



2019 Workshop Descriptions
and Other Schedule Details

Table of Contents

KEYNOTE ADDRESS	3
You are not going crazy – you are grieving!.....	3
Life After Cancer – A Survivor's Story Ten years later	3
PANEL DISCUSSION	3
GETTING THE LAY OF THE LAND	3
WORKSHOPS	4
Fostering Healthy Grief: Processing the Sorrow to Create Space for the Joy	4
Healthy Communication: Tips And Tools For Meaningful Conversation	4
Brain Boogers: Clearing the way for better thinking	4
Anxiety and Post-Traumatic Stress—Is survivorship possible without it?	4
Supporters' Guilt: Letting Go of That Ball of Shit.....	5
Vinyas Flow Yoga	5
Making Friends with Your Mind – an introduction to Mindfulness.....	5
Self-care is not selfish...yeah sure, but how can I do this?.....	5
Owning your story.....	5
Big and small ways to make a change through advocacy & YACCtivism.....	6
Sweating 'Into Your' Oldies: Personalized exercise to optimize survival for AYAs living with & after cancer.....	6
Nia – Moving to Heal	6
Body Image Workshop: Learning To Love The Skin You Are In.....	6
Fireside Chat: Removing the 'fog' from Brain Fog	6
Demystifying Cancer and Cancer Treatment Related Pain	7
Yoga for all levels.....	7
Let's talk about Advance Care Planning!.....	7
EXTRAS	7
Yin / Restorative Yoga with guided breathwork and meditation.....	7
Yoga: Relax and Restore	7
YACCERS SPOTLIGHT	8
SPECIAL ACTIVITIES!	8
Karaoke Night at the Hotel.....	9
Paint Night	9
The Climb	9
After Party	9
BIOS	10

KEYNOTE ADDRESS

You are not going crazy – you are grieving!

With Andrea Warnick

Friday May 17, 2019 9:30-10:30am

The experience of grief can be so disorienting it can cause people to question their sanity. Grieving a serious illness and the losses that can come with it, or the serious illness of someone we care about, in a grief-illiterate society is inherent with challenges. This keynote presentation will provide insights on navigating some of the common yet challenging aspects of grief including sorrow, fear of death, guilt, vulnerability, and jealousy. It will also provide reassurance that while you may feel at times like you are going crazy as a result of your grief, you are not.

Life After Cancer – A Survivor’s Story Ten years later

With Daniel Stolfi

Saturday May 18, 2019 7:00-8:00pm

The cancer journey doesn't just end with treatment. Actor and Comedian Daniel Stolfi will present his personal story of survivorship and what that looks like 10 years after treatment. Combining elements of story telling and stand-up comedy, Daniel will explore some of the challenges, the joys, the ups and downs and how he's used humour to navigate through it all. Cancer stays with you, even after ten years, and it's how you deal with it that makes all the difference.

PANEL DISCUSSION

With Amazing people

Saturday May 18, 2019 2:00-3:00pm

In development...But it's going to be fucking awesome!

GETTING THE LAY OF THE LAND

With Karine Chalifour, Geoff Eaton

Thursday May 16, 2019 5:00-6:00pm

First time at a Conference? 11th time? Doesn't matter; let's start this on the right foot. We will take some time to give you basic info to help you make the most of the event and kick those nerves in the crotch! Of course, this will be done in a relax atmosphere and we will laugh...that's guaranteed! Warning...there might be a few "F Bombs" involved.



WORKSHOPS

Survivor Conference 2019: Cascade 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)

Fostering Healthy Grief: Processing the Sorrow to Create Space for the Joy

Facilitator: Andrea Warnick

Friday 11:00-12:30pm

This workshop will build on Andrea's keynote presentation by offering participants the opportunity to further explore strategies for grieving life's losses in a way that allows for joy and gratitude to be part of the experience. Common well-intended but misguided advice from friends and family will be identified, as will ways to respond to such advice. Together we'll explore strategies, such as self-compassion and bearing witness, that can be used for showing up for one another and ourselves during life's most difficult times. (90min)

Healthy Communication: Tips And Tools For Meaningful Conversation

Facilitators: Genevieve Stonebridge

Friday 11:00-12:30pm

Healthy communication can be a lofty goal at the best of times- and even more so with cancer in your life. This workshop aims to provide you with tangible tools to help you become a healthy communicator and more mindful listener both in person and online. Tools for healthy communication can help decrease stress and increase connections with others. Designed for those diagnosed with cancer and supporters too. (90min)

Brain Boogers: Clearing the way for better thinking

Facilitators: Heather Palmer

Friday 11:00-12:00pm

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)

Anxiety and Post-Traumatic Stress—Is survivorship possible without it?

Facilitator: Norma D'Agostino

Friday 11:00-12:30pm

Saturday 11:30-1:00pm

Anxiety and post-traumatic stress symptoms are common in the cancer survivor population. This is a predictable response to the intense experiences survivors have lived through. This workshop will aim to explain how and why mental health challenges are common for survivors, and describe typical symptoms of anxiety and post-traumatic stress. Coping and self-care strategies will be reviewed as well as signs to watch out for indicating that it may be necessary to seek help from a mental health professional. (90min)

Supporters' Guilt: Letting Go of That Ball of Shit

Facilitator: Karine Chalifour

Friday 11:00-12:00pm

When someone we love gets diagnosed with cancer, it can hit us like a ton of bricks. It also often triggers all kinds of emotions. From anger to sadness, fear to hope, and also often comes with an underlying feeling of guilt. Together, we will watch a little video and have a chat about the space guilt takes in your relationship and life and start figuring out how to let go of it. This session is designed for supporters. (60min)

Vinyas Flow Yoga

Facilitator: Nancy Neuenhagen

Friday 11:00-12:30pm

Vinyas flow type of yoga involves movement through a series of different flowing poses combined with some longer help postures of opening and relaxation. Movements combined with breath can have a calm healing effect. Modifications are always available for safe participation.

Making Friends with Your Mind – an introduction to Mindfulness

Facilitator: Genevieve Stonebridge

Saturday 9:30-11:00am

Making friends with your mind is a workshop about mindfulness. This session is for anyone who is curious about mindfulness: beginners, the skeptics, the seasoned meditators and people who are tired of being told to just breathe! Together we will explore what mindfulness is, why it is super helpful (in cancer and everyday life), and how to practice it in simple fun ways. Through mindfulness practices we will find ways to make friends with our busy minds and moments of peace. Designed for those diagnosed with cancer and supporters too. (90min)

Self-care is not selfish...yeah sure, but how can I do this?

Facilitator: Karine Chalifour

Saturday 9:30-10:30am

When you are supporting someone with cancer, finding balance between caring for that person and caring for yourself can be challenging. Setting boundaries is not always simple, especially in times of crisis. In this interactive session, we will brainstorm on ways to set healthy boundaries and how to practice self-care in a realistic way! This session is designed for supporters. (60min)

Owning your story

Facilitator: Kathy Stock and Angie Barrington

Saturday 9:30-11:00am

Sunday 9:30-11:00am

You have a story, and owning that story is one of the most empowering things you can do for yourself! Sharing your story can also have a positive impact on YACC's network and growth while helping yourself and others! This session will help you discover a little bit more about who you are, teach storytelling tips, and dig into some practical steps to get you well on your way! (90min)

Big and small ways to make a change through advocacy & YACCtivism

Facilitator: Dani Taylor

Saturday 9:30-10:30am

Sunday 9:30-10:30am

Cancer advocacy can be overwhelming! This interactive session will explore the many shapes of advocacy. How do we advocate for our bodies and health? How do we advocate for our emotional well-being? How does advocacy change with different audiences? Our partners, our parents, our care providers, and our politicians. This session will help to define your goals, build skills, and get excited about advocacy! (60min)

Sweating 'Into Your' Oldies: Personalized exercise to optimize survival for AYAs living with & after cancer

Facilitators: Scott Adams

Saturday 9:30-10:30am and 11:30-12:30pm

Sunday 9:30-10:30am

The side effects and health risks associated with cancer treatments are complex and can be difficult to prevent and treat. Exercise therapy may be the most effective way to control these risks and help take control of your life. Join Scott for an interactive workshop to learn more these risks and discuss personalized strategies for harnessing the protective power of exercise. (60min)

Nia – Moving to Heal

Facilitator: Shelley Farrow

Saturday 9:30-10:30am

Sunday 9:30-10:30am

Nia Moving to Heal teaches people to listen to the voice of the body, sensation. Sensation is a tool for self-healing. Sessions begin with a body awareness walk (or seated as needed) and ends with body gratitude. Students are guided through a mindful movement experience using Dance Arts Martial Arts and Healing Arts, set to music to stir the soul. (60min)

Body Image Workshop: Learning To Love The Skin You Are In

Facilitator: Genevieve Stonebridge and Karine Chalifour

Saturday 11:30-1:00pm

Sunday 9:30-11:00am

This workshop is for any person struggling with being kind to their body physically or mentally. For many people a diagnosis of cancer and its treatment can have a significant impact on body image. Even without cancer, being kind to our bodies can be a difficult practice as we are inundated with messages of unattainable perfection from media and society. Changes from cancer surgery, treatment, weight fluctuation, scars and hair loss can make it even more difficult to be kind to ourselves, and yet this is exactly what our bodies need. In this workshop we will explore what body image distress is, and ways to reduce it through an evidence based self-compassion practice. Designed for those diagnosed with cancer and supporters too. (90min)

Fireside Chat: Removing the 'fog' from Brain Fog

Facilitators: Heather Palmer

Saturday 11:30-12:30pm

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)

Demystifying Cancer and Cancer Treatment Related Pain

Facilitator: Jocelyn Brown

Saturday 11:30-1:00pm

Do you have cancer or cancer treatment related pain? What pain is normal to experience after cancer treatment? This workshop will review the many types of cancer and cancer treatment related pain and pharmacological and non-pharmacological treatment options. We will discuss strategies for living with chronic pain and how pain can impact physical, psychological, emotional, spiritual and functional aspects of your life. (90min)

Yoga for all levels

Facilitator: Angela Bryson

Saturday 11:30-12:30pm

This is a class to really tune into your body. Movement is essential to getting energy flowing as well as improving strength and focus. Longer holds explore space and improve mobility. Both are done with breath as the foundation. The result is balance and harmony. All levels are welcome. (60min)

Let's talk about Advance Care Planning!

Facilitator: Jocelyn Brown

Sunday 9:30-10:30am

What is advance care planning? What social and emotional benefits can result from reflecting on and sharing your future healthcare wishes? We will discuss how advance care planning can help maintain dignity as you define it and help your loved ones to navigate the complexities of being your advocate. Going deeper. . .We will also talk about how bringing our mortality into the forefront of our thinking can enrich our life and impact the way we live each day.

EXTRAS

Yin / Restorative Yoga with guided breathwork and meditation

Facilitators: Nikki Collum

Thursday 8:30-9:30pm

This is an invitation to your deepest relaxation. You will be guided through simple and effective breathwork to calm the mind and regulate the nervous system. Enjoy connecting to your body with gentle and therapeutic movements to create more fluency and ease. And rest into long held yin/restorative style postures to transition into a state of rest and repair - leave feeling rested and rejuvenated. (60min)

Yoga: Relax and Restore

Facilitators: Angela Bryson

Saturday 8:00-9:00pm

This is a gentle yoga class with the intention of creating awareness of breath, well-being and self compassion. Very restorative movement will be followed with a guided relaxation. End your day feeling calm and peaceful. (60min)

YACCERS SPOTLIGHT

We are in the process of selecting some of your amazing peers so they can share parts of their stories with you...All the details will be provided at the Conference...They say patience is a virtue;-)

SPECIAL ACTIVITIES!

Spa Night!

Organized and lead by one of your dedicated social committee members

Thursday, May 16, 2019 8:30/9:00pm

After a long day of travel (for some) and a lot of high energy meet and greets all day long, the social committee want to make sure you take the time to unwind and relax with your very own spa night! We have had some spa supplies donated, but feel free to bring along any face masks, nail supplies or anything else spa related you may have kicking around at home!

Niagara Falls Scavenger Hunt

Organized and lead by several of your dedicated social committee members

Friday, May 17, 2019 2:00pm – 5:30pm during Friday's Free Time

YACC will be bringing everyone to Niagara Falls for free time on Friday afternoon. For those of you that want to participate, your social committee has created a super cool scavenger hunt to make sure you have fun while also playing tourist at the falls!

Games Night!

Organized and lead by several of your dedicated social committee members

Friday, May 17, 2019 9:00pm

The Holiday Inn has a Parkway Social onsite which includes a full bowling alley, games room, laser tag and more! The social committee has reserved the VIP area of the venue for our group and they will also be hosting some traditional games within the hotel. *There may be some additional costs to the Parkway Social activities, but we will inform you of this as soon as we have costings figured out.*

Mindfulness

Organized and lead by a dedicated social committee member

Saturday, May 18, 2019 time TBD

We all need a little calm in our lives and this year our social committee is going to offer a mindfulness session during free time on Saturday afternoon (between 3-6pm). We will share the exact time with you when we have this worked out.

Karaoke Night at the Hotel

Organized and lead by SC participant, Julie Michaud

Saturday, May 18, 2019 9:00pm – 12:00am

Once again, your Karaoke Queen, Julie Michaud, has planned a night of singing for you. While any cost related to this activity (i.e. drinks, food, other expenses) are not covered by YACC; one of your buddies has taken it upon herself to fundraise to help cover the costs of a bartender, karaoke equipment and some nibbles. While this activity is a perk and are not guaranteed for future years, we are so appreciative for the extra hard work at making this happen again this year. All details of the Karaoke night will be communicated to you at the SC.

Paint Night

Organized and lead by one of your dedicated social committee members

Saturday, May 18, 2019 8:30pm

For those of you that want to stretch your creative muscles, your social committee are also hosting a paint night at the hotel. There will be a small fee associated with this event (to recover the costs of supplies), we will communicate this amount once the final costs have been determined.

The Climb

Sunday, May 19, 2019 11:00 -1:00pm

This has become a tradition at each SC since 2009 and it is a very important part of our SC programming. We are excited to bring the Survivor Conference Climb to St. Catharines on May, 19. We will "climb" Queenston Heights Park in an act of remembrance, celebration, and possibility.

Don't worry if you can't climb it, we will have transportation to bring you up the hill so you can share the view with your peers. While on top, 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!

After Party

Sunday, May 19, 2019 8pm – bed time!

Our Sunday night "banquet" is our annual post-conference celebration of life, a bigger YACC community and more! This year...we are celebrating the start of the summer with a beach themed party! Break out your grass skirts, beach shorts and shades for some 'fun in the sun' (but inside ☺) with our DJ!

BIOS

Andrea Warnick

Andrea is a registered psychotherapist whose passion lies in helping families and communities support people of all ages who are grieving the illness or death of someone close to them. With a degree in nursing, a Masters degree in Thanatology (the study of dying and death) and years of nursing and counselling experience both in Canada and abroad, Andrea brings to her work a rare mixture of medical and psychosocial expertise. Andrea is a member of the clinical team at Canadian Virtual Hospice (CVH) where she responds to questions about children and grief asked by professionals and family members from across Canada. At CVH Andrea was also the project lead for the development of *KidsGrief.ca*, a free online grief resource which was launched in November of 2017.

When Andrea isn't talking about dying and death with whoever will listen she can be found engrossed in her monarch butterfly raising operation in the warmer months and scouting out maple trees to tap for syrup in the colder months.

Angela Bryson

Angela Bryson is the owner and creator of Angels-landing Yoga & Wellness. Yoga and fitness are fundamental to her life, keeping her strong, grounded and centred. Angela received her 200 RYT training in Costa Rica. Teaching yoga has continually inspired her to acquire a greater depth of knowledge, always seeking, learning and growing. Her classes work with the body's subtle energy, connecting movement and breath to create a soulful yoga practice with attention to detail and alignment. Great emphasis is put on honouring your body and allowing for both challenge as well as surrender...enjoying your body as it is...today and every day.

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. She is always looking for ways to share stories from our young adult survivor community in order to help decrease feelings of isolation, build a stronger peer support network, and celebrate one another.

Dani Taylor

Dani connected with YACC in 2015 following a diagnosis of colorectal cancer at 23. Her experiences with a cancer diagnosis as well as the support and community found through YACC activated Dani to pursue cancer professionally. Dani holds a BA in English and BSW in Critical Social Work from York University. She is returning to University of Toronto next year for her MSW and works for Gilda's Club Greater Toronto.

Daniel Stolfi

Canadian Comedy Award Winner, Daniel Stolfi, is a Toronto based actor, comedian and cancer patient advocate. In March of 2008 Daniel was diagnosed with Non-Hodgkin's Lymphoma, an aggressive form of cancer requiring equally aggressive chemotherapy and radiation treatments over the next two years of his life. Through his ongoing battle with the disease, Daniel created his simultaneously heart warming and hysterical, Award winning, one-person show, *Cancer Can't Dance Like This*. Although the original staged version of *Cancer Can't Dance Like This* is no longer in production, Daniel has turned the show into an inspiring, funny and heart-warming presentation about life after cancer.

Genevieve Stonebridge

Genevieve is a Registered Clinical Counsellor at InspireHealth, Supportive Cancer Care in beautiful BC. Through her professional counselling experience and personal cancer diagnosis (at age 18), Genevieve has developed a deep appreciation for mindfulness, healthy communication and self-compassion. She is passionate about supporting people diagnosed with cancer and their supporters to have authentic conversations with themselves (hello introspection) and each other. She is delighted to be back at the YACC conference for a third year!

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). Through individual and group programs, Heather works as a clinician/scientist supporting the cognitive abilities of those who may be facing challenges with their thinking. In particular, she focuses her attention supporting Seniors and cancer survivors.

Jocelyn Brown

Jocelyn is a pain and palliative care clinical nurse specialist at Princess Margaret Cancer Centre in Toronto. This role includes providing the palliative approach to care to people and their families on acute care units and working in the cancer pain clinic with people who have acute or chronic cancer or cancer treatment related pain. She has been involved with YACC as a facilitator/presenter at retreats and conferences since 2011.

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.

Kathy Stock

Bio to come...

Nancy Neuenhagen

Nancy has been teaching and practicing yoga for over 5 years. She has over 35 years experience as a physiotherapist. She loves matching her knowledge of human movement to the practice of yoga to create classes that are safe and appropriate for every body.

Nikki Collum

After living in Nicaragua for almost a decade, Nikki brings an element of simplicity, restoration and ease to her practice. She believes that in order to fully thrive, it is essential to have quick and effective tools to regulate our nervous system, calm and clear our mind and return to presence with resiliency. Nikki offers a gentle mix of Hatha, Yin and Restorative yoga paired with aromatherapy, breathwork and meditation.

Norma D'Agostino

Norma is a registered clinical health psychologist on staff at the Princess Margaret Cancer Center in Toronto. Norma has over 15 years of experience working with cancer patients of all ages. Her clinical work and research focuses on young adults with cancer, including long-term survivors of childhood cancer. The goals of her work are to create developmentally appropriate models of psychosocial care for adolescents and young adults with cancer, optimizing their quality of life and long-term functioning.

Scott Adams

Dr. Scott Adams is a research fellow at the University of Toronto and Princess Margaret Cancer Centre. He completed his PhD in the Behavioural Medicine Laboratory at the University of Alberta and a postdoctoral fellowship at Memorial Sloan Kettering Cancer Centre (NY). Scott was the senior Exercise Physiologist of the Rehabilitation & Exercise Oncology Program and the McGill Adolescent and Young Adult Oncology Program at the Jewish General Hospital (Montreal, QC). Dr. Adams' research focuses on developing targeted exercise interventions to optimize survival and prevent / treat the adverse effects of cancer treatments on cardiovascular and musculoskeletal health.

Shelley Farrow

Shelley is a Registered Massage Therapist for 20 years and a Licensed Nia Teacher for 10 years. She focuses on integrating therapeutic movement in a fun, relaxed way that is inviting to the widest range of people possible. She enjoys meeting people wherever they are on their healing journey and adapts the movement and/or massage that suits her clientele best. Her philosophy is that through movement and nurturing we find and sustain health.

This sheet is to act as a guide to help you record your choices so you are prepared when completing the online survey. This is not where you submit your choices – **YOU MUST SUBMIT WORKSHOP CHOICES ONLINE** – however, we do find some people prefer to have things drafted before hitting the link. We suggest looking at the visual image of the full weekend, along with the workshop descriptions listed above and fill in your preferences below – then you can insure you sign up for the workshops you most want and that you don't sign up for the same one twice.

Workshop Block 1: Friday 11:00am – 12:00pm or 12:30pm

First Choice:

Second Choice:

Third Choice:

Workshop Block 2: Saturday 9:30am – 10:30am or 11:00am

First Choice:

Second Choice:

Third Choice:

Workshop Block 3: Saturday 11:30pm – 12:30pm or 1:00pm

First Choice:

Second Choice:

Third Choice:

Workshop Block 4: Sunday 9:30am – 10:30am or 11:00am

First Choice:

Second Choice:

Third Choice:

*Working document only –
workshops must be submitted*