



We know what it is like to hear the words, “You have cancer.”

We are young women who, just like you, have or had it too. We remember the confusion felt in the early days of diagnosis. That’s why we’ve put together a support package that contains a helpful resource list, guided questions and a symbolic bracelet of HOPE.

This is our gift to you. You are not alone.

Pink Pearl Canada provides support, facilitates connections and empowers self-identifying young women who are courageously overcoming the social and emotional challenges of being diagnosed with cancer. Our free programs are intended for self-identifying young women between the ages of 18-40.

Retreats encourage our program participants to connect, self reflect, and share experiences in a safe and peer-supported environment

Learning Series bring women with cancer together to learn about a topic of interest

Local Socials provide a relaxed environment to share and re-connect

One on One provides support through one-on-one short-term counselling sessions

Ambassador Program invites program participants to facilitate Local Socials and lend a listening ear to young women facing cancer

Support Packages contain helpful resources, guided questions, and a symbolic bracelet for young women newly diagnosed with cancer

Post-Secondary Scholarships are awarded to young women with cancer who are involved in their community and attending a post-secondary institution

Legacy Program supporting you in defining what legacy means to you, through an ever evolving list of resources, tools and experiences

Private Facebook Group provides an online community of support to learn together



Resource List

Below is a list of organizations across Canada that provide support for young adults facing any type of cancer which we believe will assist you on your cancer journey.

Pink Pearl Canada | pinkpearlcanada.org

Provides support, facilitates connections and empowers young women who are courageously overcoming the social and emotional challenges of being diagnosed with cancer.

Wellspring | wellspring.ca

Offers programs and services that meet the holistic needs of people living with cancer and those who care for them.

The Canadian Cancer Society | cancer.ca

Offers many services for young adults living with cancer including but not limited to; peer support, temporary breast prostheses, and an online community of support.

Young Adult Cancer Canada | youngadultcancer.ca

Provides support to young adults as they move through and beyond cancer through connection with peers and acts as a source of inspiration.



Questions To Ask

Below is a list of suggested questions. Ask them all at once, in phases, or not at all. Please be kind to yourself. It takes time to sort through and figure out what is important for you to know.

What is the name of my cancer and what stage is it?

How common is the type of cancer I have?

What are my treatment options?

What symptoms and side effects can I expect to experience?

I take other medications, will this affect my treatment?

What other healthcare professionals will be part of my care team?

How might I feel physically, socially and emotionally?

Can you recommend any interdisciplinary wellness opportunities?

What support services are available that address the whole person?

Can I continue with my day-to-day activities?

When and how do I tell my family, children, friends and colleagues at work?

If and how will my treatment affect my fertility?

We encourage you to bring a friend or family member with you to appointments and recommend writing down names and contact information of those on your healthcare team, so you can connect with them when need be. We invite you to visit our website for a more comprehensive list of questions and additional support services.

