



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

OCTOBER 2024



TUESDAY 08

AYA CANCER
MEET UP



THURSDAY 10

AYA HYBRID
YOGA



WEDNESDAY 16

AYA BOOK CLUB



THURSDAY 24

AYA CANCER
MEET UP



SUNDAY 27

AYA X HAIR
GONE ROGUE



WEDNESDAY 30

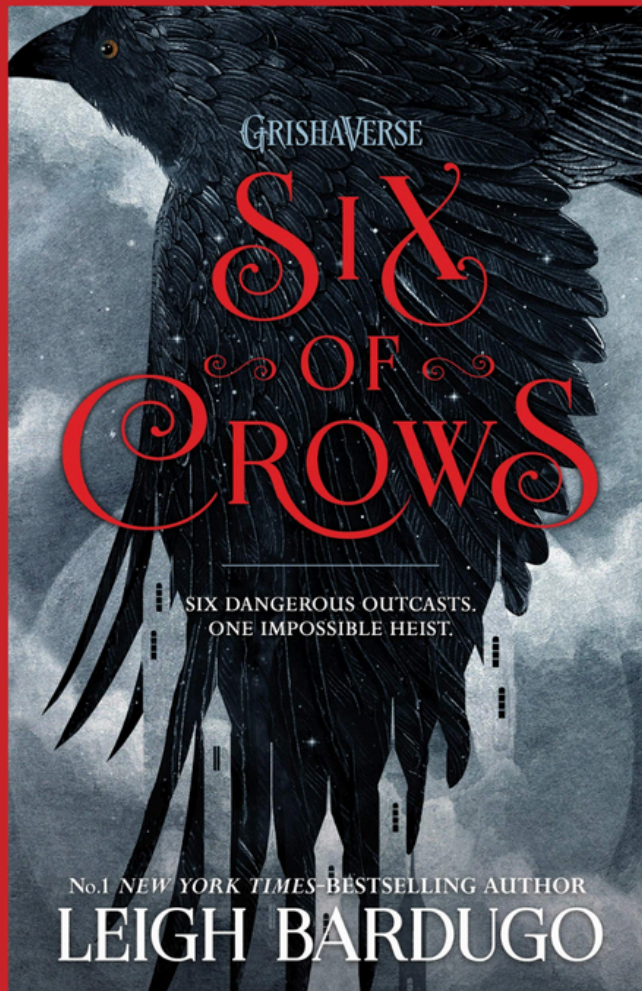
AYA TALENT
SHOWCASE



BOOK CLUB

AYA BOOK CLUB READ

October



**FULL-THROTTLE
ADVENTURE**

#1 BEST-SELLER

PICTURESQUE

DATE: OCTOBER 16TH @ 6PM

DO YOU HAVE A TALENT?

THE STAGE IS WAITING FOR YOU!



AYA TALENT SHOW



OPEN
TO ALL

MUSICIANS, SINGERS,
COMEDIANS, RAPPERS,
MAGICIANS, ARTISTS, ETC

WHERE

PRINCESS MARGARET HOSPITAL
6TH FLOOR AUDITORIUM

WHEN

WEDNESDAY OCTOBER 30TH
6-8PM

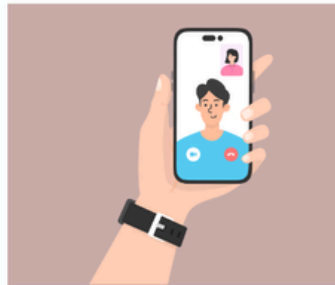
INTERESTED IN JOINING? EMAIL AYA@UHN.CA BY
SEPTEMBER 23RD

Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY OCTOBER 8TH 6-7:30PM
THURSDAY OCTOBER 24TH 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.

Volunteers Needed for a Research Study of Online Support Group Use for Queer & Trans People with Cancer

We are conducting a research study aimed at understanding the needs of sexual and gender diverse people with cancer and their views on online support, such as online support groups.

Are you:

- Someone who identifies as sexual and/or gender diverse (e.g., Two-Spirit, lesbian, gay, bisexual, transgender, queer, asexual, etc.)?
- 19 years of age or older?
- Someone who has been diagnosed with any type of cancer?
- Currently residing in Canada?

We want to hear from you!

Participate in a 25-30 minute survey about your needs and experiences and enter to win one of five Amazon e-gift cards

You may be asked if you would like to participate in a one-on-one interview to talk about your views and experiences in more detail

If you are interested in participating or would like to learn more, please contact Lauren Squires at lauren.squires@uhn.ca.*

*Please note that communication via email is not absolutely secure. Please do not communicate personal sensitive information via email. The security of social media is also not guaranteed. If you are seeing this poster on social media, contact us if you have questions. Do not post if concerned about privacy.

Conducted by researchers at:



Version date: August 23, 2024

CARE & CONNECT

A Patient Navigation Program

(formerly Healing Beyond the Body)

Care & Connect Volunteers provide:



Support

We listen to your questions, concerns, and anything you want to talk about



Information

We help you access reliable information and answers to practical problems



Navigation

We can connect you to a range of hospital resources and help you prepare for appointments

1:1 phone & video connections with trained volunteers

Offered in 20+ languages, up to 6 months

Available to all patients and their circle of support

Connect with a Volunteer!

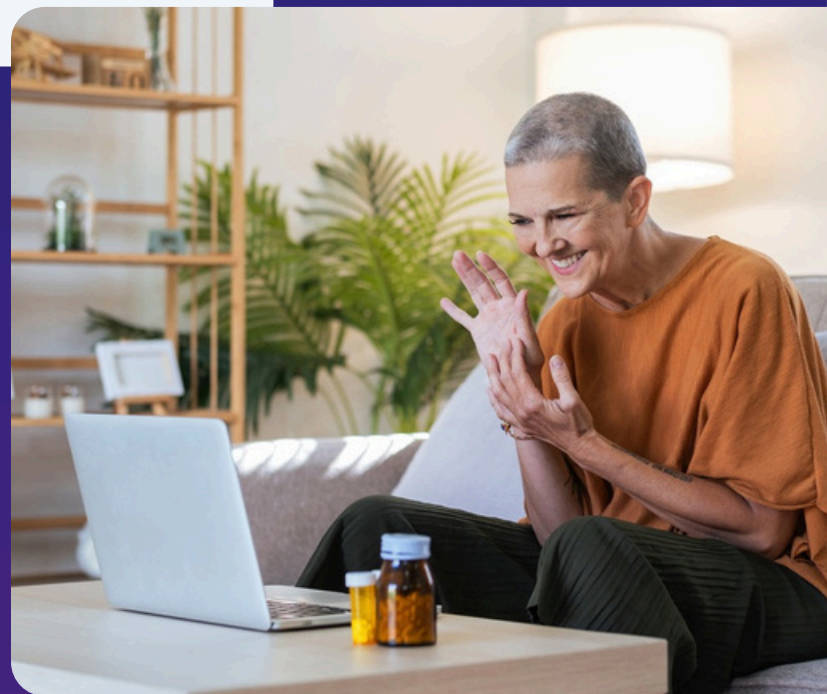


416-946-2000 ext 3311



care.connect@uhn.ca

Phone/email us your full name, MRN (medical record number), and phone number



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

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APPLY OU.INFO@TIPOFTOES.COM

