

Adolescent and Young Adult Resources

Being diagnosed with cancer can be life-changing.

But you are not alone.

Use these links to find support, information and connection.

1

Get Connected with Other Young Adults Impacted by Cancer



Below are opportunities to connect with other people just like you! Meet young adults who know what it's like to be diagnosed with cancer.

[Wellspring Edmonton Support Group](#)

[Wellspring Calgary Young Adult](#)

[Young Adult Cancer Canada \(YACC\)](#)

[On the Tip of the Toes](#)

[Pink Pearl Canada](#)

[Cancer Fight Club](#)

[Stupid Cancer](#)

[Young Survival](#)

[Cactus Cancer Society](#)



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Work, School, and Finances



There are lots of resources available to help you as you continue to work or attend school during cancer treatment, or return to work or school after treatment. Loss of income during and after treatment may also be a worry.

[AHS Return to Work](#)

[Cancer and Work](#)

[Well Spring Edmonton Return to Work](#)

[Wellspring Calgary](#)

[Returning to Work](#)

[Legal and Employment Matters](#)

[Money Matters](#)

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Sexual Health and Body Image



Concerns about sexuality are common during treatment. Cancer treatments can change how your body looks and feels. Some changes like hair loss may be temporary, and others like scars are more permanent. It is normal to feel sad, angry or self-conscious about these changes.

Oncology and Sexuality, Intimacy & Survivorship (OASIS) Program

Offers resources and a patient education class for people who have sexuality and intimacy concerns. [AHS Sexuality and Cancer](#)

[AHS Sexual Health](#)

[Dr. Anne Katz](#)

[Look Good Feel Better](#)

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Fatigue and Brain Fog



Fatigue is the most common symptom felt by people with cancer. It is a normal part of your cancer treatment, but there are things you can do to improve it. Brain fog or “chemo brain” can cause difficulty with remembering, concentrating, or multi-tasking.

[MyHealth Alberta Cancer and Fatigue](#)

[AHS Managing Cancer-Related Fatigue](#)

[Wellspring Calgary Brain Fog](#)

[Canadian Cancer Society Fatigue](#)

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Talking to Children about Cancer



The link below will take you to a resource that lists many different resources and websites that can help you to talk with children about someone in their life with a cancer diagnosis.

[Talking with Children about Cancer](#)

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Fertility



Cancer treatment can affect your fertility. If you want to know more about how to preserve your fertility, check out the resources below.

Cara - Three Weeks...and One Night [Cara's Story](#)

Cara shares her story of being diagnosed with cancer, and being told the treatments would likely cause infertility. She felt anger and fear when confronted with the decision to delay treatment to preserve fertility, or proceed with chemotherapy. She was asked to make this life changing decision in one night.

Fertility Information:

[AHS Fertility and You](#)

[Cancer and Fertility \(UK\)](#)

[Take Charge of Your Fertility](#)

[Canadian Cancer Society Fertility Problems](#)

[Before Decision Aid](#)

Clinics:

[South \(Calgary\)](#)

[North \(Edmonton\)](#)

Fertility Treatment Funding Options:

[Oneball](#) (testicular)

[Generations of Hope](#)

[Fertile Future](#)

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Indigenous



Cultural and spiritual support for Indigenous people diagnosed with cancer.

[AHS Indigenous Cancer Health](#)

[ACF Indigenous Cancer Care](#)

[Wellspring Calgary Cancer Sharing Circle](#)

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LGBTQ2S+



Finding an inclusive community is just a click away with the resources below.

[Queering Cancer](#)

[LGBT Cancer](#)

[Canadian Virtual Hospice LGBTQ2S+](#)

[National LGBT Cancer Network](#)

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Advanced Cancer and Palliative Care



Facing an incurable illness was not your plan and there is no manual, but there are others you can connect with who have been there.

[AHS Palliative & End of Life Care](#)

[AHS Advance Care Planning](#)

[Living Out Loud](#)

[Canadian Virtual Hospice](#)

[KidsGrief](#)

[Childrens Grief Centre Calgary](#)

[Cancer Fight Club](#)

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Other Sources of Help



Cancer Care Alberta

[Counselling and Support](#)

[Classes, Groups & Events](#)

Wellspring

[Calgary and Southern Alberta](#)

[Edmonton and Northern Alberta](#)

Canadian Cancer Society

[Community Services Locator](#)

Other Helpful Websites

[Canteen Young People](#)

[Rethink Breast Cancer](#)

[NCCN Adolescents and Young Adults with Cancer](#)

[Leukemia & Lymphoma Society of Canada Young Adult Blood Cancers](#)

[Young Survival Coalition](#)

[Sarcoma Cancer Foundation of Canada](#)

Cancer Care Alberta

Leading care through compassion, courage, learning and discovery

