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# Photo diary: Retreat Yourself Adventure 2016



*YACC's program director, Karine Chalifour, posts daily recaps on Facebook during*

*YACC's Retreat Yourself and Survivor Conference programs. Here is a compilation of what she saw and felt during Retreat Yourself Adventure based in Rocky Harbour, NL from October 6-10, 2016.*

# Heather's blog: Capture your grief



Grief. It has a name and a definition, but it is difficult to truly identify what it is because it manifests itself in so many different scenarios and seasons.  There is no one way to grieve, and there is no one way to deal with it.

I was nearly two years post-cancer treatments when it finally hit me. I had cancer. That's when my crash came, or what I like to affectionately call my "why me" phase.

I would cry on my way home from work most days, and I struggled to come to terms with the fact that my life could never again be what it had been before cancer.  I felt very different, very alone, cheated, and completely sorry for myself.  Mostly, I felt grief over what cancer had taken from me.  Cancer had changed my life, and I couldn't move past it...

*Read more*!

# YACC values courage



*At our monthly team meetings, one of our crew members discusses one of our five values. Angie chose to discuss "courage."*

The original "brave" are the young adults we serve; their courage is incomparable. Last month, they took a big leap and travelled to the lesser travelled side of a little travelled province.

*Click here* for the full post!

# "Lost" together



Sometimes young adults dealing with cancer just need to hang out with others who truly get it -- and the conversation doesn't always have to be all about cancer! Localife Edmonton ventured out to the Edmonton Corn Maze for the  for lots of socializing, laughter, and spooky stories!

*Click here* to read the full story

Thanks for reading!

-The YACC team



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