

Connecting to Other Adolescents and Young Adults

... also known as AYAs

AYAs are people diagnosed with cancer between the ages of 15 - 39.

Having cancer can, at times, be isolating, frustrating, and uncertain. Connecting with other teens and young adults who get what you are going through may be helpful.

Resources provided below will help you connect in a variety of ways to people with similar experiences.

Online Communities

- [#AYACSM AYA Tweet Chat](#), on Twitter, 1st Tuesday 7pm Central Time.
- [BurnAlong](#): FREE to Teen Cancer America Youth and Family Members! Online health, wellness, & fitness classes to help you stay motivated & well-being focused. Classes from 100s of instructors spanning 45+ categories.
- [Cancercare.org Young Adults](#) provides free, professional support services for young adults affected by cancer, as well as cancer information and additional resources.
- [Elephants and Tea](#) Weekly Virtual Happy Hour- time to talk about the AYA cancer community, Elephants and Tea, and play a game! [Perkatory](#), via Zoom, brewing tough conversations to help each other face cancer.
- [Escape](#) Monthly Meetup for LGBTQIA+ identifying cancer patients, survivors, and caregiver ages 13 and up!
- [HeartsNeedArt](#) the universal accessibility of arts engagement to help everyone feel seen, heard, and loved while facing life-altering health challenges. You can create moments of joy, self-expression, and connection through arts engagement, advocacy, and innovation.
- [Cactus Cancer Society Programs & Young Adult Cancer Hangout](#) virtual cancer support community for young adults brings together survivors and caregivers each month in an informal video hangout where you can chat about anything you'd like.
- [Leukemia & Lymphoma Society's LLS Community-](#) community of blood cancer patients, survivors and caregivers to support, give trusted information/resources, and help you feel connected. No one should have to face a blood cancer diagnosis alone.
- [Stupid Cancer Meetups](#) multiple Digital Meetups each week so you can hangout with your cancer fam from the comfort of your home or hospital bed, plus additional events for you and your caregivers each [week](#).
- [Twist Out Cancer](#) provides psychosocial support to cancer survivors and their loved ones through creative arts programming. We are a global community that enables anyone touched by cancer to connect, create, support and inspire.
- [Young Survival Coalition \(YSC\), Young Survival Coalition](#), Connect with other young breast cancer survivors online, in person or one-on-one.



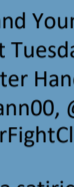
Relevant Hashtags

#lifeaftercancer #bcsbm #hscm #ayacancer
#AYACSM #stageivneedsmore #stage4needsmore
#busylivingwithmets #pinksisters

Social Media



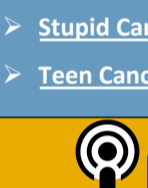
- [Elephants and Tea](#)
- [Escape](#)
- [Cactus Cancer Society](#)
- [Stupid Cancer](#)
- [Teen Cancer America](#)
- [thecancerpatient](#)



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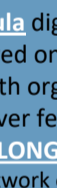


- [#ayacsm](#), Adolescent and Young Adult Cancer Societal Movement, First Tuesday of every month at 8PM ET, Associated Twitter Handles: @EK_Drake, @maureensweet, @ukfann00, @StupidCancer, @Hope4YAWC, @CancerFightClub
- [@ogcancerpatient](#) - a satirical look at cancer life
- [#AYAware](#) - used for April's AYA Cancer Awareness Week
- [@humorbeatcancer](#) - this is an online community that shares humorous and poignant stories from those who have gone through cancer as young adults.
- [#MAYACC](#), Metastatic and Advanced Young Adult Cancer Community, Second Tuesday of every month at 8PM ET Associated Twitter Handles: @EK_Drake, @CancerFightClub
- [#YAPchat](#), Young Adult Program at Dana Farber, Periodically, Associated Twitter Handle: @DanaFarberYAP



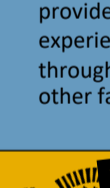
real stories

- [Dear Jack Foundation, Letters to Jack](#)
- [I Had Cancer Stories](#)
- [Cactus Cancer Society Book Club + Blog](#)
- [Elephant's and Tea: Submissions and Magazines and Spilling Tea with the G's](#)
- [Stupid Cancer Stories](#)
- [Teen Cancer America: Community Stories](#)



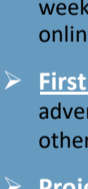
podcasts

- [AYA Cancer Chat: Life Interrupted, Children's Hospital of Philadelphia](#)
- [Beyond Cancer](#)
- [Campies of Hope, Epic Experience](#)
- [Cancer Out Loud Podcast](#)
- [CancerCare, General Cancer Topics](#)
- [Conquer Cancer® Your Stories](#) [Apple](#) & [Spotify](#)
- [Life on Pause](#)
- [Man Up to Cancer](#)
- [Sexually Speaking with Dr. Anne Katz](#)
- [Teen Cancer America, The Real Me](#) [Apple](#) & [Spotify](#)
- [The Cancer Patient Podcast on](#) [Apple](#) & [Spotify](#)
- [Your Stories: Conquering Cancer](#)



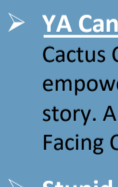
APP/website

- [Alula](#) digital solutions designed to help people and their loved ones navigate the most daunting aspects of cancer. With organizational tools, products, and content, you'll never feel lost or alone.
- [BELONG Beating Cancer Together](#) a supportive social network of patients and caregivers tailored for each person's specific needs, interests, concerns and passions. The forums provide assistance and support: users share their personal experiences, tips and information. They support one another through coping with daily challenges, recovery and the many other facets of the journey.



Retreats & Adventures

- [Dear Jack Foundation](#), addresses the physical and emotional needs of AYAs, survivors and their families. One-on-one patient outreach and peer-to-peer group wellness programs empower healing and provide assurance they are not alone in their journey.
- [Epic Experience Beyond Cancer \(ages 18-79\)](#) empowers adult cancer survivors and thrivers to live beyond cancer through free week-long adventures in the Colorado Rockies, exercise classes online, & workshops.
- [First Descents, \(ages 18-39\)](#) provides life-changing outdoor adventures for young adults (ages 18 - 39) impacted by cancer and other serious health conditions.
- [Project Koru, \(ages 18-39\)](#) camp and retreats enriching lives through community and the outdoors as a way to move forward after cancer. Our programs are designed to inspire human connection that encourages personal growth and healing.
- [Send It, \(ages 21-40\)](#) inspire positivity, courage and gratitude in young adult cancer fighters through the gift of outdoor adventure and community.
- [The Cassie Hines Shoes Cancer Foundation, \(ages 18-39\)](#) Base 2 Summit, Ages 18 – 39, We Guide. We Support. Supporting young adults (16-39) during their cancer diagnosis, treatment, and beyond through a variety of advocacy and programming.
- [True North Treks, \(ages 18-39\)](#) taking groups of young adults and caregivers on free treks in beautiful wilderness destinations where they can connect with nature, connect with peers who have been through something similar, and connect with themselves.



Annual Conferences

- [YA Cancer Gabfest](#), Presented by Elephants and Tea and Cactus Cancer Society, YA Cancer Gabfest's mission is to empower the AYA Cancer Community to embrace their voice & story. A Week of Interactive Survivorship Crash Courses for Facing Cancer
- [Stupid Cancer's CancerCon For Young Adults](#), is the annual, international gathering bringing together patients, survivors, caregivers, advocates, and activists, along with oncology team professionals and the healthcare industry through a shared goal of improving young adult cancer health outcomes. By attending, you will join a supportive network of peers who get it, be able to discuss topics and issues that are relevant to you and learn from experts in the field.
- [Dana-Farber Annual Young Adult Cancer Conference](#), Boston, MA, offering strategies for coping with cancer as a young adult, and providing an opportunity to meet other patients facing similar challenges. The conference is open to patients treated at Dana-Farber and in the New England area, as well as their families and supporters.
- [Young Adult Cancer Survivorship Conference](#), MD Anderson Cancer Center, is a free annual event held for young adult patients, caregivers and family members regardless of where they received treatment. The conference offers the opportunity to: Learn from cancer experts, Visit with exhibitors, Connect and be inspired by other young adult survivors
- [Young Survival Coalition \(YSC\) Summit](#), breast cancer, Connect with people who understand what you're going through. Discuss your unique questions and concerns – like dating after diagnosis, navigating your career or managing fear and anxiety – with survivors, co-survivors, and healthcare providers.

1:1 Peer Support

- [Cancer Hope Network \(age 18+\)](#) 877-467-3638 One-on-one support for cancer patients and the people who love them along the entire cancer continuum from diagnosis - survivorship through volunteers who faced similar experiences.
- [4th Angel Mentoring Program \(all ages\)](#) innovative, interactive approach to cancer support in which patients and caregivers are matched with trained volunteer mentors with similar age and cancer experiences. A national, free service. More info [HERE](#)
- [I Had Cancer \(all ages\)](#) is a cancer support community that empowers people to take control of life before, during and after cancer allowing survivors, fighters and supporters/caregivers to share firsthand experiences about treatment, side effects, long term effects and more.
- [Imerman Angels \(all ages\)](#) 877-274-5529 provides one-on-one connection with someone who has been there for all cancer fighters, survivors, previvors and caregivers.

To submit additional resources for this tool, contact bettyroggenkamp@me.com



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