



**YOU ARE NOT ALONE.**

877.972.1011

[youngsurvival.org](http://youngsurvival.org)



/youngsurvivalcoalition



@YSCBuzz



YSC YoungSurvival



youngsurvivalcoalition



— Tameka, diagnosed at 28

## ABOUT YSC

Young Survival Coalition (YSC) was founded in 1998 by three young women who were under the age of 35 when diagnosed with breast cancer. They were discouraged by the lack of resources available and the underrepresentation of young women in breast cancer research. Today, YSC is the go-to organization for young adults facing a breast cancer diagnosis. **Among other services, YSC:**

- ▼ Provides information, resources and support, from diagnosis through long-term survivorship;
- ▼ Educates and empowers young adults to be their own best health advocates;
- ▼ Works with healthcare providers, researchers and legislators to educate them about the unique issues young adults face, and
- ▼ Advocates for more studies on breast cancer in young adults and access to quality care.

**YSC is a powerful community fighting breast cancer in young adults.**

— Amanda, diagnosed at 29



# YSC PROGRAMS FOR YOUNG ADULTS AFFECTED BY BREAST CANCER



## CONNECT TO OTHERS:

Find others who know what it's like to face breast cancer at a young age. There are three easy ways to connect.

- 1 YSC Face 2 Face Networking**  
Meet up in your community
- 2 YSC SurvivorLink**  
Get one-on-one peer support with a trained survivor volunteer
- 3 Online Video Support Groups**  
Talk monthly with other young adults with breast cancer from the comfort of your home
- 4 Private Facebook Group**  
Connect with fellow survivors 24/7

For more information, visit [youngsurvival.org](http://youngsurvival.org)



**YSC PROGRAMS CONNECT, EDUCATE AND SUPPORT  
YOUNG ADULTS AFFECTED BY BREAST CANCER.**



## TOOLS YOU CAN USE:

YSC offers free resources unique to young adults to help navigate the breast cancer experience.

### Visit [youngsurvival.org](http://youngsurvival.org). Knowledge is Power.

It's the most comprehensive resource for and about young adults with breast cancer. Find information on medical research and updates on clinical trials. Download fact sheets, learn about upcoming educational offerings and access podcasts on past topics.

### Newly Diagnosed Navigator

Your complete resource of key terms, questions to ask your healthcare team, insights and information for newly diagnosed young adults.

### Metastatic Navigator

A guide to living with metastatic breast cancer, including treatment options, advice and tools to help you stay well informed and organized.

### Post-Treatment Navigator

This comprehensive guidebook includes what to expect and how to manage your life after initial breast cancer treatment. Includes worksheets to create a survivorship care plan.

### Long-Term Navigator

Developed specifically for young adults with a history of breast cancer, this resource includes tips and information on how to manage long-term side effects and move forward with life after diagnosis and treatment.

### ResourceLink

Includes hundreds of national and local resources online. You can also call 877.972.1011 or email [resourcelink@youngsurvival.org](mailto:resourcelink@youngsurvival.org) for assistance.

### YSC Summit and Regional Symposia

Whether you're newly diagnosed, living with metastatic disease or several years out from diagnosis, these conferences are meant for you. Workshops address the unique issues faced by young adults with breast cancer and their co-survivors. You'll also have the opportunity to connect with a community of other young survivors and co-survivors. Find out more at [youngsurvival.org/conferences](http://youngsurvival.org/conferences).