

## A Message From Our Chair

Welcome community members,

At the point where winter starts to feel the longest, we wanted to provide you with some resources as you move through this new year. Whether newly diagnosed, in active treatment, or in remission, we know that no sarcoma journey is a straight line. SCFC was founded to provide support to patients, caregivers and families when they need it. Please reach out to us at any point if we can connect you to other patients, care teams, or local resources to help navigate new or ongoing challenges.

In this issue, we break down some of the different types of resources available to you and how to access them. The SCFC team is also here to listen and help problem solve, should you need support.

If you're planning a fundraising event in 2026, our team would love to hear from you! Our continued thanks to those of you across the country who raise funds for critical research, support programs and educational materials. Without your dedication and hard work, none of this work would be possible. We're here to support your events or online campaigns as needed and thank you for being a part of advancing research and programs in Canada.

With thanks,

Diana Arajs  
Founder & Chair  
SCFC

## Recommended Resources for Patients and Families

As a new year has begun, it can bring hope and possibility, but also uncertainty - especially for those affected by sarcoma. Whether you are newly diagnosed, navigating treatment, supporting a loved one, or living beyond cancer, SCFC and the sarcoma community is here to support you every step of the way, both within Canada and beyond our borders.

If you're looking for trusted information and compassionate support but are feeling overwhelmed, there are a few simple categories to start with:

- National resources - This includes support groups, counselling services, and retreat locations across Canada.
- Guides on our website - This includes information and tips that can help you navigate new challenges.
- International resources - This includes what's happening with sarcoma advances elsewhere in the world.
- Peer support and chat groups - This includes non-judgmental support to help build resilience, reduce isolation, and improve overall quality of life.

Keep reading for a more in-depth look at each category.

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## National Resources

Whether you're looking for support groups, counselling services, or retreats, our website provides an array resources to support people with sarcoma, family members, and caregivers. Our easy to navigate landing page lets you browse provincially or nationally, to see what services are offered within your community and across the country. What's not included? Unfortunately, SCFC is unable to offer financial support or medical advice.

Below are a few links from our website:

**It Starts With Me:** An online resource introducing Canadians to clinical trials, including how to find a suitable clinical trial, what to know before applying, and what to expect as a result.

**Wellspring:** A network centre that provides emotional and psychological support free of charge to individuals and families living with cancer. Programs are offered across the country.

**Look Good... Feel Better:** A free, two-hour hands-on workshop in which women whose appearance has been affected by cancer and cancer treatment learn how to look and feel a little more like themselves again. Located in over 100 hospital and cancer care facilities across Canada.

**Amputee Coalition of Canada:** Regional support groups that offer a safe and supportive environment for amputees, individuals with limb differences and caregivers to connect with each other.

**Camp Quality:** Provides a week-long camping experience and year-round support program for children with cancer (receiving treatment or in remission) and their families.

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## Practical and Helpful Guides

Our website provides reliable information on a range of topics, such as self care during cancer, types of cancer treatments, how to tell friends and family, and

survivorship. Below are links to some of our available information. Find the full list of guides on our website.

**Managing Mental Health Consequences:** Understanding the ways in which you can help mitigate stress and improve your mindset and quality of life. This includes:

- Asking for help
- Being aware of your limits
- Prioritizing your tasks
- Avoiding scheduling conflicts
- Concentrating your efforts on things you can control

**Self Care During Cancer:** You can't change cancer, but you can make decisions about how to care for yourself. Self-care is one way to "get back in the driver's seat." This section helps you learn how, and includes:

- Slowing down and finding quiet time
- Doing activities you enjoy
- Starting a cancer journal
- Doing light exercise
- Prioritizing sleep
- Nourishing your body with healthy meals

**The Flip Side - Being a Caregiver:** What to expect if you become a caregiver for a person with cancer, and tips for making sure that you take care of yourself as well. These include:

- Knowing what you can't do
- Asking others for help
- Finding ways to reduce stress
- Engaging in activities that involve other people
- Maintaining hobbies that make you feel good or relaxed

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## International Resources

While it's critically important to understand sarcoma on the Canadian stage, increasing global knowledge about sarcoma can help expose you to new information or tools, and help to overcome the "forgotten cancer" stigma. Being aware of what's going on globally fosters the international cooperation needed to advance treatment options for patients worldwide. Below is a glimpse of what's going on elsewhere in the world:

- Based out of Maryland, the Chondrosarcoma Foundation held a Think Tank in Boca Raton, Florida, where physicians and researchers spoke on a variety of topics. The first of the videos is available at the link below, with the remainder also available on their website, and included topics such as early detection, surgery and interventions, and moving forward.

### Watch the Video Here

- In July, at the ASCO 2025 Miami Symposium, Dr. Atif Hussein of Memorial Cancer Institute in Miami discussed developments in the treatment of soft tissue sarcoma.

### Watch the Video Here

- The Royal Marsden - The Royal Marsden in the UK is one of the largest centres in the world for sarcoma surgery. It is now exploring new ways to perform minimally invasive surgery.

### Read About the Advances Here

- Sarcoma Patient Advocacy Global Network - SPAGN is the global network of Sarcoma Patient Advocacy Organizations who support one other and provide a common, influential, international patient voice. More than 65 member groups from all 5 continents gather under the umbrella of SPAGN, representing a strong and united voice for sarcoma patients around the globe.

### Learn More About The Group Here

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## Peer Support and Chat Groups

Peer support is crucial for cancer patients because it provides emotional validation, reduces isolation, and fosters hope by connecting with others who have shared similar experiences. It helps manage anxiety, improves coping skills, empowers patients, and offers practical advice on managing treatment side effects. Below are groups, within Canada and beyond, catering specifically to sarcoma.

**Inspire.com:** Inspire connects patients, families, friends and caregivers for support and inspiration. This group is specifically for those with a sarcoma diagnosis.

**Synovial Sarcoma Survivors Patient Supports Community:** Online support group for those dealing with synovial sarcoma.

**Reddit Sarcoma Group:** Join the cancer support community for sarcoma patients, survivors, caregivers, and medical professionals. It is a place to share experiences, seek support, and exchange knowledge about navigating life with a sarcoma cancer.

**Patients Like Me:** Website that allows you to connect online with people living with sarcoma. Based out of Cambridge, Massachusetts, but open to everyone.

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## Upcoming Community Event



CanSaRCC

# Sarcoma Community Meet-Up

*Navigating Sarcoma Survivorship  
(Fear of Recurrence/Scanxiety/Rehab)*



**MODERATED BY: Dr. Abha Gupta**

*Dr. Gupta is a medical oncologist who works at University Health Network and The Hospital for Sick Children.*

*Format: 25 min presentation followed by question/answer*

**DATE:**

**February 25th, 2026**

**TIME:**

**6:00PM - 8:00PM**

**LOCATION:**

**Virtual - link will be sent after registration**

**PLEASE REGISTER AT**

<https://www.cansarcc.ca/sarcomameetup>

**OR SCAN THE QR CODE BELOW:**



## Fun Ways to Fundraise in Winter

Despite being in the depths of winter, fundraising at this time of year can be cozy, creative, and surprisingly powerful. Here are a few ways that

individuals or small groups can fundraise during the cold weather - no big budget required!



### Active And Seasonal

Winter is a good time for challenge-based fundraising that you can do on your own schedule. Try a fitness or steps challenge, or test yourself in a cold-plunge - have sponsors donate per second/minute spent in cold water. Skate-a-thons, whether on ice or indoors with roller skates, combine activity with fun!



### Corporate and Community Tie-Ins

These are especially effective during winter when organizations are looking for morale boosters. Workplace challenges such as step counts, wellness goals, or trivia competitions encourage friendly competition while raising funds.



### Cozy and Seasonal

Cold weather often brings people together in cozier ways, which makes activities like bake sales, craft sales, hot drink stands at community events, or selling homemade gifts especially appealing. Hosting board game tournaments or movie and trivia nights can also be great ways to socialize while raising money. Just add entry fees and sell snacks!



### Online and Low Effort

Because people spend more time online in winter, digital fundraising can become especially powerful. Livestreams, online game nights, or virtual workshops allow you to raise money without worrying about weather, venue costs, or travel.

## A Look Ahead to Spring - Sarcoma Cancer Awareness Week

The third week of June is Sarcoma Cancer Awareness Week in Canada, but that doesn't mean you have to wait until June to start planning your awareness efforts! Now is the perfect time to start researching and planning your shoulder-season

fundraisers. And SCFC can help you every step of the way. We can provide you with donation tracking sheets, SCFC branded merchandise and contact cards, and can issue tax receipts to donors afterwards. You can even specify where you'd like your raised funds to be directed - whether that's research, assisting in our efforts to raise awareness and education, or helping us provide peer support to patients and families across the country.

To learn more about how we can help, just reach out to us through social media or email! And remember, sometimes the easiest and smallest things are the most powerful. Our ongoing #LittleThingsAddUp campaign proves just that.

## The Importance of Nutrition

Good nutrition is an important part of cancer care. Eating well does not cure cancer, but it helps your body stay strong and better handle cancer treatments. When your body gets enough nutrients, you may have more energy, feel less tired, and recover more easily between treatments.

Nutrition also plays a key role in healing and recovery. Your body needs protein, vitamins, and minerals to heal wounds after surgery, repair healthy cells damaged by treatment, and keep your skin, gut, and blood cells healthy.

We encourage you to contact a nutritionist at your local cancer centre to learn more about what works for your body!

If winter has you craving comfort foods, load up on these two winter recipes that are both nutritious and cozy.



### Stuffed Spaghetti Squash

Ingredients:

- 2 small spaghetti squash, cut in half and seeds removed (about 3 lb. each)
- 3 Tbsp. olive oil
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 1 lb. ground turkey
- 1 (1-oz.) packet taco seasoning



### Coconut Shrimp Curry

Ingredients:

- 2 Tbsp. butter
- 1 1/2 lb. jumbo shrimp, peeled and deveined
- 1 medium onion, diced
- 4 garlic cloves, finely chopped
- 1 Tbsp. yellow curry powder
- 1 (13.5 oz.) can coconut milk

- 1 (15-oz.) can black beans, drained and rinsed
- 1 cup frozen corn
- 1 cup salsa, plus more for serving
- 2 cups shredded Mexican blend cheese (about 8 oz.)
- 1 cup fresh cilantro, chopped
- Plain Greek yogurt or sour cream, for serving
- 1 ripe avocado, diced, for serving
- Hot sauce, for serving

#### Instructions:

1. Preheat the oven to 400°F.
2. On a baking sheet, place the spaghetti squash cut-side up. Drizzle with 2 tablespoons of the oil and sprinkle with 1 teaspoon of the salt and pepper. Flip the spaghetti squash cut-side down and bake until fork-tender, 45 minutes to 1 hour.
3. Meanwhile, in a large skillet, heat the remaining 1 tablespoon oil over medium heat. Add the turkey and cook, crumbling with a wooden spoon, until the turkey is lightly browned, 3 to 5 minutes. Add the taco seasoning and ½ cup of water and cook until thickened slightly, 1 to 2 minutes. Stir in the beans, corn, salsa, 1 cup of the cheese, and three-quarters of the cilantro.
4. Let the squash cool slightly before carefully flipping over, cut-side up. Use a fork to loosen the flesh and form spaghetti-like strands. Divide the turkey mixture among the spaghetti squash halves and mix it gently with the squash strands. Sprinkle the halves with the remaining cup of cheese. Return the squash

- 2 Tbsp. honey, plus more to taste
- 1/4 tsp. kosher salt, plus more to taste
- 1 lime, juiced
- 12 basil leaves, chopped, plus more for serving
- Hot sauce (optional)
- Cooked Basmati rice, to serve

#### Instructions:

1. In a large skillet (I used non-stick), heat the butter over medium-high heat. Add the shrimp and cook for 2 to 3 minutes, turning them over halfway through, until fully cooked. Remove to a plate and set aside.
2. Add the onion and garlic to the skillet and stir to cook for 2 minutes. Sprinkle the curry powder over the onions and continue cooking, stirring occasionally, for another couple of minutes.
3. Reduce the heat to medium-low and pour in the coconut milk, stirring to combine. Add the honey, salt, and lime juice, and allow the sauce to cook until bubbling gently.
4. Add the shrimp into the sauce, tossing to coat, and allow it to simmer until slightly thickened, 2 to 3 minutes. Taste the sauce and add more salt, lime juice, or honey if you like. Stir in the basil and add hot sauce if you want a little kick.
5. Serve the shrimp and sauce over the rice, topping with more basil.

to the oven and bake until the cheese is melted and bubbly, 10 to 15 minutes.  
5. Serve the squash topped with yogurt, avocado, hot sauce, salsa, and the remaining cilantro.

[View Full Recipe](#)

[View Full Recipe](#)

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## Help Make an Impact

When you give to SCFC you add your voice to the growing community working to raise awareness, fund crucial research, and ultimately eradicate sarcoma. One of the easiest ways to make your voice heard is to consider setting up a small monthly donation in 2026. Setting this up takes less than 2 minutes, but every donation made, no matter how small, makes a big impact on the Canadians and their families going through a sarcoma diagnosis and treatment.

[Donate Today](#)

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