



# YACC VALUES



## HEART

We are bold and brave, compassionate and fiercely protective of our pride of young adults.

## STRENGTH

We are strong and offer strength to those in need.

## SPARK

We are engaged, anticipatory, change-oriented and self-initiated.

## COURAGE

We take the right path, regardless how tough it may be. We know the pursuit of our vision will continue to call upon our courage,

## COMMITMENT

We are all in. We know our vision is ambitious and it is our promise to young adults with cancer to realize that vision.



## YACC's Mission

To support young adults living with, through, and beyond cancer. To be the connection to peers, bridge out of isolation, and source of inspiration. Every cancer, every stage, YACC's got your back.



# YACC COMMUNITY



YACC's community is made up of engaging donors, volunteers, event organizers, fundraisers, healthcare professionals, corporate partners, sponsors, YA family members and friends. Together YOU have YACC's back so that we can continue to support our growing community of 5000.

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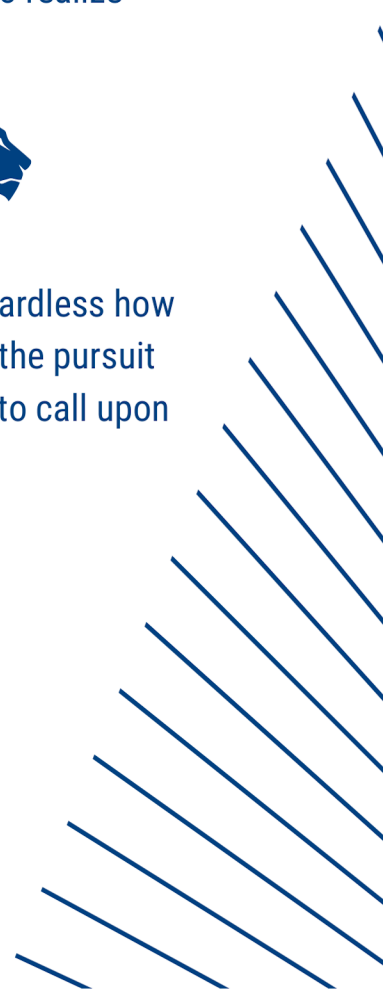


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**Every cancer, every stage. YACC  
has the backs of 1000s of young  
adults because YOU have ours.**



# Message from our Executive Director and Board Chair

## *A year of transition, a year of growth*

Over the last year, one of the only things that has become predictable is change. Most of us have had to change how we go about our daily lives, and just as we get into a groove, things change again. YACC has experienced plenty of change, but among that change there has always been constants. Constants like our impactful community; a community of volunteers, healthcare providers, generous donors, fundraisers and friends whom without we could not do what we do every day – support young adults living with, through and beyond a cancer diagnosis in Canada.

With the support of our community YACC has been able to expand its reach, grow its community, support 1000s through new virtual programs and keep young adults living with cancer connected to peers who “get it”: a cancer diagnosis in your teens, 20s and 30s is not harder – its just different.

Throughout this year innovation has also been our constant. While face-to-face programs paused, we ramped up web-based initiatives, including virtual conferences with some of our incredible experts across the country, small and large web gatherings with varying purposes, and enhanced content on the issues facing young adults dealing with cancer. And yes, there were Netflix Parties!

Cancer is constant: Today, as our country moves from one Covid alert level to another, 22 young adults were diagnosed with cancer. Tomorrow, as we continue with social distancing and self-isolation, another 22 will learn their future is in doubt, their lives altered forever. Cancer is a constant.

As we move together through the global pandemic YACC will continue to be constant for its community: Every cancer, every stage, YACC’s got your back.

Thank you for your role in getting YACC to here. Our best is yet to come.

Always,  
Live life. Love life.



Geoff Eaton  
Founder and Executive Director

**YACC is helping community members  
like Jen Ryan live a life worth loving.**



# YACC BOARD



**STRATEGIC NINJAS GOVERNING THE DIRECTION OF YACC WITH HEART**



**Valerie Pike, Chair**



**Diksha Dua**



**Matthew Follett**



**Deirdre "Beep" Ayre**



**Karl Smith**



**Robert Decker**



**Nancy Clifford**



**Dr. Norma D'Agostino**



**To learn more visit: [youngadultcanada.ca/board-of-directors](https://youngadultcanada.ca/board-of-directors)**



# OUR PROGRAMS



YACC's programs are the bricks and mortar of our community. Together, we are growing a community for every young adult living in isolation throughout their cancer diagnosis.

## NATIONAL

**Four day national programs that quickly become a home away from home and a safe space for young adults living with cancer to deeply process their experiences .**

YACC's four-day national programs are held virtually and in person throughout the country. Retreat Yourself offers an opportunity for deep processing of the cancer experience with health professionals and other young adults with cancer; for many it is their first and most transformative YACC event. Retreat Yourself Adventure gives YACCers a chance to tackle survivorship issues while ziplining and hiking in Newfoundland on a trip that pushes them physically and emotionally. The annual Survivor Conference is the biggest reunion of young adults dealing with cancer in Canada, providing resources that help them live their best life. Throughout all of these programs participants share stories, hang out and build relationships that are valued for a lifetime.

## LOCAL

**A local connection close to home, providing in person support. Support that continued virtually in the face of a pandemic.**

Localife is our peer-led, activity-based group where young adults connect with their survivor and supporter peers at fun, casual events throughout the year in eight cities across Canada. Throughout 2019/20 these cities included Calgary, AB; Edmonton, AB; Ottawa, ON; St. John's, NL; Toronto, ON; Vancouver, BC; Victoria, BC; and Winnipeg, MB.

## DIGITAL

**A bridge out of isolation for 1000s of young adults across the country. Connections that became increasingly important during the onset of COVID 19.**

YACC's online support is primarily delivered through our website ([youngadulthoodcancer.ca](http://youngadulthoodcancer.ca)) and 29 private Facebook groups managed by YACC staff. Our digital programs and private online groups provide young adults from across the country living with a cancer diagnosis a social network of support 24/7. Young adults dealing with cancer report isolation as a top issue they deal with; these online programs help bridge that gap.

## DEMAND

**Demand for YACC programs in 2019/20 was dynamic. Long wait lists were replaced by a growing demand for online connection among our vulnerable population.**

Prior to YACC's switch to an online delivery model during the 3rd quarter of its reporting year, YACC experienced a new level of need, with the last four in person events filling in less than 24 hours. Demand hit 371% of capacity during 2019 receiving 371 applications for every 100 spots in our four -day events. Demand was replaced by need. For many in our community YACC was the only cancer support they could safely obtain.

Unable to deliver in person programming due to the pandemic - YACC offered new online support programs (*Web Chats and We Get it*) and presented its Survivor Conference 2020 Virtually. With 326 attendees, it was largest event of the 2019/20 that included thousands of minutes of connection over a four day conference period.

# PROGRAM UPDATES

## RETREAT YOURSELF

**Four day national programs that quickly become a home away from home and a safe space for young adults living with cancer to deeply process their experiences.**

Retreat Yourself offers an opportunity for deep processing of the cancer experience with health professionals and other young adults with cancer; for many it is their first and most transformative YACC event. These programs provide opportunities for participants to talk about their experiences with peers who "get it" - all in a relaxing, safe environment. Retreat Yourself is facilitated by members of the YACC team and a "peer supporter" team comprised of past participants and health professionals from our national network, including psychologists, nurses and social workers.

Throughout 2019/20 we held two Retreat Yourself programs. Returning to Abbotsford, BC in November at the Edenvale Retreat and Conference Centre and Paris, ON at the Five Oaks Education and Retreat Centre in March.



## RETREAT YOURSELF *Adventure*

**Deep processing of your cancer experience, with a view.**

Retreat Yourself Adventure focuses on helping young adults navigate the unsettling phase of their cancer journey - the post treatment phase, when your expectations of what you can or should do may not match up to what you can do. During September, 2019 12 young adults met in Rocky Harbour for four days of exploration and empowerment. Embarking on adventures that included hiking the mountain in Gros Morne National Park and ziplining the treetops in Steady Brook young adults like Jennifer learned to trust their body again after cancer took it away.

"I will be forever thankful I let go of the fear. I trusted my body again, I did way more than I expected I would, and I learned more than I could ever imagine. But most of all, I'm grateful for the bonding, memories, and laughs! I never thought I'd say this, but I will be back on that mountain!"

## LOCALIFE

**Localized support - in person or digital.**

Localife is a fun, local, social activity-based group led by YACCers in eight cities across Canada that owes its success to 18 current volunteers and many more who have come before them. When the COVID-19 quarantine swept the nation, it hit "pause" on events like axe throwing, wing nights, and trips to the museum. Our Localife leaders sprung into action finding ways to keep their members connected and supported through virtual game nights, meditation sessions, shared playlists, social media challenges, and even an epic gingerbread house building challenge! Throughout 2019/20 almost 400 young adults affected by cancer joined in and have been keeping things fresh and creative ever since.





**"I wasn't sure what to expect coming to this retreat, but it has been the most amazing experience and healing process that I have been through since finishing my treatments. This retreat and the lessons that I learned I will carry with for the rest my of my life."** *Anonymous feedback from Retreat attendee.*



# Digital Community



**65,783 website visits, 549 new connections, 53 new blog posts and 363 Localife engagements**

For many, YACC's first point of contact is our **website** ; the 65,783 visits during 2019/20 supports this. However a young adult makes their way to YACC, once connected we offer a wide selection of digital programming and social connection to ensure our new and current community members feel connected, understood, engaged and hungry for more!

**Blog posts, private Facebook groups, and digital events like the Big Cancer Hook Up encourage sharing of personal cancer experiences among peers.**

The **Facebook private groups** provide a place where community members can engage in candid conversations about their cancer experience, the good, the bad and everything in between. Need some support while waiting for your next scan results? Want to inquire about side effects of a particular treatment? You can do that here...and a whole lot more.

Throughout 2019/20 YACC community members shared 53 **blog posts**; stories detailing the intimate details of cancer in your teens, twenties and thirties. For many who find themselves on the YACC website for the first time it becomes the first time they no longer feel alone, these stories become their first step to a bridge out of the painful isolation felt throughout their cancer diagnosis.

The 2020 **Big Cancer Hook Up** aired its seventh edition just before the holiday season. This national live event provides opportunities for young adult cancer survivors and supporters to get together in the local communities to connect, reconnect, feel empowered and have fun while learning more about the cancer experiences of young adults. Viewers of this year's event were joined by virtual groups all over the country with 4340 views during the live showing!



## 2019/20 Digital at a Glance

- 65,783 Website visits
- 4340 views of Big Cancer Hook Up
- 1000s of Facebook private posts
- 549 new members
- 53 New YACC blogs



# NEW DIGITAL PROGRAMS



## COVID Approved Support

YACC Web: Chats debuted in May of 2020 as a way to provide a way for young adults affected by cancer to connect in an easy, safe, and supportive environment. These chats are peer-led themed virtual conversations offered over Zoom by a team of YACC leaders. Throughout the first four months of this program we have had 382 registrations and 40 web chats held by 5 chat leaders.

"When I first learned of these YACC virtual chats, I was an emotional disaster. I was just finishing up my last treatment and I couldn't even say my diagnosis out loud without crying. These weekly virtual chats have given me the strength and confidence I have been seeking. There is something about connecting with fellow cancer survivors that is invigorating — strength in numbers, I guess. After all they have done for me, I cannot even imagine not attending anymore." -Krista C.



During the initial lockdowns throughout the pandemic, YACC focused on providing programs that helped community members feel a little less isolated and a little more connected. *Quarantine with Karine*, hosted by YACC's program director Karine Chalifour, was one of those initiatives. Presented in a workshop or presentation format each week Karine and/ or guests would address themes, activities, and engagement related specifically to the young adult cancer survivor experience during the pandemic. With no limit to the number of people who could attend, all that wanted to participate could. Participants could join the live stream via Zoom or catch it later from the YACC website.

As the country adjusted and evolved to the pandemic this webcast program did as well. Quarantine with Karine eventually became We Get It: Web series. Airing weekly on Monday, Karine chats with a survivor, supporter, health professional, or lifestyle expert about how our community can live with, though, and beyond cancer. Videos are posted on our website, YouTube channel, and our Facebook page.

**"There is something about connecting with fellow cancer survivors that is invigorating — strength in numbers, I guess. After all they have done for me, I cannot even imagine not attending anymore." -Krista C.**

# **SURVIVOR CONFERENCE** *Virtual*

The Survivor Conference is the biggest reunion of young adult cancer patients/survivors and supporters in Canada, bringing together a group of people who “get it” to connect and learn skills to help you move forward or beyond the cancer experience. Due to COVID-19, our face to face conference was postponed so we offered a virtual option that took place May 22-24, 2020.

Over 320 participants joined the three-day event from across Canada, and we even had a few from the UK, USA, Spain, and Ireland! During this event, we logged over 180,000 hours of connection! Many participants noted that the event had a positive impact on their mental health and overall wellbeing.

**“I feel full inside with love and acceptance. Conference for me helps me grow as a cancer survivor, woman, mother, and friend. It teaches me compassion for myself and for others, and to accept myself, forgive myself, and let go of what doesn’t serve me well in life. Thank you YACC, if it wasn’t for you, I wouldn’t ever be able to say I am grateful for having cancer, because if I didn’t, I wouldn’t ever know how amazing life truly can be.” - Andrea Whittle**

**“YACC has contributed immensely to my overall wellbeing since my diagnosis and has given me invaluable tools to not only survive this pandemic but thrive throughout it.” - Jenn Ryan**



**“I’m so grateful for everything YACC has brought into my life. It has taught me that my fears and emotions are valid, that there is power in my illness, and that my story has value. I wouldn’t be where I am today without all of the YACC team. I’m always so amazed by the events that YACC puts together and Survivor Conference 2020: Virtual was no exception.” - Marley Cameron**

# THIRD PARTY EVENTS



In addition to our Shave for the Brave, we engage with a host of third-party organizers who put their energy and love into raising money for YACC. These events make it possible for YACC to continue offering its programs while also engaging and connecting community and supporters in so many creative ways.



Throughout 2019/20 third party event organizers raised over \$63,000 throughout 19 events. Thank you to all of our event organizers and event participants!

## 2019/20 Third Party Event Listing

- Karalee Golf Classic
- Dunk for the Brave
- Taylor Bell Memorial Fundraiser
- Brews, Bowls, Charity Goals
- SC- Expansion Pack
- Fort to Forge 10K
- Firecracker
- Jody's Don't Waste the Happy
- Rock for YACC (Paul Brace)
- MEC London Race
- Lesley's Birthday
- Amber's Shirts
- Growler's Game
- Tamara Stoney unicorn
- Susan Ralph's Cookies for Cancer
- Act of Faith Productions
- Rave for Cancer
- Blair Richardson Warhammer Tournament
- Jack Axes



## EVENT SPOTLIGHT

On March 12, 2020, a group of YACCers, their families, and friends got together in the middle of the week at the Rumor's Comedy Club in Winnipeg to raise funds for Survivor Conference: 20/20. The event sold 250 tickets, raising \$5,334 dollars, enough to cover registration for 27 people for YACC's Survivor Conference. Co-sponsored by HUB International and Red River Mutual, the event was the last big in person fundraiser before a country wide pandemic lock down and is the 2019/20 third party spotlight! Way to go Winnipeg!



# SHAVE FOR THE BRAVE

Shave for the Brave continued to be our biggest fundraising event of 2019/20.

Ensuring the safety of our brave supporters during a pandemic meant in person school and community shaves had to be put on hold.

Shave for the Brave mascot Razor and his ambassador team kept spirits high encouraging virtual shaves as a safe and fun alternative to the typical shave event. The encouragement went a long way, throughout our fiscal year 186 shavers raised \$153,281! Support came from virtual school shaves, virtual office shaves and 125 at home solo shaves!

2019/20 Also saw the return of the Shave for the Brave ambassador program. Our ambassadors represented the Shave in a big way this year - safely - throughout local television and social media.

Rob Crosbie is a business leader, husband, dad, athlete, and philanthropist who is no stranger to giving back! Rob raised \$56,000 at the 2019 Shave for the Brave Brunch event!

Cancer survivor, Meghan Waterman, became a Shave Ambassador this year because she understands how lonely cancer can be and loves how something as simple as hair is helping 1000s of young adults just like her find connection and support at YACC!

Sam Peddle has been part of the Shave for the Brave world since his was one year old, when his mom Vanessa Peddle organized a shave event at her work. Sam has participated in Shave events at his school ever since. Sam is all heart! During a TV interview with Sam and his mom "It's just something he wants to do," Vanessa says "he wants to help young adults living with cancer."

**Thank you Rob Crosbie, Meghan Waterman and Sam Peddle for keeping spirits high during the 2019/20 Shave for the Brave season!**








# REVENUES AND EXPENDITURES

## REVENUES

2020

2019



Corporate donations	\$ 191,125	\$ 282,940
Shave for the Brave	185,636	378,442
Personal donations	162,105	169,687
Wage subsidy	103,782	2,347
Third party events	63,869	83,350
Climb	10,157	19,297
In Memoriam donations	8,878	12,343
Interest	5,243	3,391
Miscellaneous	-	836



## Total Revenues

730,795

952,633


## EXPENDITURES

Support	\$ 360,508	\$ 508,277
Fund Development	175,612	161,641
Operations	130,382	129,615
Awareness and Advocacy	128,357	126,564
Total Expenses	794,859	926,097

## Excess of Revenues Over Expenditures

(64,064)

26,536







# EXPENSES OVERVIEW

## HOW ARE YACC FUNDS ALLOCATED?

**Support** expenditures cover all resources required to deliver YACC's web based, social, and four-day programs.

**Awareness** involves building and maintaining YACC's network of health professionals and community organizations, and participation in national advocacy efforts where we raise the issues and speak on behalf of all young adults dealing with cancer in Canada.

From Shave for the Brave toques to online giving platforms, **fund development expenses** ensure we can connect with donors, show them gratitude, and deliver on these essential programs for young adults who are facing the end of their life just as they are getting started.

**Operations** at YACC encompass the day to day magic of getting things done and the governance of our organization. These expenses are the glue that keeps any organizations together.



Visit our website to review our full financial statements as prepared by Harris Ryan Professional Corporation  
[youngadultcancer.ca/impact-reports](http://youngadultcancer.ca/impact-reports)





# HOW IS ALL THIS POSSIBLE?

**COVID has had a big impact on YACC's revenue, down by 34% during 2019/20.**

To ensure programs and support kept rolling YACC adjusted its expenses, moved to a virtual platform, and applied our previous years' net asset position. **Alone, these efforts would not had been enough.**

We also received support from partners across the country. Support that meant we could continue to have the backs of 1000s of young adults living with, through and beyond cancer in Canada because YOU have ours. Thank you.





There are 22 young adults diagnosed with cancer every day in Canada - only one will find out about YACC. Your continued support will help us meet the needs of current community members and provide outreach to connect with the other 21.



**Every cancer, every stage,  
YACC's got your back.**

**yacc**

YOUNG ADULT  
CANCER CANADA



# GET INVOLVED!



There are 22 young adults diagnosed with cancer every day in Canada - only one will find out about YACC. Share YACC's website, social posts and newsletters and help connect more young adults to programs and supports just for them!



## Other impactful ways to get involved:

- **Become a regular donor** - visit - [youngadultcancer.ca/donatenow](https://youngadultcancer.ca/donatenow)
- **Host a third party event** - email - [connect@youngadultcancer.ca](mailto:connect@youngadultcancer.ca)
- Sign up or host a **Shave for the Brave** event - email - [info@shaveforthebrave.ca](mailto:info@shaveforthebrave.ca)
- **Volunteer** - visit - [youngadultcancer.ca/volunteer](https://youngadultcancer.ca/volunteer)
- **Questions?** - email - [connect@youngadultcancer.ca](mailto:connect@youngadultcancer.ca)





**yacc**

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