

# YOUNG ADULT CANCER SUPPORT



Young adults with cancer face a unique set of challenges. Diagnosis brings distress and anxiety, impacting relationships and plans at a critical point in their lives. They often must navigate returning to school or work with uncertainty and limited peer support.

To address these specific needs, Wellspring's young adult programs aim to foster peer interaction and provide coping skills. This social and practical support helps enhance emotional well-being, reduce isolation, and improve overall quality of life.



For more information  
or to register, visit:

**[wellspring.ca/YACS](https://wellspring.ca/YACS)**

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.