



2017

# SURVIVOR CONFERENCE

fog  
cancer

2017 Workshop Descriptions  
and Other Schedule Details

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# KEYNOTE ADDRESS

## Living My Life – One Second at a Time

**With Deborah Bridgeman**

**Saturday June 3, 2017 2:00-3:00pm**

How to describe Debbie in just a few words? Impossible task. She is a black belt in karate and has kicked cancers ass more than once over the last 20 years. For 1 hour, she will share with us her trials and triumphs and give us a boost to live and love life to the max.

# WORKSHOPS

Survivor Conference 2017: Fog Cancer is offering a choice of 17 different workshops with talented, experienced, and passionate presenters. Have a look at what's in store.

*(In order by days offered)*

## Why does my brain often feel like an elevator with an “Out of Order’ sign posted on it?

**Facilitator: Heather Palmer**

**Friday 10:00-11:00am**

Changes in the ability to think are a common, yet frustrating and life altering side effect of cancer. It is called Brain Fog and it can impact all aspects of life such as relationships, psychological well-being as well as function. Fortunately there are many simple, sustainable and effective strategies you can use to help overcome the fogginess. In this ‘overview’ session you will learn to identify your cognitive challenges and be provided with suggestions to help get your thinking back on track. (60min)

## Fireside Chat: Removing the ‘fog’ from Brain Fog

**Facilitator: Heather Palmer**

**Friday 11:15-12:15pm; Saturday 9:30-10:30am**

Join Heather for an informal 'fireside' session geared towards digging deeper to identifying your main cognitive challenges, the impact they have on your life and exploring specific approaches to help. (60min)

## Caregivers: Because you need support too

**Facilitator: Karine Chalifour**

**Friday 10:00-11:00am**

Cancer not only happens to the patient, it has a big impact on those wanting to provide support as well. Supporters want to help but they also sometimes need help and are hesitant to ask - not wanting to put the focus on themselves. Together, we will explore available resources and will also talk on how you can help your loved one as he/she goes through cancer while allowing yourself the space to be. (60min)

## Career Crafting

**Facilitator: Kathleen Naylor**

**Friday 10:00-11:00 and Sunday 9:30-10:30am**

Career crafting is about staying open to new possibilities for career happiness, even in the face of uncertainty and change. This session will offer a process, tips and resources for crafting a life with purpose, regardless of where you are in your career. Our discussion will touch on some of the challenges inherent in returning to work – communicating with colleagues and employers, managing expectations and finding meaning in work. (60min)

## Let's talk about cash

**Facilitator: TBC**

**Friday 10:00-11:00 and Saturday 11:15-12:15pm**

This session will include discussion and information around insurance, budgeting, debts etc. More details to come. (60min)

## CLUB METS – The Vacation you don't want to be on.

**Facilitators: Deborah Bridgman**

**Friday 10-11:00am**

You are the captain of your own ship. You can stay with the boat until it sinks or you can jump ship right away. In this session I will share with you some of my coping skills and will invite you to do the same. We will also address topics that are relevant to people living with METS or chronic cancer. This workshop is like Trip Advisor for those in ClubMets (the Vacation from Hell;-). We'll all share our tips on survival. (60min)

## Healthy Communication: Mindfully Approaching Conversations about Life and Cancer

**Facilitator: Genevieve Stonebridge**

**Friday 11:15-12:45pm and Saturday 11:15-12:45pm**

Healthy communication can be a lofty goal at the best of times- and even more so during a cancer diagnosis or when navigating a history of cancer. This workshop aims to provide you with tangible tools to help you become a more effective communicator. Tools for healthy communication can help increase your confidence in dealing with difficult situations and can help you find ways to communicate in an authentic way. Designed for both the participants diagnosed with cancer and supporters too. (90min)

## Nia - Moving to Heal

**Facilitator: Kathleen Naylor**

**Friday 11:15-12:15pm and Saturday 11:15-12:15pm**

In Nia, healing is defined as *doing something to feel better*. In a Moving to Heal class, moves and music are designed to calm the nervous system and invite curiosity and playfulness with gentle movement. We maintain a focus on awareness of sensation, and tuning in to the body, mind, emotions and spirit. Kathleen will be joined by Nia White Belt Elaine Dunphy, so this session offers the option to participate seated, or standing, or some of both! (60min)

## Anxiety – How to kick its ass!

**Facilitator: Karine Chalifour**

**Friday 11:15-12:45pm and Saturday 11:15-12:45pm**

Cancer is hard to deal with, and often anxiety adds to the load. The emotions that come with anxiety can be overwhelming and consume energy you don't have to give. In this workshop, we want to provide you with useful information to help you deal with symptoms of anxiety that can be part of day-to-day life when you are living with cancer. We will provide you with information to help you better understand your emotional experiences, how our bodies and minds interact to create these reactions, and describe specific coping strategies that can be used to keep these difficult emotions from taking over your life. Our goal is for participants to walk away with a better understanding of anxiety and some practical coping skills to help. Principles from cognitive behavioral therapy will be provided as a guiding framework for this discussion. (90min)

## Art Journaling for Wellness

**Facilitator: Lisa Pijuan-Nomura**

**Friday 11:15 – 12:45pm and Saturday 11:15-12:45pm**

Art Journaling for Wellness is a workshop that explores the power of creative writing, painting, and collage. Journaling is an excellent way to process the feelings that come along with a cancer diagnosis and treatment. Using free writing, together with improvisational painting we will learn new ways to play and express our thoughts, feelings, and concerns. No art experience is necessary and we welcome both survivors and supporters. (90min)

## Yin Yoga

**Teacher: Ryan Martin**

**Friday 5:00-6:00pm and Saturday 5:00-6:00pm**

In this session you will experience a slow-moving yoga practice that focuses on relaxing, and mindfulness. It targets the deeper tissues – the fascia, connective tissue, and bones. All levels. (60min)

## Creativity and Cancer: How Creativity can help us Grow, Flourish, and Process

**Facilitators: Genevieve Stonebridge**

**Saturday 9:30-11:00am**

Join Genevieve to explore the creative process in connection to a cancer diagnosis. This directed workshop will look at some interesting research about creativity and wellness, as well as give you a taste for art as therapy. Together as a group we will explore how creativity can help us revision, reframe and reimagine ourselves. No art experience necessary! Designed for both the participants diagnosed with cancer and supporters too. (90min)

## Body image: I see me

**Facilitator: Karine Chalifour**

**Saturday 9:30-11:00am**

Weight gain, weight loss, scars, hair loss, fatigue...Body image gets profoundly affected as young adults go through cancer. Sadly, it is often overlooked and little attention is paid to the struggles that come with major changes in the body. Changes in the body can affect your mind and spirit, just as changes in mind and spirit can affect your body image. This workshop will provide a safe and informal setting in which to discuss the key issues, speak of the unspoken, and discover together tools to help us move forward. (90min)

## Getting Started with Container Gardening

**Facilitator: Jennifer Wood**

**Saturday 9:30-11:00am and Sunday 9:30-10:30am**

Gardening promotes physical and mental wellbeing and enhances our connection to nature. It can bring flavour and fun to your meals while adding beauty to your spaces. No matter where you live and what your gardening skills might be, this workshop will help set you up for success with growing your own herbs and vegetables in creative containers and unique places. (90min on Saturday and shortened version on Sunday of 60min)

## Itty Bitty Art to Make and Trade \*Supporters only

**Facilitator: Lisa Pijuan-Nomura**

**Saturday 9:30-11:00am**

Before experiencing cancer herself, Lisa cared for her dad for years while he was living with cancer. From her experience she created a program for cancer patients and their families. It involves using something other than words to express yourself, remember your strengths or remind others of theirs. Creating art can be healing. It can be a way for people to express their concerns and be an important tool to deal with stress, self-awareness and cope with the cancer diagnosis of a loved one. In this workshop we will be creating multiple original pieces of small art using paint, collage, stamping, drawing and sketching. No art experience is necessary and fun will be had by all!

## Living with chronic or metastatic cancer: a discussion to improve care.

**Facilitator: Karine Chalifour**

**Sunday 9:30-10:30am**

YACC's mission aims to offer support for those living with cancer...any cancer, any stage. In this session, we will discuss creative ways for YACC to develop and offer relevant services and support to young adults having to live with cancer for the rest of their lives. (60min)

## Help YACC Climb to the next level

**Facilitators: Chris Chow and Meghan Dutton**

**Sunday 9:30-10:30am**

The Climb...It's fun, challenging and for you and your community of friends and family. It's the longest running event at YACC and raises essential funds for all our programs. If you want to help YACCCers like you this is an easy and powerful way to do it. We'll walk you through the key steps and give you all the tools and support to make it happen in your hometown. (60min)

# EXTRAS

## Short Intro to mindfulness meditation

**Facilitators:** Karine Chalifour

**Friday 8:00-8:30am**

JUST BREATHE. We will take a few minutes to discuss the benefits of meditation and will initiate those of you new to it to a few easy breathing techniques that you can bring with you wherever you go.

## Mindful Morning Meditation

**Facilitators:** Genevieve Stonebridge

**Saturday and Sunday 8:00-8:30am**

Start your day off with a smile and a deep breath. Join us for a 30 minute mindfulness based meditation practice. No experience necessary. All you need is your breath and curiosity!

## Full Body Scan Meditation

**Facilitators:** Kathleen Naylor

**Thursday and Friday 8:30-9:30pm**

Not so much into the downtown scene? Want to get a good night of sleep? Come and join us for this body scan meditation. If you've never practiced meditation or never tried this specific type of mindfulness meditation, it's your chance. It involves systematically sweeping through the body with the mind, bringing an affectionate, openhearted, interested attention to its various regions (from the tip of your toes to the top of your head).

# YACC TALKS

## PowerStart with Dani Taylor

**Friday June 2, 2017 8:30-9:45am**

Stories have so much power; they can change the world. We want to share that power with some key stakeholders and supporters of YACC. We have invited a few of our friends for breakfast and some laughs and inspiration. Dani Taylor was diagnosed with Colorectal Cancer IIIa at 23 years old. She is full of depth and humour and uses it to kick cancer's ass making jokes about her ass cancer. She's prepared a little something just for us so we all get to laugh in cancer's face and so our guests understand a little better what it means to have cancer as a young adult.

## I'm sick of that shit!

**Friday June 2, 2017 1:30-2:30pm**

YACC in partnership with Memorial University and Dr. Sheila Garland are launching the biggest research project ever done in Canada: The YAC PRIME Study! We want the world to know and we want all of you to get excited and have a space to voice the shit you are sick of and then transform this frustration into action. We believe that this study will raise awareness about the young adult cancer issues in a significant way and will also influence change. Change within YACC's programs but also changes in our society. It is PRIMEtime we start paying attention to the forgotten generation.

# BIG CANCER HOOK-UP

## **Saturday June 3, 2017 7:30pm-8:45pm**

Why go with a traditional panel when you can have the Big Cancer Hook-up live at Fog Cancer Conference! We are bringing it to you baby! We have an amazing guests list and some wicked entertainment! From alumni of YACC to new comers with some music and humour in between you will have it all! It's going to be a time!

## SPECIAL ACTIVITIES!

### Cape Spear extravaganza or downtown exploraganza!

#### **Friday, June 2, 2017 3:00-6:30pm**

For your first free time block of the weekend you will have the choice between exploring Cape Spear, downtown or your hotel room;-)

Cape Spear: Not many people can brag about standing at the most easterly point in North America...but after this you will be able to! We will bring you for an afternoon to beautiful Cape Spear, an historic site with the oldest Lighthouse in Newfoundland. Who knows...we might even spot a few icebergs or whales while there.

Downtown: St. John's famous Water Street and Duckworth Street are sweet to grab a coffee, buy a few souvenirs or just walk by the harbour looking at the boats. If you promised your friends and family you would bring them back some gifts, this is your chance.

### Climb up Signal Hill

#### **Sunday, June 4, 2017 11-1:00pm**

This has become a tradition each time we bring the Conference to our HQ, St. John's. Signal Hill is this amazingly beautiful site that has a lot of history related to war but also related to Geoff's story. He will tell you more about it before we hit the hill together. Don't worry if you can't climb it all or at all, we will have cars that will bring you up the hill so you can share the view with your peers. While on top of the hill, we will also take a moment to remember our friends that are no longer with us but still very present in our hearts. Powerful all around!

### Funk Cancer Dance Party

#### **Sunday, June 4, 2017 6pm – bed time!**

Our Sunday night banquet is our annual post-conference celebration of life, a bigger YACC community and more! This year we will channel the John Travolta and Diana Ross in us and dress (and party) as if we were in the 70's, so make sure you bring your glitters, one piece suits, and anything else 70's inspired (that is also easy to pack!). Bring your song requests (we don't want ALL the music to be from the 70's...but Saturday Night Fever will play at least once) - and you better bring your dance moves – we have DJ Cuz onsite to help us party the night away!

# BIOS

## **Angie Barrington**

Angie is a graduate of Memorial University's Bachelor of Arts program where she studied English and Folklore. While at university, she worked at the *Muse*, Memorial University's student newspaper, and as the Atlantic Board Director for Canadian University Press. These experiences uncovered her affinity for sharing information and getting to know people—two skills that are very useful for Young Adult Cancer Canada's Communications Manager.

## **Deborah Bridgman**

5 Time Cancer Survivor – Stage 4 (Metastatic Breast Cancer) – AKA – Cancer Lifer

Deborah is a single mom to 2 amazing daughters, ages 30 & 26. She worked a full time job at a major corporation (Bell Canada) for 25 years. She has been on Long Term Disability for the last 9 years. For over 20 years, Deborah has been a full time volunteer with various organizations such as Hope & Cope, Young Adult Cancer Canada (YACC), Venturing Out Beyond Our Cancer (VOBOC) & Rethink Breast Cancer. Among all the opportunities at speaking engagements, Deborah truly found her passion & voice to encourage, inspire and offer hope with her own story. Always raising awareness and educating the general public about the complex issues and particular needs of young adults with cancer. Deborah works hands on with other YA's dealing with the struggles of a new diagnosis or living with the disease.

## **Christopher Chow**

Chris is a graduate of Carleton University's Bachelor of Industrial Design Honours program. He was diagnosed with Non-Hodgkin's Lymphoma in 2010 and has been involved with Young Adult Cancer Canada since 2011 when he attended his first Survivor Conference. Chris has been a Localife Leader, Retreat Peer Supporter, Big Cancer Hook-up panelists, and has organized The Climb in Ottawa for the past 2 years.

## **Genevieve Stonebridge**

Genevieve is a Registered Clinical Counsellor at InspireHealth, Supportive Cancer Care. She is passionate about creating safe and inspiring places for people to hold curiosity and compassion for themselves. Through her professional counselling experience and personal cancer diagnosis (at age 18), Genevieve developed a strong belief in the importance of mindfulness, healthy communication and creativity. She believes they are essential tools for navigating a cancer experience and living an authentic life.

## **Geoff Eaton**

Geoff is a two-time cancer survivor and the founder and Executive Director of Young Adult Cancer Canada. He has first-hand experience attending support groups with people who are closer in age to his grandparents than to him. Geoff is responsible for the strategic direction of the organization and his own experiences help him ensure YACC's vision remains focused on the well-being of the young adults dealing with cancer in Canada.

## **Heather Palmer**

Heather has a PhD in neuropsychology and focuses her energy on helping people improve the way they think, feel and function. Based on theories of neuroplasticity (the brain's ability to develop new connections between brain regions) Heather works as a clinician/scientist delivering cognitive enhancement programs for a variety of populations including cancer survivors, seniors, brain injured and the corporate world. Heather is passionate about her work and looks forward to YACC conference every year. She is humbled and honoured to have the privilege of attending.

### **Jennifer Wood**

Jennifer Wood is a Registered Dietitian from St. John's, NL with a background in nutrition counselling and consulting. She is thrilled to be in her current role as Education Manager with Food First NL, a provincial non-profit organization dedicated to improving access to adequate, healthy food for all. Jennifer believes that there are few things in this life more satisfying than savouring something you grew yourself and hopes to help spread that joy through container gardening.

### **Karine Chalifour**

Karine is the Program Director at YACC and plans events like the Survivor Conference, Retreats and other fun times with our community. She first started working with the young adult population in 2006 when she was facilitating a support group back in Montreal. She fell in love with that work and knew this is what she wanted to do. After volunteering as a facilitator at Retreats for YACC for a couple of years, she moved to St. John's, NL and started to work full time with the team. Best decision she has made to date.

### **Kathleen Naylor**

Kathleen is a Registered Counselling Therapist, working primarily with students in post-secondary education as a personal and career counsellor. She is a Brown Belt Nia practitioner and teacher, and very passionate about the healing benefits of movement and music. Kathleen lives on the south shore of Nova Scotia with her husband and an energetic terrier. She has volunteered at RYSNS 2013 and SC 2015 and 2016.

### **Lesley Morrissey**

Lesley is a graduate of Memorial University's Bachelor of Commerce (Co-operative) program. She has been happily employed at Young Adult Cancer Canada since January 2007, first as Program Director, then as Managing Director, and now as Community Engagement Manager. Lesley is responsible for Localife, The Big Cancer Hook-up and our YACtivist program.

### **Lisa Pijuan-Nomura**

Lisa is a multidisciplinary artist and creativity coach who is interested in offering people tools to connect with their creative selves. Using storytelling, movement, journaling, visual art and craft Lisa creates one of a kind performances. In her experience as a support for her father and as a survivor she is exploring the world of cancer and creativity and looks forward to sharing the creative tools that have helped her personally.

### **Meghan Dutton**

Meghan is a graduate of the Recreation and Leisure Services program at Algonquin College. She was diagnosed with Hodgkin's Lymphoma in 2009 and has been involved with Young Adult Cancer Canada since 2011 when she attended her first Survivor Conference. Meghan has been a Localife Leader, Retreat Peer Supporter and organized the 2016 Climb in Ottawa.

### **Ryan Martin**

Ryan is a 500 hour Registered Yoga Teacher (Yoga Alliance). He has been a meditation practitioner for over 12 years and a practicing yogi for over 7 years. In addition to his yoga studies, Ryan has a Bachelor of Engineering degree from Memorial University of Newfoundland.