



The C Word:  
Young Adults Talk  
About Living With  
Cancer in new  
Video Series

Community  
Connections at  
ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations

## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

# The C Word: Young Adults Talk About Living With Cancer in new Video Series

By Alaina Cyr, Web Communications Specialist, Cancer Education,  
Princess Margaret Cancer Centre



“I think one of the biggest misunderstandings with cancer and youth is that it’s going to be easier for us to cope with what we’re going through... And the big misconception there is that it’s not necessarily easier, it just presents a whole different set of challenges.” – Carolyn, answering “*What is the most misunderstood thing about cancer and youth?*”

Seven young adult cancer survivors answer questions about life, being young, and having cancer in THE C WORD video series (35 min). The series features the experiences of young adult cancer survivors as told in their own words.

The video series was launched at a reception on May 3<sup>rd</sup>. The reception was attended by some of the video panelists, staff from Princess Margaret, young adult cancer survivors, and their friends and family members. During the reception, attendees viewed the video series and asked the panelists some questions.

“I can honestly say this has been a huge highlight of my work so far. I hope that THE C WORD not only brings awareness but also lets young adult cancer patients and survivors know that they’re not alone, to know that others feel what you feel, and that there are other supports and resources here for you at Princess Margaret Cancer Centre,” said Julian Cardozo, Media & Technology Coordinator and director of the series, when he introduced the series at the reception.

The series is available online. Visit [http://bit.ly/the\\_c\\_word](http://bit.ly/the_c_word)



Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

**Stop by Community Connections to:**

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



## Community Connections at ELLICSR

**Thursday June 15, 2017 10:30 am – 1:30 pm**

### Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 10:30 – 1:30 pm.

**10:30 am – 12:00 pm**     **Gilda's Club Greater Toronto & ELLICSR present Yoga**  
Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620.

**12:15 pm – 1:15 pm**     **ELLICSR Kitchen: Cooking for Health**  
Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

The next Community Connections is: **Thursday July 17, 2017, 9:30 am to 3:30 pm**

### ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

# Meet the Community Connections Supportive Care Organizations

## Art for Cancer Foundation

416-763-8752

[www.artforcancerfoundation.org](http://www.artforcancerfoundation.org)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## Bladder Cancer Canada

1-866-674-8889

[www.bladdercancer.ca](http://www.bladdercancer.ca)



## Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcf.org](mailto:support.cbcf.org)



## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

[info@thecasn.org](mailto:info@thecasn.org)



## Dr. Jay Children's Grief Centre

416-360-1111

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancer.ca](http://www.kidneycancer.ca)



## Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

[www.llscanada.org](http://www.llscanada.org)



## Lung Cancer Canada

416-785-3439 or 1-888-445-4403

[www.lungcancer.ca](http://www.lungcancer.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



## Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancer.ca](http://www.pancreaticcancer.ca)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Testicular Cancer

519-894-0134

[www.testicularcancer.ca](http://www.testicularcancer.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancer.ca](http://www.thyroidcancer.ca)



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



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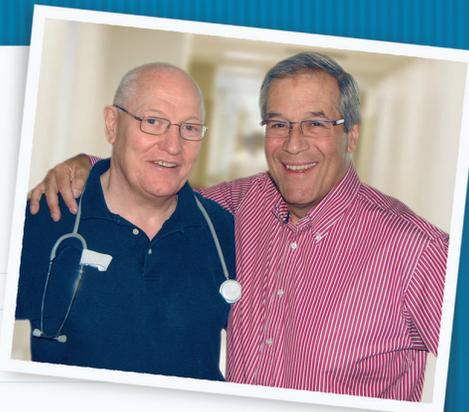
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**“When you’ve had cancer,  
every day is a gift.”** -Chris Taylor

*“Thanks to the groundbreaking research, the care of  
Dr. Messner and the compassion of the whole team  
at The Princess Margaret,  
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email [legacy@thepmcf.ca](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  **UHN**

#### Patient & Survivorship Education

**Editor:** Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Kristin Foster | Please forward comments, questions or submissions to [myann.marks@rmp.uhn.on.ca](mailto:myann.marks@rmp.uhn.on.ca)  
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