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 3rd. 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
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**

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<tr>
<th>Thursday June 15, 2017</th>
<th>10:30 am – 1:30 pm</th>
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<tr>
<td><strong>Meet Community Partners</strong></td>
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<td>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.</td>
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<tr>
<th>10:30 am – 12:00 pm</th>
<th>Gilda’s Club Greater Toronto &amp; ELLICSR present Yoga</th>
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<td>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.</td>
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<th>12:15 pm – 1:15 pm</th>
<th>ELLICSR Kitchen: Cooking for Health</th>
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<tr>
<td>Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!</td>
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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

Bikur Cholim
416-783-7983
www.bikurcholim.ca

Bladder Cancer Canada
1-866-674-8889
www.bladdercancerCanada.org

Canadian Breast Cancer Foundation
1-888-778-3100
support.cbcf.org

The Canadian Cancer Society
1-888-939-3333
www.cancer.ca

The Colorectal Cancer Association of Canada (CCAC)
416-920-4333
www.colorectal-cancer.ca

The Canadian Amyloidosis Support Network
905-787-999 or 1-877-303-4999
info@thecasn.org

Dr. Jay Children’s Grief Centre
416-360-1111
www.drjaychildrensgriefcentre.ca

Gilda’s Club Greater Toronto
416-214-9898
www.gildasclubtoronto.org

Kidney Cancer Canada
1-866-598-7166
www.kidneycancercanada.ca

Leukemia & Lymphoma Society of Canada (LLSC)
647-253-5503 or 1-877-668-8326 x5503
www.llsCanada.org

Lung Cancer Canada
416-785-3439 or 1-888-445-4403
www.lungcancercanada.ca

Lymphoma Foundation Canada
1-866-639-5556
www.lymphoma.ca

Melanoma Network of Canada (MNC)
289-242-2010
www.melanomanetwork.ca

Nanny Angel Network
416-730-0025
www.nannyangelnetwork.com

The Olive Branch of Hope
416-256-3155 or 1-877-251-0770
olivebranch@theolivebranch.ca
www.theolivebranch.ca

Ovarian Cancer Canada
1-877-413-7970 x231
www.ovariancanada.org

Ovarian Cancer Peer Support Network
Greater Toronto Area
www.ovCAPeers.com

Pancreatic Cancer Canada
1-888-726-2269
www.pancreaticcancercanada.ca

POGO
416-592-1232
www.pogo.ca

Prostate Cancer Canada
416-441-2131 or 1-888-255-0333
www.prostatecancer.ca

Rebounders
905-338-1530
www.rebounders.ca

Rethink Breast Cancer
www.rethinkbreastcancer.com

Testicular Cancer
519-894-0134
www.testicularcancercanada.ca

Thyroid Cancer Canada
416-487-8267
www.thyroidcancercanada.org

Wellspring Cancer Support Network
416-961-1928
www.wellspring.ca
“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

See Chris Taylor’s story at www.thepmcf.ca

The Princess Margaret Cancer Foundation • UHN

Patient & Survivorship Education
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