

Young Adult Survivorship Webinar

Resource sheet

- [Everyone gets it, I don't have to explain](#) – Cancer Council Online Community post for Young Adult s interested in Re-claim Life
- [COSA position statement on exercise in cancer care](#) - This article summarises the position of the Clinical Oncology Society of Australia (COSA) on the role of exercise in cancer care, taking into account the strengths and limitations of the evidence base.
- [Behavioural Sciences Unit-](#) Our Unit undertakes psychosocial and nutritional research as related to paediatric illness, with a focus on childhood cancer. Simply put, we evaluate many of the challenges families face from the time their child is diagnosed through to survivorship or bereavement.

General Information:

- [13 11 20 Information and Support](#)
A confidential service where you can speak to a qualified health professional about anything to do with cancer.
- [In-person, online and over the phone support](#)
Including telephone support groups and face to face support groups.
- [Online community](#)
An online peer-support community where patients, partners, family, friends and carers connect with others, share their story, give and receive support. Continue the conversation on this webcast topic by joining the conversation on the Online Community.
- [Webinars](#)
Watch previous recorded webinars on a wide range of topics including; Fear of recurrence, Fatigue, Anger, Caring for someone with cancer, Living with Advanced Cancer and many more.
- [Podcast: The Thing About Cancer](#)
If you or someone you care about has been diagnosed with cancer, you might be searching for the answers to these and other questions. Listen now to *The Thing About Cancer*, with host Julie McCrossin chatting to experts about all things cancer.
- [Podcast: The Thing About Advanced Cancer](#)
Whether living with long-term advanced cancer, you are facing end of life, or you are caring for someone with advanced cancer – this podcast series has information and insights that can help you navigate through these challenging times.
- [Relaxation and mindful meditation for people with cancer](#) – a recording to guide you through the basics of relaxation, encouraging deep breathing and restfulness. Available to [stream online](#) on order a free copy of the CD by calling 13 11 20.