

PRINCESS MARGARET CANCER CENTRE AYA PROGRAM RESOURCE NAVIGATOR

Support To Address Side Effects

COGNITIVE	DIET	WELLNESS	
Wellspring Brain Fog Program Wellspring Fatigue Program UHN: Brain Fog Princess Margaret: Brain Fog Online Module Amazon: Light therapy (for cancer related fatigue) Effect of Light Therapy on Cancer-Related Fatigue: A Systemic Review	Ellicsr Recipes by Side Effects Gilda's Cancer Nutrition Resources Wellspring Nourish Educational Series UHN: Protein for Cancer Patients Eating Well When You Have Cancer	Wellspring Healing Journey Program Wellspring Meditation Program Wellspring Relaxation & Visualization Program Wellspring Breathing Wellness Program	Cactus Cancer: Writing/Journaling Gilda's Writing Through Cancer Indigo: The 5 Minute Journal Calm: Meditation Application Wildfire Magazine: Journaling
REHABILITATION	SEXUAL HEALTH, BODY IMAGE & FERTILITY		
Wellspring Exercise Program Wellspring Yoga Program University of Waterloo: Well Fit Cancer Exercise Programs	UHN: AYA Sexual Health Stupid Cancer Discussion Series: Body Image CanTeen Web Series: Getting Cancer Young UHN: Fertility Rethink Breast: Fertility	Look Good Feel Better: Resources Princess Margaret Wig Salon Fertile Future: Resources Fertile Future: Power of Hope Program (financial assistance)	Vaginal Dilators UHN: Managing Vaginal Stenosis UHN: When to use Vaginal Moisturizers UHN: Bras & Breast Prostheses After Surgery with Drains UHN: Where to Buy Bras & Prostheses Post-Surgery

Support for Patients

GENERAL SUPPORT	DIAGNOSIS SPECIFIC SUPPORT	
<p>GROUP/ PEER SUPPORT:</p> <ul style="list-style-type: none"> UHN: AYA Support Resources UHN AYA Program's Instagram YACC Chats YACC Web Series: We Get It Gilda's Club Simcoe Muskoka: Virtual Event Calendar Gilda's Toronto: Support Programs Wellspring Peer Support Program Pink Pearl: Upcoming Events Stupid Cancer: Resources <p>ONE-ON-ONE SUPPORT:</p> <ul style="list-style-type: none"> Pink Pearl: One-on-One Support Wholenote Psychotherapy Navigate Clinic - Psychologist EverWell Counselling Hope & Cope: One-on-One Peer Support <ul style="list-style-type: none"> Call 514-340-8222 ext. 25531 or email hgoodman@jgh.mcgill.ca 	<p>1. MELANOMA</p> <ul style="list-style-type: none"> Melanoma Canada: Individual Support Services Melanoma Canada: Monthly Support Group Melanoma Canada: Webinars & Information Sessions <p>2. COLORECTAL</p> <ul style="list-style-type: none"> Colorectal Cancer Canada: Support Groups Colorectal Cancer Canada: General Support Resources Colorectal Cancer Canada: Tush Talk Series CCRAN: Support Groups CCRAN: Personal Cancer Coach Service CCRAN: Diet Support <p>3. BREAST</p> <ul style="list-style-type: none"> PYNK Program: Educational Resources Rethink Breast: Support Groups Rethink Breast: Networking Groups Wellspring Breast Cancer Support Group 	<p>4. OVARIAN</p> <ul style="list-style-type: none"> Ovarian Cancer Canada: Peer Support Programs Ovarian Cancer Canada: Networking Groups Ovarian Cancer Canada: Educational Resources Wellspring Ovarian Cancer Support Groups <p>5. LEUKEMIA/LYMPHOMA/MYELOMA</p> <ul style="list-style-type: none"> Leukemia & Lymphoma Society of Canada: Educational Resources Leukemia & Lymphoma Society of Canada: One-on-One Support Leukemia & Lymphoma Society of Canada: Peer Support Leukemia & Lymphoma Society of Canada: Support Groups Leukemia & Lymphoma Society of Canada: Webcasts Wellspring Lymphoma Support Group

Support When Transitioning Post Treatment

WORK RELATED & FINANCES	LIFE AFTER TREATMENT
Wellspring Returning to Work Cancer & Work: Virtual Resources POGO: Employment handbook	Wellspring Life Beyond Cancer Support Group Gilda's Toronto: Post Treatment Support Groups
UHN: Coping with Cancer Income Assistance Wellspring Money Matters Program PCPI: Career Development Services	

Support for Families



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Talking To Caregivers	Talking To Children	
Wellspring Caregivers Connect Program Wellspring Caregiver Webinar Series	Rethink Breast: Resources for Young Families Nankind: Virtual Programs Wellspring Children & Parent Program Talking To Children- Canadian Cancer Care Society Hope and Cope- Talking To Kids Sick Kids: Talking To Kids About Serious Illness	Andrea Warnick: Counselling/Training/Education Wellspring Family Counselling Newbridges: Children's Mental Health Clinics Talking to Children When a Loved One Has Cancer NanKind: Cancer Conversations With Your Kids