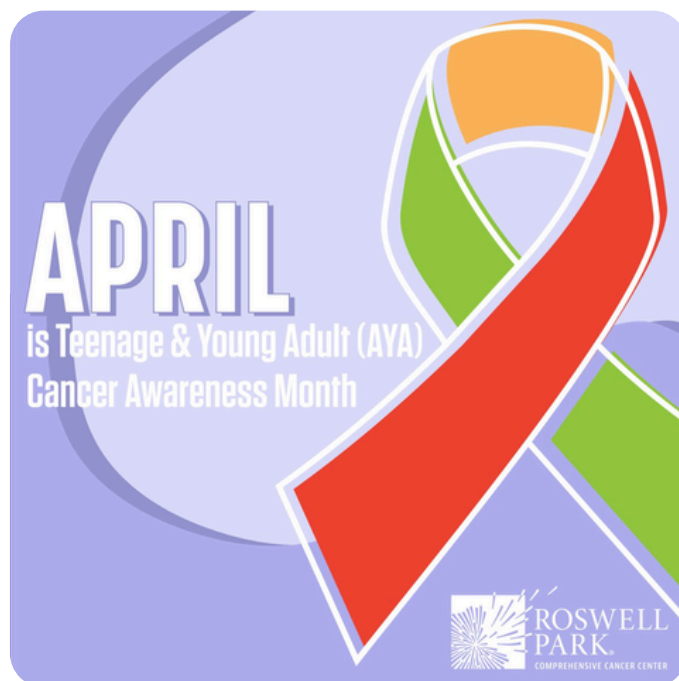




# Adolescent and Young Adult Program



## AYA Newsletter



## PROMO CODE



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

# CALENDAR



## APRIL 2025

WEDNESDAY 2

AYA SEXUAL  
HEALTH WEBINAR



THURSDAY 3

AYA TRIVIA  
NIGHT



SATURDAY 5

SOUTH LAKE  
BOARD GAME  
CAFE EVENT



TUESDAY 8

AYA CANCER  
MEET UP



WEDNESDAY 9

TRILLIUM HEALTH  
AYA MEET-UP



THURSDAY 10

AYA EXERCISE  
WEBINAR



WEDNESDAY 16

AYA  
BOOK CLUB



THURSDAY 24

AYA CANCER  
MEET UP

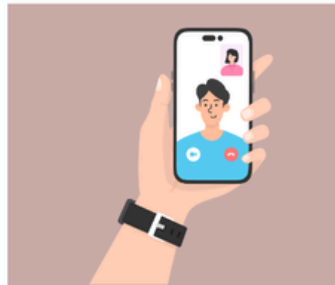


# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP

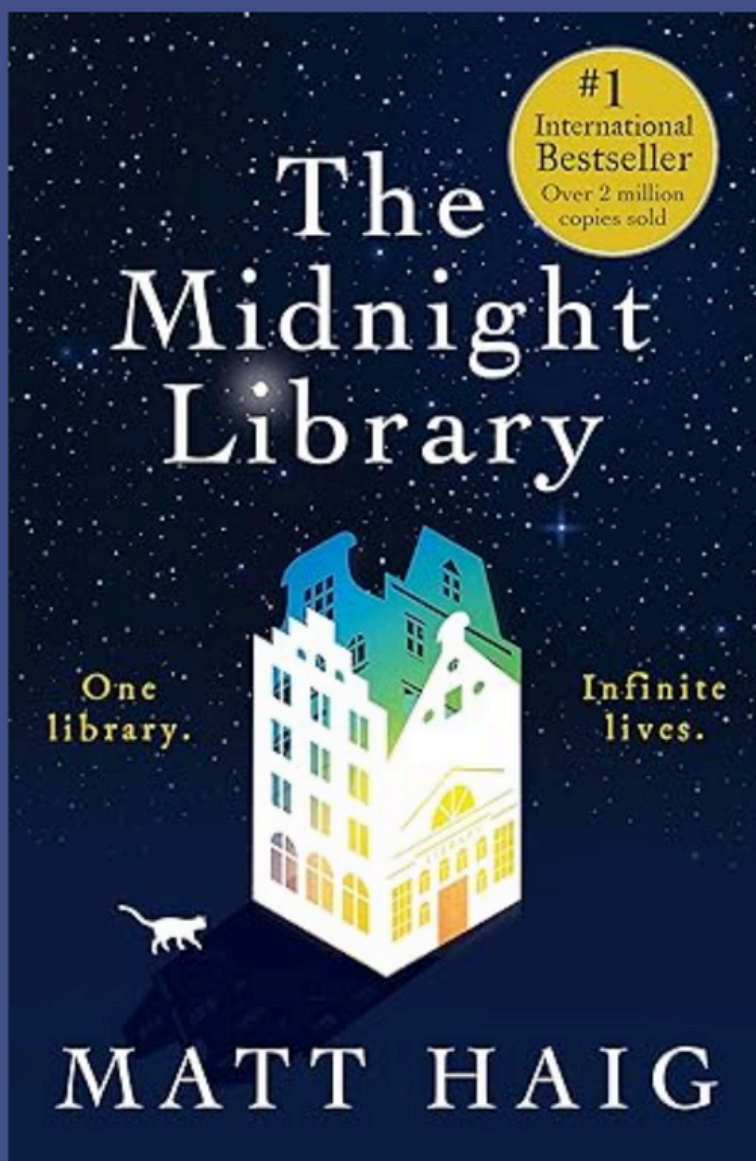


TUESDAY APRIL 8<sup>TH</sup> 6-7:30PM  
THURSDAY APRIL 24<sup>TH</sup> 6-7:30PM

MICROSOFT TEAMS

# AYA BOOK CLUB READ

## April



IMPOSSIBLY  
TIMELY

FEEL GOOD FICTION

WHIMSICLE

DATE: APRIL 16TH @ 6PM

## A Joint Oncology Patient Event



# Adolescents and Young Adult Oncology Patient Meet-Up Event

For young adults age 18 to 39 with any type of cancer



**Wednesday April 9th**

**6:30pm to 8:30pm**

Join us and your peers for food and connection



### **LOCATION: Where is this event being held?**



Credit Valley Hospital, Carlo Fidani Regional Cancer Centre  
2200 Eglinton Avenue West, Mississauga

Room 1F549

### **REGISTRATION: How do I register for this event?**

Email or call to register for this event



Call: (905) 813 – 2200 ext. 81 – 4862

Email: [PSO.Support@thp.ca](mailto:PSO.Support@thp.ca) Subject: AYA Event



# South Lake AYA Event

Join the Stronach Regional Cancer Center  
Adolescent and Young Adult (AYA)  
Program for:



## Pizza & Board Games at Goblets & Goblins!

April 5th, 2025

11:30AM-1:30PM

Bring a friend or family member and  
connect with other AYAs!

17766 Leslie Street, Newmarket

RSVP TO

[aya@southlake.ca](mailto:aya@southlake.ca)





AYA PROGRAM

# TRIVIA NIGHT

Tease Your Brain &  
Win Prizes

Thursday,  
**April 3rd**

464 Bathurst Street  
Toronto, ON M5T 2S6  
Doors open at: 06:00pm  
Game starts at: 6:30pm

Food and  
drinks will  
be  
provided!



For registration & further information  
email [aya@uhn.ca](mailto:aya@uhn.ca)

Community Connections is a cooking & nutrition class, led by a wellness Chef and Registered Dietitian, focused on supporting people affected by cancer. This class is not just about preparing easy meals; it's about nourishing the body during a challenging time.

Understanding that a well-balanced diet plays a crucial role in the journey through cancer treatment, we aim to empower you with evidence-based knowledge and skills to create meals that are both nutritious and delicious.



### Class features:

- **Healthy, delicious, and budget friendly recipes**
- **Nutrition tips for everyday eating and managing side effects**
- **Tasty Samples**

**When:** Every third Thursday of the month, 12:00 – 1:00pm

**Where:** ELLICSR: Health, Wellness & Cancer Survivorship Centre  
Toronto General Hospital, Basement level, PMB-130

**Contact:** Call 416.581.8620 for more information.

Classes are free, anyone is welcome to attend and no registration required.

To watch live from home, and for more recipes  
and videos go to [ELLICSRkitchen.ca](https://ELLICSRkitchen.ca)



# Peer Support Program

Pink Pearl Canada's Peer Support Program is designed for self-identifying young women to feel supported by their peers while navigating a cancer diagnosis.

This is your opportunity to chat with someone who simply 'gets it'.

Learn more and apply:  
[bit.ly/pp-peersupport](https://bit.ly/pp-peersupport)



# One-on-One

## Pink Pearl's Counselling Program

**We're here for you.**

We know how it feels to accept a cancer diagnosis and move through all that follows. As you find your way, we want you to know that we're here to support you through our short-term one-on-one counselling sessions.

Our social workers provide you with a space to be heard and feel empowered. They're here to listen and to provide you with the tools that work for you as you navigate each moment.

**To learn more email Ashley  
at  
[support@pinkpearlcanada.or](mailto:support@pinkpearlcanada.or)**

**g** This program is open to self-identifying young women facing any type of cancer between the ages of 18-40, who are of low-income with no access to therapy. There are a limited number of sessions available monthly.



# GILDA'S CLUB GREATER TORONTO

An Affiliate of the  
CANCER SUPPORT COMMUNITY

April 2025

today



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 Writing With Grief Yoga Nidra	2 NeuroMovement	3 Zumba Mindfulness Meditation	4	5
6	7 Distance Reiki	8 Yoga Yoga Nidra	9 NeuroMovement Therapeutic Yoga Starting & Sustaining Anticancer Living	10 Zumba Mindfulness Meditation	11	12
13	14 Mitzvah Technique	15 Yoga Nidra	16 NeuroMovement Demystifying How A Cancer Diagnosis Impacts Teens	17 Zumba Mindfulness Meditation	18	19
20	21	22 Ovarian Cancer Peer Support Network Yoga Yoga Nidra	23 NeuroMovement Family Evening - Rhythm & Beat Trauma & Cancer	24 Zumba Mindfulness Meditation	25	26
27	28	29 Teen Talk: Family & Cancer Teen Talk: Grief & Cancer 20s & 30s Kids Talk Out Yoga Nidra Pediatric Parent Support Group Toronto Humane Society	30 Caregiver NeuroMovement	1 Post Treatment Adult Bereavement Kids Grieve Too Zumba Mindfulness Meditation	2 Living with Cancer Writing Through Cancer	3

<https://www.gildasclubtoronto.org>

# 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](mailto: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.