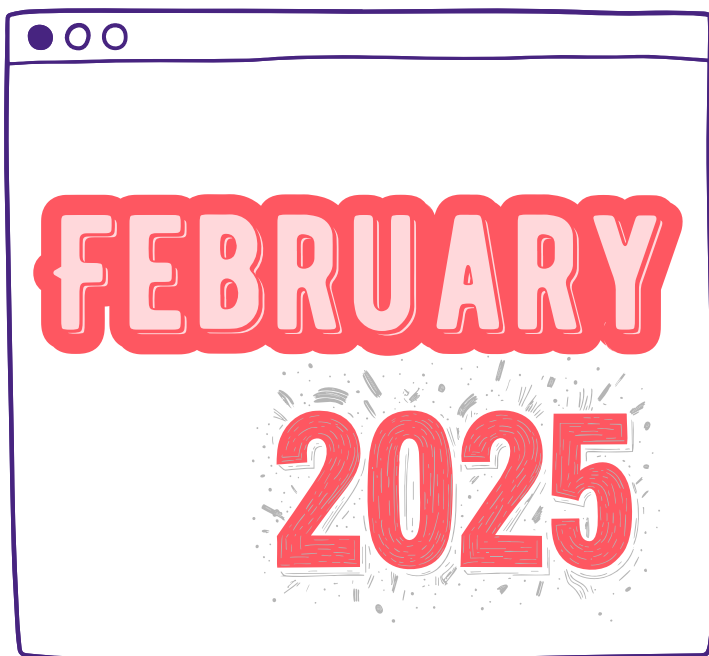




# Adolescent and Young Adult Program

## AYA Newsletter

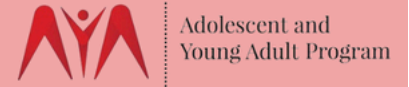


### PROMO CODE



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

# CALENDAR



# FEBRUARY 2025



TUESDAY 11

AYA CANCER  
MEET UP



WEDNESDAY 19

AYA  
BOOK CLUB



THURSDAY 20

AYA GAMING  
DAY



THURSDAY 27

AYA CANCER  
MEET UP



VIRTUAL CONTEST

VALENTINES  
DAY CARD  
MAKING

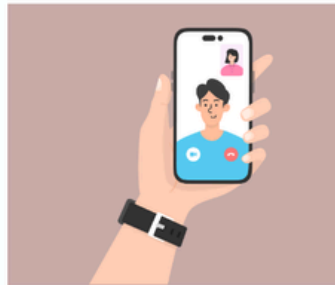


# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP

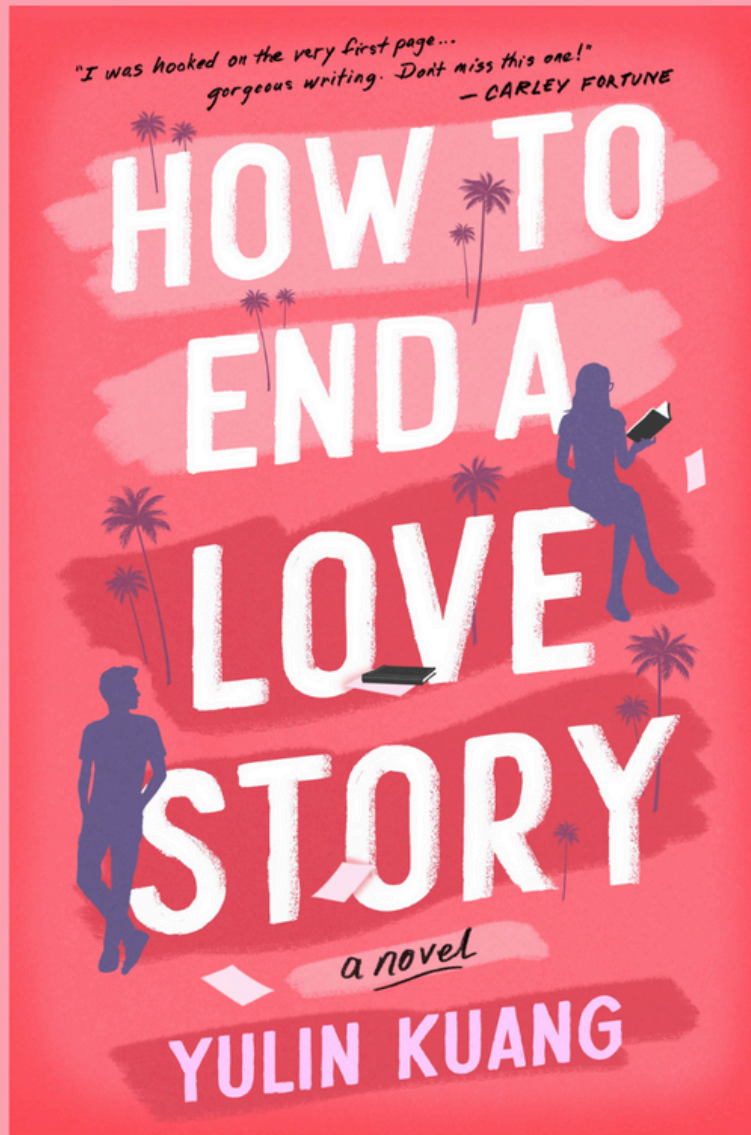


TUESDAY FEBRUARY 11TH 6-7:30PM  
THURSDAY FEBRUARY 27TH 6-7:30PM

MICROSOFT TEAMS

# AYA BOOK CLUB READ

# February



EMOTIONAL,  
RELATABLE AND  
BINGE-WORTHY

SECOND-CHANCE  
ROMANCE

REESE  
WITHERSPOON  
BOOK CLUB PICK

**DATE: FEBRUARY 19TH @ 6PM**

# Scholarship



Apply for 2025-2026

## MICHAEL KAMIN HART SCHOLARSHIP

### ELIGIBILITY CRITERIA:

- Diagnosed with cancer above age 18
- Be an Ontario resident enrolled in a post-secondary institution
- Enrolled in part-time or full-time studies in the 2025-2026 full academic year

SEND YOUR APPLICATION TO [AYA@UHN.CA](mailto:AYA@UHN.CA) BY  
MARCH 28TH 2025

[https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent\\_Young\\_Adult\\_Oncology/Pages/michael\\_kamin\\_hart\\_scholarship.aspx](https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_Adult_Oncology/Pages/michael_kamin_hart_scholarship.aspx)

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](http://ELLICSRkitchen.ca)

# Sexual Health Study

## Sexual Health Education Video Study

To evaluate a sexual health educational video for AYA female cancer patients through an **anonymous** survey. The goal of the study is to help determine how to best support adolescents and young adults with cancer learn and manage their sexual health.

The study consists of a pre-video survey, watching a 13-minute video and a post-video survey. **By watching the video and completing both surveys, your name will be entered into a draw to win one of three Visa gift cards.**

### Criteria:

Patients will be eligible to participate if they meet the following inclusion criteria:

- Are 18-39 years old with a cancer diagnosis
- Are assigned female at birth
- Are comfortable using the internet
- Able to read and speak English

Patients will be ineligible to participate if they meet the following exclusion criteria:

- Less than 1 month since diagnosis of cancer

To participate in the study, [fill out this form](#). For more information, please contact [natalie.pitch@uhn.ca](mailto:natalie.pitch@uhn.ca) or [anjali.sachdeva@uhn.ca](mailto:anjali.sachdeva@uhn.ca).

*\* Please note that communication via e-mail is not absolutely secure. Please do not communicate personal sensitive information via e-mail.*

**AYA Program | Princess Margaret Cancer Centre**



**BEST HEALTH FOR BLACK WOMEN 2025**

## **Digital Storytelling Workshop**

### **Volunteer to create a short film about your experience with cancer!**

Your story matters. Your experience, be it one of support or isolation, can help others.

The Canadian Cancer Society (CCS) is looking to create a digital story with an individual directly affected by cancer. Digital Storytelling is a way to capture the impact and burden of cancer on the lives of people in Canada in a meaningful way by using their own voice, images and music in a two-four-minute mini-movie that you will create yourself.

Watch past participants, [Natoya's](#) and [Nadia's](#) digital stories.

### **Best Health for Black Women Event**

The Best Health for Black Women Event is hosted by the Peter Gilgan Centre for Women's Cancers at Women's College Hospital in partnership with the Canadian Cancer Society. Further event partners include University Health Network, Rethink Breast Cancer, and The Olive Branch of Hope.

One of the event's primary objectives is to offer a platform for learning from individuals with firsthand experience.

### **About creating a Digital Story**

The process will be facilitated by CCS's Digital Storytelling specialists Jenni Haggie and Lacey Horta. It will take place on Zoom and over the course of 5 sessions, they will help you:

1. Find meaningful moments in your life experience related to cancer
2. Write and record a voiceover
3. Craft your own story using basic video editing techniques
4. Explore how to share your finished story

No previous experience is required, and all software is provided. There is no cost to participate in this project.





# Young Adult Brain Fog

**Having trouble thinking clearly? Is it sometimes hard to find the right words? You may have brain fog.**

Brain fog, sometimes called “chemo brain,” refers to cognitive difficulties that affect the clarity of thinking, memory, and concentration.

Join this free, eight-week online program for individuals ages 18 – 39, to learn ways to address and improve these symptoms.  
*Licensed from Maximum Capacity.*



## Date and Time

Starting Monday, Feb 24  
7:00 – 8:30 pm ET



## Location

Online



**For more information or to register, visit:**  
**[wellspring.ca/YoungAdultBrainFog](https://wellspring.ca/YoungAdultBrainFog)**

Wellspring offers professional programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.



Everything we do begins with support + healing.

## THE RETHINK NETWORK

A private group of over 2K people with breast cancer

Have questions? Seeking advice? Want to vent? Just need someone to listen? Looking for a safe way to connect with others who get what you're going through? [Join The Rethink Network.](#)

## VIRTUAL SUPPORT GROUPS

Online psycho-social support groups

Facilitated and moderated by professionally-trained + registered social workers and psychotherapists, these sessions are a safe space for people with breast cancer to come together to learn, share, feel seen, heard, supported and heal together. [Learn more here.](#)

## RESOURCES

Digital, print and video resources

**Resources for Younger People with Cancer** | These resources explore various topics that are relevant to younger people with cancer, including fertility, talking to your children, and navigating side effects and treatments. [Learn more here.](#)

**Care Priorities for Young Women with Breast Cancer** | These priorities provide information about key issues women diagnosed with breast cancer may want to discuss with their healthcare providers. They are recommendations on the kind of information and support to which one should be given access as a younger woman with breast cancer. [Learn more here.](#)

**MBC Resources** | We have curated a list of resources tailored to the specific needs and experiences of those living with metastatic breast cancer. [Learn more here.](#)

**Uncovered: A Breast Recognition Project** | A resource that focuses on the breast cancer experiences of Black, Indigenous and People of Colour. It shines a light on the physical and emotional scars of breast cancer, cultural barriers and [health equity](#). Uncovered was created by Michelle Audoin and Rethink Breast Cancer. [Learn more here.](#)



## MENTORING MATTERS

Peer support program

Mentoring Matters is a Peer Support Program created in partnership with the community that provides vital support for people living with or affected by breast cancer.

[Learn more here.](#)

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Get in touch with us:

Email [support@rethinkbreastcancer.com](mailto:support@rethinkbreastcancer.com)

Instagram [@rethinkbreastcancer](https://www.instagram.com/rethinkbreastcancer)

# WINTER GRAND EXPEDITION

MARCH 15 TO 23, 2025



GROULX MOUNTAINS | MANICOUAGAN RESERVOIR | QUEBEC

For youth 19 to 29 years old in remission of a cancer for less than 5 years



ON  
THE  
TIP  
OF THE  
TOES



Are you ready?

# 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.

# Pink Pearl



## **2024/25 Post-Secondary Scholarship:**

**We invite young women facing any type of cancer to apply to our \$1,000 post-secondary education scholarship. The scholarship is designed to help alleviate the financial stresses you face while navigating a cancer diagnosis as a student.**

**The application process is open until March 5, 2025**

**Apply here: [bit.ly/pp-scholarship24](https://bit.ly/pp-scholarship24)**