



Adolescent and Young Adult Program

AYA Newsletter



PROMO CODE



**Use Code: AYA15 to get 15% off your
next GuessWhere Trip**



CALENDAR




Adolescent and
Young Adult Program

AUGUST 2024



THURSDAY 8

**AYA HYBRID
YOGA**



TUESDAY 13

**AYA VIRTUAL
MEET-UP**




TUESDAY 20

**AYA PHARMACY
WEBINAR**



WEDNESDAY 21

AYA BOOK CLUB



THURSDAY 22

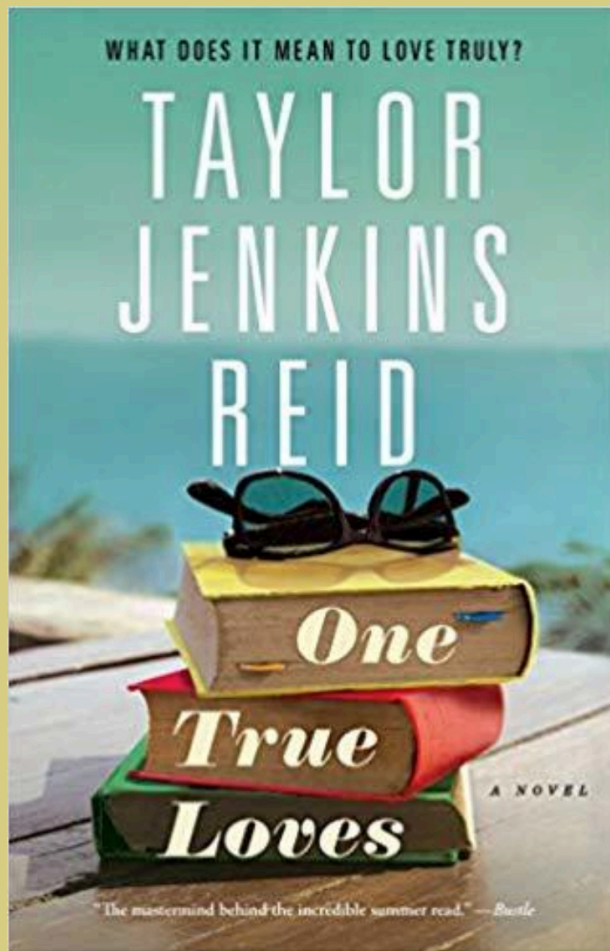
**AYA VIRTUAL
MEET-UP**



BOOK CLUB

AYA BOOK CLUB READ

August



**TISSUES
NEEDED**

EARTH SHATTERING

**SUMMER
READ**

DATE: AUGUST 21ST @ 6PM

HAIR GONE ROGUE

AYA X HGR

Hair Gone Rogue

COMPLIMENTARY SERVICES



Scalp Massage



Head Shaving



Styling



Trimming



Scalp Care

2518 Yonge Street, 2nd Floor) from 10 am- 4pm

Please select a date & time that suits your schedule and input your name, phone # and selected service in an open slot. Please request access for the document and you will be granted access to fill out the form!

August 25 2024

Form To Register:

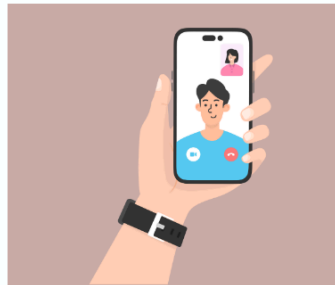
<https://docs.google.com/spreadsheets/d/1qOZEIVAyAwfRaVcmVm0if4ZF3nVamEOeRoczKONtb68/edit?usp=sharing>

BOOK CLUB



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY AUGUST 13-7:30PM
THURSDAY AUGUST 22 6-7:30PM

MICROSOFT TEAMS

EXCEL: Exercise for Cancer to Enhance Living Well (online and in person, FREE)

What is EXCEL?

EXCEL is a Canada-wide research study that offers FREE, 12-week exercise classes. Classes are 2x per week for one hour, online through a secure video-conferencing platform, and where possible, in-person. An IN-PERSON class can run in any location pending enough interest.

Who is EXCEL for?

EXCEL is for anyone with a cancer diagnosis without access to an exercise program. Participants can be pre-treatment, on treatment, or post-treatment. Instructors are specifically trained to work with individuals with cancer.

A new round of exercise classes will begin the week of September 16, 2024. Registration is now open! We have morning and afternoon classes.

For more information, or to register, please contact excel.ontario@utoronto.ca or visit <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/exercise-cancer-enhance-living-well-excel>.

What is EXCEL?

In this video, learn what the EXCEL program is all about. Watch now!



Participants

About the program:

The EXCEL Study provides a free 8-12-week exercise program, for people undergoing or recovering from cancer treatment, living in rural and remote regions across Canada. This evidence-based program is taught by fitness professionals trained in exercise oncology.

Classes are delivered online through a secure video-conferencing platform. Where possible, the programs are in-person. These group classes run for 60 minutes, twice a week for 8-12 weeks. They are offered three times a year: January, April, and September.

The programs focus on:

- cardiovascular
- resistance training
- balance
- stretching

In addition to the exercise program, instructors review education topics on behaviour change and provide you with tools to continue staying active, even after the classes end.



FREE POP-UP GROUP WRITING WORKSHOP



Navigating Friends & Change in Cancerland

Tuesday, August 20
12:30pm PST/3:30pm EST

To reserve your spot: wildfirecommunity.org/workshops



WILDFIRE is a magazine and writing community helping young breast cancer survivors and thrivers find meaning and a sense of belonging in their experience of cancer. Our belief is that stories - yours & others - provide the fabric for a much-needed age-specific community and support network.

Navigating friendships in Cancerland is like an emotional roller coaster. Some friends offer unwavering support, while others retreat in fear. Being part of the younger cancer community means forming new friendships with those who truly understand. However, these relationships come with uncertainty and loss, including recurrences, side effects, and death, which can be devastating.

Survivor guilt and imposter syndrome may also arise in this changing landscape. Join us on August 20 to use writing as a tool to navigate friendships and changes in Cancerland, in the company of those who understand this all too well.



Amplifying Survivorship: Your Mixtape for Connection and Community

Registration for our 5th annual YA Cancer Gabfest will be opening on August 19th! Trust us when we say that you won't want to miss this year!

Beginning on December 9th, we invite you to a [week of interactive survivorship crash courses](#) for facing cancer, to share, explore, and learn as we interact together around the common paths of young adult cancer.

YA Cancer Gabfest is open to:

- young adult cancer patients
- survivors
- caregivers
- co-survivors
- family members and loved ones
- healthcare providers
- nonprofit professionals
- and more!

If you're affected by or work in the field of young adult cancer, this event is for you!

GETAWAY EXPEDITION



For youth living with cancer or recently in remission



4 DAYS OF
VOYAGEUR CANOE

POISSON BLANC
LAKE

OUTAOUAIS, QC

SEPTEMBER 19 TO 22 2024
FOR 30-39 YEARS OLD

OCTOBER 5 TO 8 2024
FOR 14-18 YEARS OLD

PRESENTED BY



" This expedition was life changing and improved my mental health and my outlook on my life/diagnosis. It brought me a bigger appreciation for life and the wilderness. It also brought me a feeling of accomplishment: I realized I was able to experience something a lot of other people in my situation haven't experienced. I'm glad I was able to come before my treatment. Even if it doesn't work out, I went on the trip of a lifetime. "

- Mohamad E.A., Getaway 2023

TO WWW.TIPOFTOES.COM
APPLY OU.INFO@TIPOFTOES.COM

