

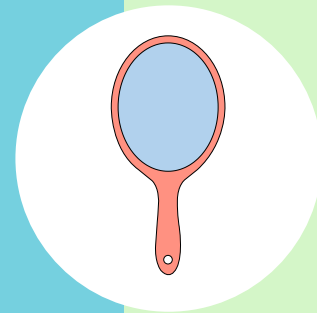
# TEEN CANCER CONNECTION RESOURCES

Being a teen was already hard *before* cancer. But at SickKids, Teen Cancer Connection is here to help! Use these links to find connection, more information, and support.

## BODY IMAGE

Cancer and cancer treatment can cause physical changes to your body that may change how you feel about yourself.

- [Look Good Feel Better](#)
- [Princess Margaret Wig Salon](#)
- [Canadian Cancer Society Wig Program](#)



## THE CANCER EXPERIENCE

These organizations are specifically for teens with cancer and talk about cancer in teens, what it's like to have cancer and what to expect, and what questions to ask your health care team.

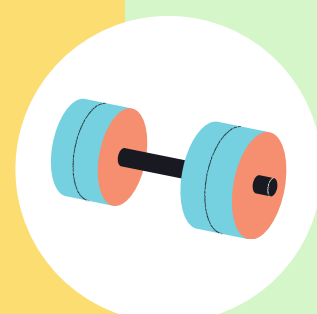


- [Elephants and Tea Online Magazine](#)
- [Canteen: Your Guide to Dealing with Cancer](#)
- [13thirty: Challenges of AYA Cancer](#)
- [Stupid Cancer](#)
- [Teenage Cancer Trust \(UK\) Resource](#)

## EXERCISE

Cancer and cancer treatment may change how your body moves and your energy levels. Gentle exercise, such as yoga and walks, can be good for maintaining flexibility, endurance, mental wellbeing, and strength. Talk to your doctor about what level of activity is best for you.

- [Yoga4Cancer](#)
- [13thirty App for Fitness](#)
- [Teens About Kids Health Yoga Poses](#)



## FATIGUE AND BRAIN FOG

Fatigue is one of the most commonly reported symptoms of cancer and is unfortunately a normal part of cancer treatment. Brain fog (also called “chemo brain”) is when you have trouble concentrating, multi-tasking, or remembering. These resources have some ideas to help with fatigue and brain fog.



- [Brain Fog Explained](#)
- [Canadian Cancer Society: Fatigue](#)

## FERTILITY

Thinking about whether or not you want to have kids one day may or may not be something you have ever thought about. Cancer treatment can affect your ability to have children one day, so planning for the future can be helpful, even if it doesn't seem relevant to you now.



- [Canteen Fertility Guide](#)
- Princess Margaret AYA Fertility Preservation Brochures - [Males](#) and [Females](#)
- [Fertile Future](#) - Funding for Fertility Preservation for Low Income Families
- [Ontario Fertility Program](#)
- [List of Fertility Clinics Participating in Ontario Fertility Program](#)
- [Sperm Banking Explained](#)
- [Egg Preservation Explained](#) (Video)

## FUN EXPERIENCES



These organizations offer fun opportunities for teens with cancer!

- [Campfire Circle](#)
- [Make-A-Wish](#)
- [On the Tip of the Toes](#)

## GRIEF & PALLIATIVE CARE

Cancer causes a wave of emotions, including grief. These resources help AYAs to talk about their grief and understand it more.



- [Youth Grief](#)
- [Living Out Loud](#)
- [Voicing My Choices Guide](#) for Advance Care Planning
  - This is a great resource for everyone with a cancer diagnosis (not just at end-of-life) to plan how they would want their care to be in the event that they are not able to make choices for themselves anymore
- [Dr Jay's Children's Grief Centre](#) (Online Only)
- [Children and Youth Grief Network](#)

## 2SLGBTQIA+

Everyone has the right to inclusive care. These resources provide a number of inclusive 2SLGBTQIA+ communities and information, with Escape being specifically for teens.



- [Escape](#)
- [Canadian Virtual Hospice: 2SLGBTQIA+](#)
- [Queering Cancer](#)
- [2SLGBTQIA+ Cancer Resource List](#) (Not Teen Specific)

## MENTAL HEALTH

Cancer doesn't just affect your body; it can affect your mind too. Having someone to talk to about your mental health can be helpful for processing your emotions.

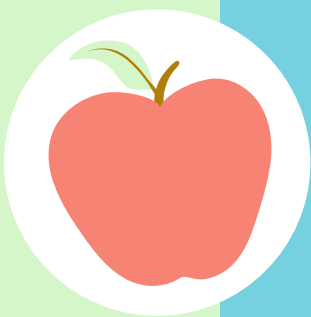
- [Stella's Place](#)
- [What's Up Walk In](#)
- [Belly Breathing](#) for Relaxation
- [Cancer and Emotions](#)
- [jack.org](#)
- [Bounce Back](#) - for ages 15-17 and 18+
- [Youth Wellness Hubs Ontario](#)



## NUTRITION

Fueling your body with good food is an important part of your cancer journey. However, you may notice changes to your appetite and taste that add new challenges.

- [13thirty Nutrition Tips](#)
- [ELLICSR Online Video Library and Recipes](#)
- [Nourish](#)
- [The Cancer-Fighting Kitchen Recipes](#)
- [Loss of Appetite and Cancer Treatment](#)



## PEER SUPPORT

Talking to someone who just gets it and has been through a similar experience can lead to meaningful connections and feeling understood.

- [Teens4Teens Group at SickKids](#) (virtual and in-person) - Email [teens.4teens@sickkids.ca](mailto:teens.4teens@sickkids.ca)
- [Imerman Angels](#)
- [Elephants and Tea](#)



## PODCASTS

Listen to other teens with cancer talk about their experiences with cancer in these podcasts.

- [AYA Cancer Chat: Life Interrupted](#)
- [AYA Cancer: Unfiltered](#)



## QUITTING SMOKING/VAPING

Smoking and vaping can be harmful to your health, especially if you have a cancer diagnosis. Learn more information about the risks and get help with quitting with the resources below.

- [Quash App](#)
- [Teens About Kids Health Information](#)



## SCHOOL & WORK

A cancer diagnosis often changes how you interact with your school or job. These resources can help you navigate these changes.



- [Interlink](#) at SickKids
- [POGO School and Work Transitions Program](#)
- [POGO Employment Handbook](#)
- [YES - Youth Employment Services](#)
- [Talking to Your Employer About Cancer](#)
- [Communicating with School About Cancer](#)

## SEXUAL HEALTH & RELATIONSHIPS

Concerns about your sexual health are completely normal during treatment. Cancer treatment can change how your body looks, feels, and works. If you are sexually active, did you know that there are some safety precautions you need to take?



- [Just Ask Us](#)
- [Princess Margaret AYA Sexual Health](#)
- [Connecticut Children's Sexual Health FAQs](#)
- [Stupid Cancer: Sex & Relationships](#) (under Resources tab)
- Sexuality and Cancer: [12-13 years](#), [14+ years](#)

## SUBSTANCE USE - DRUGS & ALCOHOL

Learn the facts about how taking drugs and drinking alcohol can affect your body during cancer treatment.



- [Teen About Kids Health - Drinking and Drugs](#)

## TALKING TO FRIENDS ABOUT CANCER

It is completely up to you who you choose to talk to about your cancer and what you choose to share. Below are some useful tips for how to talk to your friends about your cancer diagnosis and how to answer their questions.



- [Talking to Your Friends About Cancer](#)
- [Maintaining Relationships During Cancer Treatment](#)

## OTHER RESOURCES

- [Canadian Cancer Society](#) Live Chat and Phone Number
- [Canteen - Young People Resources](#)
- [Teens About Kids Health](#) Cancer Resources
  - They cover so many excellent topics just for teens!
- AYA Cancer Advocacy - [ayacan\\_cancer](#) Instagram Page

