutLoud.life

<https://livingoutloud.life>

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

Stupidcancer.org

<http://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

www.youngadultcancer.ca

This organization brings together a community of young adults diagnosed with cancer to share information, support, skills and opportunity.

Cancer Site-Specific Websites

Rethink Breast Cancer

www.rethinkbreastcancer.com

This organization helps young people who are affected by breast cancer. Provides information on support, research, and awareness.

Young Survival Coalition

www.youngsurvival.org

Provides information for young women facing breast cancer.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Cancer Chat Canadawww.cancerchatcanada.ca

An online support group for people with cancer.

Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society)www.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.

Peer Support (Canadian Cancer Society)<https://match.cancer.ca>

A service that allows people with cancer to match with a trained cancer survivor volunteer. Patients can select their match online based on criteria important to them (eg. cancer type, gender, age, etc.). Once the match is made, volunteers listen and provide support via the telephone.

Call 1.888.939.3333.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322