



# Adolescent and Young Adult Program

## AYA Newsletter



## PROMO CODE



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

# CALENDAR



## MAY 2024



TUESDAY 11

AYA VIRTUAL  
MEET-UP



WEDNESDAY 12

FERTILITY  
WEBINAR



THURSDAY 13

AYA HYBRID  
YOGA



MONDAY 17

AYA COUPLES DANCE  
CLASS



WEDNESDAY 19

AYA BOOK CLUB



WEDNESDAY 26

FERTILITY  
WEBINAR



THURSDAY 27

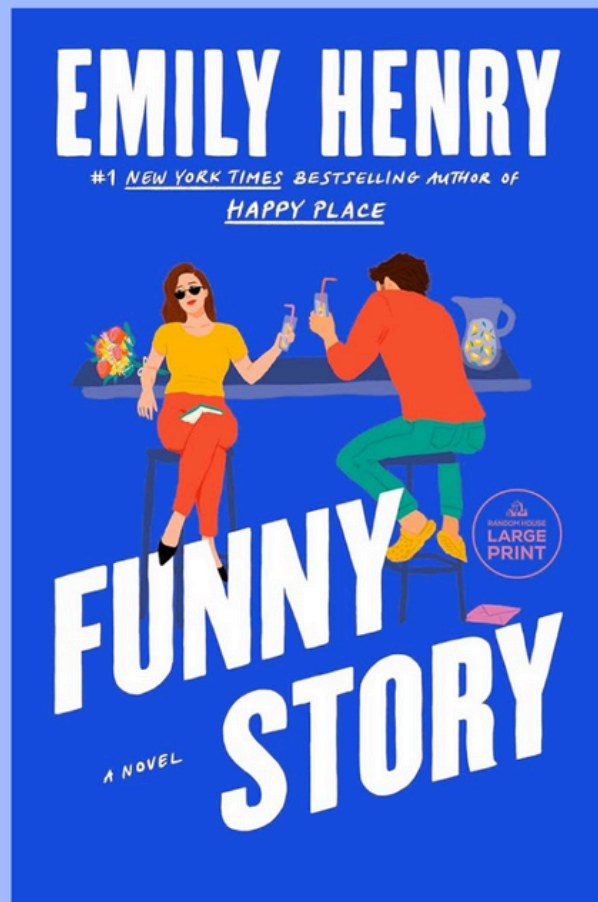
AYA VIRTUAL  
MEET-UP



# BOOK CLUB

AYA BOOK CLUB READ

June



FRIENDS TO  
LOVERS

HILARIOUS BANTER

BEST-SELLER

DATE: JUNE 19TH @ 6PM



# ART THERAPY GROUP

(with student art therapists Jodi Crawford and Anna M. Szaflarski)

## STARTING JUNE 18TH

**TUESDAYS [AT] 1:30 - 3:30 PM**  
**(JUNE 18TH - AUGUST 6TH)**

**In-person at Princess Margaret**

**Eligibility:**

- Currently on active treatment or within a year of diagnosis
- An ability to commit to entire 8-week program

**To learn more, please email [aya@uhn.ca](mailto:aya@uhn.ca) for an intake call with a student art therapist.**

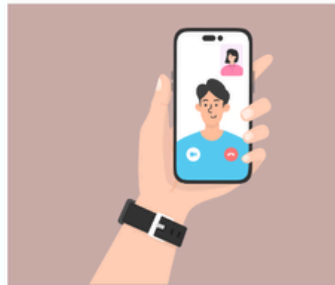


# Meet-Ups



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



TUESDAY JUNE 11 6-7:30PM  
THURSDAY JUNE 27 6-7:30PM  
VIRTUAL MS TEAMS

# 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!**

**July 7 2024  
August 25 2024**

**Form To Register:**

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

The PYNK program at Sunnybrook  
presents:

# IN THE PYNK

**A Peer Support Group for  
Women Diagnosed with Breast Cancer  
Aged 40 and under**

## MODERATORS:

Sandy Vuong, CCPA, PYNK Physician Assistant  
Brooke MacDonald, MSW, RSW

## Monthly Peer support groups

Wellspring Westerkirk House at Sunnybrook  
105 Wellness Way

Register at: <https://bit.ly/pynk-support-groups>



For more information, email:  
[pynkprogram@sunnybrook.ca](mailto:pynkprogram@sunnybrook.ca)



**SPONSORED  
BY PYNK!**

# PAINT THE TOWN PYNK SOCIAL

**WHERE:**

**BLACK LAB  
BREWING**

**818 EASTERN AVE,  
TORONTO, ON  
M4L 1A1**

**Come join young women 45 years old and under who have/had breast cancer for a hands on painting workshop!**

**Unleash your inner artist and create your own masterpiece to take home! No experience with painting necessary!**

**WHEN:**

**SUNDAY JUNE 23RD  
2024**

**@ 7:00 PM - 9:30 PM  
FOOD + DRINK  
INCLUDED!**

**A talented instructor will guide you through the painting process. All materials will be provided - canvas, brushes, paint, etc.**

**Come Paint the Town PYNK, mingle and enjoy a fun filled evening together!**

**Feel free to bring your partners!**

**🐾 Event/venue is dog friendly! 🐾**



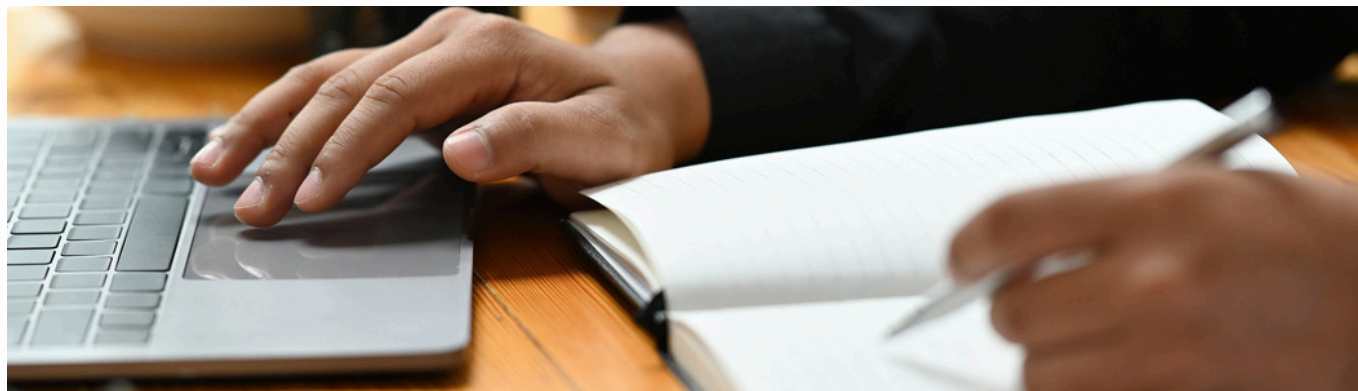
**RSVP TODAY!**



# PYNK x Wildfire

## Workshop

The **PYNK Program** is dedicated to supporting the unique needs of young women diagnosed with breast cancer.



**ABOUT THE WORKSHOP** Give yourself the gift of writing in a community of others who understand being diagnosed with breast cancer younger.

This is a prompt-style narrative writing workshop hosted by **April Sterns and Emily Piercell from Wildfire Magazine** and offered to young individuals under the age 45 who have/have had breast cancer in Ontario.



**WED JUN 19,  
2024**

6:30PM EST - VIRTUAL ON ZOOM

HAVE A PEN AND JOURNAL READY

**INFO & RSVP**



# 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](http://WWW.TIPOFTOES.COM)  
APPLY [OU.INFO@TIPOFTOES.COM](mailto:OU.INFO@TIPOFTOES.COM)

