

Taking Charge

A Cancer Resource for Adolescents and Young Adults

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New Patient Information

My name is _____, and I am ____ years old. People also call me _____.

I attend school at _____. I have ____ siblings. I'm oldest/ youngest/ in the middle.
(Circle One)

My friends would describe me as:

Things that frustrate me are:

My goals are:

These are things that make me feel better:

When I am not in school or work, I am:

When I have a problem, I turn to:

Something I do really well is:

This is how I feel about having cancer:

I could not live without:

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I was diagnosed with Hodgkin's Lymphoma when I was 19. It was two days before the start of my sophomore year at Texas A&M University. My tumors were actually found on accident, when my father and I took my younger brother to our family doctor for his high school sports physical. While we were there, I mentioned to my doctor that I'd had a painless lump above my collar bone for a few months and that I thought it was getting bigger. He ordered an X-Ray and found something that concerned him. As we examined the film together, he explained that the lump on my neck was caused by an "irregularity" with one of my lymph nodes. He also pointed out a mass in my chest, between my lungs and above my heart (this area is called your mediastinum). "This is not supposed to be there," he told me. As I got ready to cross the hall for blood tests, I asked him to bring my father into the room and explain things while I was gone. I was a pre-med student at the time, so I knew that things had just turned a hard corner. At that moment, I didn't want to be the one who broke the news to my dad. I didn't even want to see it happen.

After a couple of blood tests, the doctor sat down with me in his office, looked at me from across his desk, and said, "It's probably lymphoma." Over the next few minutes, he explained that I would need surgery to examine the lump in my neck and that I would need a CT scan as well. I was listening, but the entire time, I remember thinking about work and how much time I would need to ask off. Then, my thoughts drifted toward school. Finally, I started thinking about relatives and friends who had cancer when I was younger. They were all dead. I must have looked like I had just "checked out," because my doctor's tone changed and I remember his features softening a bit.

Him: "Do you have any questions?"

Me: "What do we do now?"

Him: "We find out what exactly it is and how advanced it is. You may be looking at up to 8 months of treatment."

I didn't have any more questions. I knew what "treatment" meant. As I stood up to leave, my doctor began explaining what I needed to do the next day for my appointment with the surgeon. On my way back to the waiting room, where my father and brother were sitting, I remember hesitating for a moment and asking him, "Am I going to need to drop my classes for this semester?"

Taking Charge

My journey with cancer is far from over. In fact, it may never be. I need to be vigilant for the rest of my life. No one told me this when I was diagnosed. I figured that "cure" and "remission" were absolute terms. These things would be the goal, after which life would return to normal. I was also repeatedly told, "If you're going to get cancer, this is the one you want." I never met with a social worker, and no one in my family received coaching or counseling of any kind. Now, it's painfully obvious that these things might have been necessary during that time. I felt like I was riding on a swift current, and nothing was within my control. Even though I handled all of my appointments and treatments by myself, I didn't really feel like I had a say in anything. I wasn't prepared, and I'm sure it showed. Now, five years later with no evidence of disease, I want to make sure that my experience is not repeated by someone else. It took surviving without the support I needed for me to realize that I should have taken charge of my cancer journey right from the beginning.

At a time when the world feels like it is spiraling out of control and we feel powerless and lost, *taking charge* means slowing the spin. It means planting our feet firmly on the ground and finding the strength and knowledge to take care of ourselves. Sure, we may wobble a bit or even fall over, but *taking charge* means standing back up when we're ready. Sometimes, *taking charge* means asking for or accepting help. It means self-advocating and staying informed. It means feeling empowered and respected. *Taking charge* means understanding what lies ahead and securing the tools to face it. It means not just to survive cancer and its treatment but to *live* beyond it.

My \$.02

Tips From a Treatment Veteran

Below, I have listed a few points of advice for adolescents and young adults. I hope some of these tips are helpful.

Set Goals. The entire process can be pretty overwhelming, and the road can seem to stretch before you endlessly. It may be too difficult to picture the end of the journey sometimes, so I recommend setting small goals and giving yourself milestones. *Today, I'm going to get out of bed and take a walk around the whole block... Today, I'm going to be patient with my mom... This time, I'm going to drink the entire container of contrast medium without gagging.*

Have Friends and Make Friends. This advice might sound obvious and silly when said alone, but you have to read into it far below the surface. First, think about what it is to be a friend. Beyond simply having similar interests to yours, a good friend is patient, understanding, and loyal. He or she is there for you when you need support. It is essential that you surround yourself with good friends at this time. The problem is: none of your friends have been given a manual about this cancer thing. They're just as lost and confused as you are. Reach out to your friends and family, and let them know when you need something. Sometimes, friends or even relatives may seem to fall out of touch. This is usually because they are afraid of saying or doing the wrong thing. A reminder that you need them is usually enough to kick a real friend into gear. At this difficult time, you may also find great friends in unexpected (but not necessarily surprising) places. Get to know your healthcare team. A friendly rapport makes it much easier to be involved in your treatment, which is important. It also doesn't hurt to have someone to talk about movies with while you're having blood drawn. I have a close relationship with the nurses from my oncology clinic, and I credit their friendship with my "emotional survival."

Stay Involved in Your Treatment. You are a part of the team that is working to make you well, and you need to feel comfortable communicating with your healthcare team. Do your research and ask questions about anything and everything- procedures, test results, drugs, and side-effects. For instance, I was never fully told about the fertility complications that would arise from my treatment. While starting a family was not the first thing on my to-do list at nineteen, as a young woman, I would I have to explore that more if I ever got into a serious relationship. Also, I received chemotherapy and chest radiation, a combination of treatments that shoots my odds of developing breast cancer through the roof. Coupled with the newly-developed reproductive hormone shortages, that's a pretty dangerous recipe. The problem is, I wasn't told any of this before, during, or even immediately after my treatments. I had to look it up myself and initiate the conversation. It wasn't until my first follow-up visit that I realized my cancer journey would never really be over. Unlike other women my age, I'll need to undergo preventative scans at least once a year. I'm not saying there was necessarily an alternative that could have avoided these complications, but it definitely would have been nice to know what I was getting myself into from the beginning. I should have asked questions and paid better attention.

Basically, when it comes to your health, there is absolutely no such thing as a stupid question, so never be afraid to look for answers. If you feel that one member of your healthcare team hasn't answered your question fully, ask someone else. If you leave an appointment with questions still buzzing around in your brain, schedule another time to talk with your doctor, nurse, or social worker. While you may not be able to make every decision, there are still certain aspects of your treatment that you can control, and you should feel comfortable and empowered to control what you are able to. Maybe you'd prefer to have a certain scan first thing in the morning, or maybe you'd prefer to be asleep during a certain procedure, or maybe you'd prefer to take your medication a certain way (especially if it tastes bad or is difficult to keep down). You have options, and you have the right to explore them.

Also, a time will come when you will be completely responsible for maintaining your health as a cancer survivor. Often, the end of treatments is not the end of the journey, and you should work with your healthcare team to ensure that you will be able to comply with all of your post-treatment follow-up needs. Ultimately, your health and well-being are your responsibility. Take advantage of any tools that could help you along the way.

Put Your Game Face On. If you are faced with an intimidating situation or scary procedure, relax and think things through. Ask questions if you need to, and if something sounds horrible, tell someone. Advocate for your needs. In some cases, there may be a way to make things more bearable. No matter how awful or scary something sounds, you sometimes just have to tell yourself that it's necessary and that you're just going to have to get through it. I understand that this is easier said than done, but putting on a "game face" really helped me get through some tough times.

Cut Your Parents Some Slack. When I was little, a repeat of Chernobyl would ensue if my mother tried to wipe something off my face or fix my hair. Things could really get ugly if she tried to do it in public. It may have annoyed the heck out of me, but my mom was just doing her job. The morning I was diagnosed, she spent the entire car ride home telling me she was sorry about everything that was happening to me. As adolescents and young adults, we are often too busy proving that we aren't children anymore to remember that we will always be our parents' precious children. It can be frustrating and even infuriating to feel infantilized, but take a moment to remember how terrifying your cancer diagnosis can be for your parents. Did you know that studies have shown evidence of "Post Traumatic Stress" in parents who are involved in a child's cancer treatment? You're going through a lot too, and it may be difficult to have all of your needs met if one or both parents isn't able to cope with the situation. I often felt the need to protect my parents, so I wouldn't open up to them or let them know when something was wrong. Ultimately, I only managed to create a weak support system for myself. My advice on the subject is to keep the lines of communication open, which can lessen any anxiety, frustration, or fear for you or your parents. Make your parents aware of your needs. Tell them if you need some breathing room or if you need them to be there for you in a certain way. Try to be patient. Another angle to consider is your grandparents. Try to remember how crazy it makes you when your parents try to tell you how to do things. Chances are, that's happening to your parents in regard to your treatment. Let's face it, we are as precious as gold to our grandparents, and they are most likely scared. They wouldn't necessarily act on their fears around you, so who do you think bears the load? Your parents. If your grandparents are worried about you or concerned about your treatments, it's very likely that they may project any frustrations on your parents. So next time, your mom gets a little too over-protective, try to cut her a break!

Give Everyone the Benefit of the Doubt. People aren't cold and heartless. Most of the time, they're just confused or ignorant. If someone says or does something insensitive, try not to take it personally and shut them out of your life. Lowering your mood isn't going to make you feel better, and pushing people away definitely isn't going to make you feel less isolated. If something really bothers you, try to explain your feelings to the person. Chances are, they had no clue that you would be affected negatively by their actions. Let's be honest with ourselves. This approach isn't going to work in every situation. Sometimes, you're going to need to assess whether or not a person is truly helping you through things and whether or not he/she should stay in your life.

Get Copies of Everything. One of my least favorite activities is filling out new patient forms. They want to know about everything that has ever happened to you in a hospital or doctor's office. That's a lot to remember! For cancer survivors, the list of things to put on one of those lovely forms is considerably longer. Do yourself a favor and keep track of everything! Be sure to get a Treatment Summary Plan from your doctors. Details about surgeries, chemo, radiation, and all drugs and their dosages should become part of your personal medical records. Take notes, organize them, and file everything somewhere safe. These things will form a narrative that will be vital for every healthcare appointment you'll have for the rest of your life, especially your cancer follow-up appointments. Most doctors will not keep your records in their office past a certain amount of time, so do not wait too long to request what you need. This advice is particularly important if you move away from the area where you received cancer treatment.

Be Happy, For Goodness Sake! It may seem difficult to do, but focus on the positive things, which are, I promise you, everywhere. Try to find the silver lining- you're in your own bed instead of a hospital, or you're in your own PJ's and you get to use your own soap while you're an inpatient. Let's be realistic. Everyone has "bad" days, and that's okay. I promise that they won't last forever. Make the best of things whenever possible, and do whatever you need to do to keep yourself happy, because you'll feel better overall. Surround yourself with things and people that make you laugh. I strongly believe that laughter can take a person to another place, even if it's only for a moment. For just a moment, having a good laugh can make everything disappear.

Internet and Social Media Survival



For today's adolescents and young adults, the internet is an integral part of life. It's usually the first stop when we don't know the answer to something. Let's face it; the internet is also the first stop when we think we have the answer to everything. It's our very own soap box, and most of us don't hesitate to step up and speak out. We have a multitude of choices at our fingertips, and we are more connected with each other than ever before. The down side is that we have a multitude of choices at our fingertips, and we are more connected than ever before. Without question, the internet is a valuable tool for the cancer community, but it can only be of greatest use to us when we are smart about how we use it.

To clarify, for an adolescent or young adult cancer patient or survivor, the vast amount of information on the web can't be of much help unless the pertinent information is easy to find *and* reliable. It is essential to know where you can find help specifically for adolescents and young adults, because it *is* out there. In the past few years, dozens of organizations have been formed to specifically serve the adolescent and young adult community. All of them have websites, and most of them also use blogs, YouTube, and social networking sites like Facebook and Twitter. It really has never been easier to connect directly to people who understand. Furthermore, these resources are often interconnected, with organizations utilizing the multiple platforms in different ways. This means that you can find what you need in the best format for you to utilize it. Alternatively, while it has never been easier to find resources on the internet, it has also never been easier to access inaccurate information. Today's young patients are called "e-patients," because unlike previous generations, they depend more-heavily on online sources for health-related information. Many doctors, social workers, and healthcare facilities are making the shift into the online realm as well. All that said, my advice is to check and double-check anything and everything you read while doing research online. Is the information presented by a reputable source (or cited from one)? Are you reading researched, proven facts, or someone's opinion and commentary? If you are not certain about something, print it out and take it to your doctor or social worker.

On another note, having the world at your fingertips also makes it much easier to feel as though the everything is passing you by. It is at times, and evidence of that is everywhere you turn on the internet, which many of us depend on to keep track of almost everyone we know. Facebook, Twitter, and many other social networking platforms are meant to connect us with others, but if used incorrectly, they can also be effective at creating distance too. It's very easy to become distanced from your partying peers. For instance, Facebook was my worst enemy while I was going through treatment. Keep in mind that this was in 2005, when Facebook was in its infancy, and it was exclusively for college students. It was a domain devoid of parents, younger siblings, businesses, organizations, and even apps. You went on Facebook to tell the world (of Facebook) what you were doing and to find out what everyone else was up to. I put myself under unnecessary stress by getting angry or hurt every time someone posted that they were bored or that they were excited about an upcoming party. I always caught myself thinking the same things:

"If you're so bored, why don't you pick up the phone and give me a call?"

"If you have time to go to a party, why don't you have the time to come by for a visit?"

It really did hurt me that the world kept turning. I would have tweeted about it, but Twitter didn't exist yet. Naturally, I'll be the first to admit that this wasn't the best attitude to have, and I certainly don't want anyone else to have the same experience. During my entire treatment, I found it extremely difficult to locate resources specifically for adolescents and young adults. I knew that they had to be out there, but I didn't have anyone to help me find these resources.

Fortunately, as I mentioned before, things are completely different today. For example, Facebook, YouTube, and Twitter are flooded with individuals and organizations that can make treatment and survivorship more manageable and, ultimately, empowering. Young patients and survivors today have access to a multitude of resources tailored specifically to their needs. While a few of these resources may have always existed, all of them have certainly never been more accessible. The next few pages list dozens of helpful websites.

Additionally, with this increased accessibility should also come increased responsibility on the user's part. Stop for a moment and ask yourself how much of your business you're willing to share with the world, especially when it comes to your health. Be very mindful of the privacy settings on any site where you post content. Are you comfortable with strangers, insurance companies, and current and future employers seeing all of your posts or pictures? Once you release something into the worldwide web, it's out there, sometimes for good. That goes for your parents too. I've seen many parent blogs and YouTube channels dedicated to a child's cancer battle. Truly, it's a great way to keep friends and family informed, but it's not necessarily good that I could see these while just surfing the web. I'm not saying that parents shouldn't do this. In fact, I'm sure it helps them with the situation. However, it's a very good idea to discuss your privacy with your parents before they post any updates, pictures, or videos. Come to a mutual understanding about what is important and what is off-limits. Down the road, you want to be completely in control of the way you disclose your cancer, and being aware of how much you share online is one of the first steps. All social media sites have varying degrees of privacy for your content. For instance, Facebook allows you to create private groups. If you want to keep your friends and family updated, but you don't want to make your entire profile private during your treatment, create a "hidden" Facebook group. You could easily invite people, because they are already your "friends" on Facebook anyway, and you could post pictures and updates safely and privately. You may even want to designate a couple of people as co-administrators. That way, they could post updates for you if you aren't able to get to a computer. Another great option is Google groups, especially if some of your friends and family don't have Facebook. Again, the groups could be hidden, and you would control invitations by adding the email address of anyone you would like to receive your updates. Undoubtedly, there are hundreds of ways to stay connected with those who care about you and want to know how you're doing. Please keep in mind that there are also many ways you can achieve this while maintaining your privacy.

Undeniably, today's young cancer patients have a multitude of tools and options to help them feel less isolated. While social media sites and email will never be perfect substitutes for the presence of close friends and loved ones, when used wisely, they are wonderful tools for remaining connected.

Web Links for Adolescents and Young Adults

2bMe

(www.2beme.org)

A site for adolescents with cancer. Helpful information—from skin to hair to fitness and friends.

American Childhood Cancer Organization

(www.acco.org)

Support, education and advocacy for children and adolescents with cancer, survivors of childhood/adolescent cancer, their families and the professionals who care for them.

The Alicia Rose Victorious Foundation

(www.victoriousfoundation.org)

In-hospital psychosocial support programs for teens with cancer such as donation of games, movies, TVs, music, computers and more.

Beyond The Cure

(www.beyondthecure.org)

Resources, peer stories and advocacy raising awareness for long-term effects facing pediatric and adolescent patients.

Boarding For Breast Cancer

(www.b4bc.org)

Raising awareness for breast cancer, the importance of early detection and the value of an active lifestyle through hip, youth-focused educational programs and fundraising.

Breast Friends For Life

(www.breastfriends.com)

Raising awareness for the issues faced by young women with breast cancer by improving and strengthening the mental and emotional well-being of those affected.

Camp Mak-A-Dream

(www.campdream.org)

A camp in Montana that provides a medically-supervised, cost-free experience for children, young adults and families affected by cancer.

Cancer and Careers

(www.cancerandcareers.org)

Professional support for those who are working during cancer treatment. This is also a useful resource for those returning to work after cancer treatment.

CancerCare

(www.cancercare.org)

Professional counseling, facilitated peer support groups, creative workshops and financial assistance. See young adult section.

Cancer Climber

(www.cancerclimber.org)

Offering experiential and motivational adventures and excursions such as extreme mountain climbing and summit tours.

Cancer 101

(www.cancer101.org)

Cancer resources that empowers patients, survivors, caregivers through individualized organizational tools and resources.

Cancer Legal Resource Center

(www.disabilityrightslegalcenter.org/about/cancerlegalresource.cfm)

The CLRC provides free information and resources on cancer-related legal issues to cancer survivors, caregivers, health care professionals, employers, and others coping with cancer.

Children's Brain Tumor Foundation

(www.cbtbf.org)

Improving treatment and quality of life for children with brain and spinal cord tumors through research, support and advocacy.

Children's Cause for Cancer Advocacy

(www.childrenscause.org)

Addressing the survivorship and quality-of-life of childhood and young adult survivors by expanding resources for research and treatment and aftercare support.

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Colon Club

(www.colonclub.com)

Raising public awareness of colorectal cancer for young adults in out-of-the-box ways by educating those in need about risk factors, symptoms and screenings.

Coping With Chemo

(www.chemo.starlightprograms.org)

Helping adolescents with cancer to navigate their chemotherapy treatments through education and by fostering connection with others through online blogging and chat rooms.

Crossing The Finish Line

(www.crossingthefinishline.org)

Provides young adults and their families a retreat from the unyielding physical and emotional demands of cancer by providing a one week, expense paid excursion in a comfortable, secure environment.

Fertile Hope

(www.fertilehope.org)

Provides reproductive health information, support and hope to cancer patients whose medical treatments present the risk of infertility.

First Descents

(www.firstdescents.org)

A free, one-week residential camp experience for young adults with cancer. The camp offers kayaking, extreme sports, and professional athletics and is held in Montana or Colorado. Young adults from all states are welcome to apply.

Group Loop

(www.grouploop.org)

A groundbreaking program providing interactive online support along with valuable survivorship resources for adolescents with cancer and their parents.

Hope Lab

(www.hopelab.org)

Combines rigorous research with innovative solutions to improve the health and quality of life of young people with chronic illness.

I'm Too Young For This!

(www.i2y.org)

i[2]y exists to ensure that every young adult affected by cancer is given access to the best age-appropriate support they are entitled to in order to get busy living at every stage of their survivorship.

Imerman Angels

(www.imermanangels.org)

A "one-on-one cancer support service" that connects a person fighting cancer with a survivor who has beaten the same type of cancer.

Look Good, Feel Better for Teens

(www.lookgoodfeelbetter.org)

A free public service program that provides useful information and tips for adolescents (boys and girls ages 13-17) dealing with the appearance and sociological side-effects related to cancer and its treatment.

Lotsa Helping Hands

(www.lotsahelpinghands.com)

Free, private, web-based communities to organize family, friends, colleagues during times of need via intuitive group calendar.

LIVESTRONG Young Adult Alliance

(www.livestrong.org/yaa)

A coalition and leadership community of key voices in cancer advocacy and public health determined to bring about positive results for young adults with cancer.

Making Headway Foundation

(www.makingheadway.org)

Improving treatment, quality of life and survivorship for children and adolescents with brain and spinal cord tumors through research, support, education, and advocacy.

MaleCare

(www.malecare.com)

Comprehensive online support resource portal primarily for young men living with, through or beyond prostate and/or testicular cancer.

Matt's Promise Foundation

(www.mattspromise.org)

Provides funding of cancer treatment, research, education and support programs for young adults.

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My Lifeline

(www.mylifeline.org)

Offering free, interactive social networking and Web2.0-savvy websites and spaces for cancer patients and their families.

My Oncofertility

(www.myoncofertility.org)

A patient education resource offering easy-to-understand videos and animations, the latest information from experts, stories and advice from others who have gone through the process and more.

Navigating The New Normal

(bit.ly/navigatingthenewnormal)

A new program of The Kimmel Cancer Center to help young adults navigate the 'new normal' that a cancer diagnosis brings.

Next Step

(www.nextstepnet.org)

Provides retreats and workshops that help young adults with cancer by providing a place to feel safe enough to laugh, share experiences, and create a sense of community with peers who truly understand their unique challenges.

Planet Cancer

(www.planetcancer.org)

Planet Cancer is a community of young adults with cancer. It's a place to share insights, explore fears, and laugh with others who just plain get it.

Prepare to Live

(www.preparetolive.org)

Uses the power of the web and documentary-style filmmaking to provide help, hope, information and inspiration specifically to young adults coping with cancer worldwide.

Re-Mission

(www.re-mission.net)

A free 3D shooter video game designed for adolescents and young adults with cancer. Players control a nanobot who battles cancer and bacterial infections, and manages realistic, life-threatening side effects associated with the disease.

Rethink Breast Cancer

(www.rethinkbreastcancer.com)

Supporting young adults concerned about affected by breast cancer through innovative education, research and support programs.

Rise Above It

(www.raibenefit.org)

Provides grants and scholarships to young adult survivors and care providers who face financial, emotional and spiritual challenges.

River Discovery

(www.riverdiscovery.org)

Adventure programs for teenage cancer survivors on the Salmon River: 6 days of rafting, camping, hiking, and exploring.

The SAMFund

(www.thesamfund.org)

Offering financial support through grants and scholarships to young adults as they transition into their post-treatment lives.

Sean Kimerling Testicular Cancer Foundation

(www.seankimerling.org)

Dedicated to increase early detection of testicular cancer by raising awareness of both the disease and the need for regular self-examination.

Sharsheret

(www.sharsheret.org)

Survivor-led national organization dedicated to addressing the unique concerns of young Jewish women facing breast cancer.

Starbright World

(www.starbrightworld.org)

A virtual hangout where teens can build on existing friendships or create new ones, from home or from the hospital. This is an online social network where teens (ages 13 to 20) who have serious medical conditions, and siblings of seriously ill adolescents, can connect with each other via moderated chat rooms, games, bulletin boards, videos, and more.

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Stephen T. Marchello Scholarship Foundation

(www.stmfoundation.org)

Allocating post secondary scholarship monies to survivors of childhood cancer, specifically current-year high school graduates.

SuperSibs

(www.supersibs.org)

Honoring, supporting and recognizing brothers and sisters of children and adolescents with cancer through scholarship programs, parenting resources and more.

Survivor Alert

(www.survivoralert.org)

A nationwide campaign to spread the word about what young adult childhood cancer survivors can do to stay healthy as they rebuild their lives after treatment.

Tamika and Friends (www.tamikaandfriends.org)

Raises awareness about cervical cancer and its link to the human papillomavirus through a network of survivors and their friends.

Adolescents Living With Cancer

(www.adolescentslivingwithcancer.org)

Online information, social networking and critical resources to help adolescents living with cancer and their families meet their unique life challenges.

Teen Impact

(www.teenimpactprogram.com)

Provides free social networking, camping trips, survivor retreats and peer-to-peer counseling for young adults affected by cancer.

Tigerlily Foundation

(www.tigerlilyfoundation.org)

Provides education, advocacy, empowerment and support for young women affected by breast cancer through hand-on support, financial assistance, home-based services and a "chemo buddy" program.

True North Treks

(www.truenorthtreks.org)

Dedicated to enriching the lives of adolescent and young adult cancer survivors through contemplative and outdoor-based activities.

Ulman Cancer Fund For Young Adults

(www.ulmanfund.org)

Supporting, educating and connecting young adults affected by cancer through on-line resources, college scholarships and advocacy.

Working Against Cancer

(www.workingagainstcancer.org)

Support for young adult cancer patients through age-appropriate mentoring, self-evaluation tools, and career opportunity referrals.

Smith Farm Center for Healing and the Arts

(www.smithfarm.com)

Hosts young adult cancer survivor monthly meetings with creative and relevant topics ranging from integrative health and fertility choices to coping strategies, relationship issues, and everything in between.

Young Adults Surviving Glioblastoma

(www.yasg.com)

Online forum and live chat services for young adults living with, through and beyond a diagnosis of glioblastoma (brain cancer)

Young Cancer Spouses

(www.youngcancerspouses.com)

Social networking forum and bulletin board system helping to bring together young spouses of adults with cancer to share information, support, and experiences

Young Empowered Survivors

(www.youngempowered.org)

A cancer support and social networking group serving young adults affected by cancer along Colorado's front range.

Young Survival Coalition

(www.youngsurvival.org)

An international network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer