#### Needa break from cancer?

Try some of these ideas for 2SLGBTQIA+ folks with cancer

Developed by the SDGc

# 2SLGBTQIA+book club

Let yourself get lost in some good queer reads or audiobooks.

We recommend Kimiko Does Cancer.

Check the last page for the link to join a queer book club!

# Create a Playlist of Your Favourite Pride Songs

Add your favourite queer anthems to a playlist.

Trade playlists with your chosen family!

Enjoy some karaoke with friends.

#### Get Crafty

Channel your inner artist.

Draw, doodle, paint, and get some glitter out!

Create a photo collage.

Make some cards to send notes to your chosen family.

#### Try a New Hobby

Knit a rainbow scarf.

Learn how to introduce yourself in a new language!

Find a new recipe and cook yourself a new meal!

Read about queer history.

Youtube and Tik Tok are great resources!

#### Movie Night

Take a night off to binge your favourite queer films.

Check out queer comedians like Wanda Sykes, Fortune Feimster, Jes Tom or Brandon Ash-Mohammed.

Check the last page for a link to some of our favourite queer movies!

### Create a Vision Board

We're halfway through the year! Create a vision board of your favourite moments so far and your inspirations.

Vision Board Prompts:

- Where do you find magic?
- -What's at the end of your rainbow?
  - How do you connect to your inner unicorn?

#### Home Spa Day

Nurture your inner diva and soothe the senses...

Light a candle

Slip on your softest robe or favourite PJs.

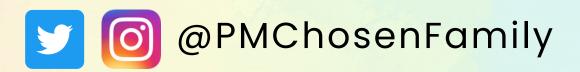
Treat yourself to a bubble bath filled with lavender and essential oils.

## Do whatever it takes to be kind affirming and gentle to yourself!

You deserve a break from cancer!

## Want more information?

SGDc Website: linktr.ee/PMChosenFamily



Book Club:
https://www.queerevents.ca/q
ueer-book-club

Queer Films: https://insideout.ca