



@PMChosenFamily  
Sexual and Gender Diversity in Cancer Care

# QUEERMUNITY

A support group for 2SLGBTQ+ folks with cancer

An in-person drop-in group held the second and fourth Thursday of the month from 4:00 – 5:30, for patients of The Princess Margaret Cancer Centre. An opportunity to meet other queer people going through cancer. Each group focuses on a theme with lots of time for sharing and discussion.

Open to all patients who identify as part of the sexual and gender diverse community.

**23**

Jan

## Daring to Dream in 2025

Discuss setting goals and intentions, why it can be challenging when you have cancer and are a queer person. Make your own vision board.

**13**

Feb

## Queer Love

Cancer treatment and side effects can affect our body image, self esteem and how we feel about ourselves within intimate relationships. Explore managing these feelings and relearning to love yourself after cancer.

**27**

Feb

## Pride and Prejudice

As a queer person dealing with many systems, we can run into discrimination and bias. Discuss micro aggressions, micro assaults & micro affirmations, the impact and connecting to resilience in ways we respond.

**13**

March

## Spoken Word

Explore the power of writing, poetry and speaking as a strategy to uncover and express your feelings & experience of cancer as a queer person.

**27**

March

## Grounded by Pride

Do you ever feel overwhelmed by big emotions? Make a queer cancer tool kit, reminders of helpful strategies to stay in the here and now, to foster hope to take one step at a time.

**10**

April

## From Stress to Resilience

Do experiences of queer or racial exclusion or discrimination take a big hit to your mental health? Learn about and practise a strategy to manage these stresses, protect yourself and build resilience.

**EMAIL [SGDC@UHN.CA](mailto:SGDC@UHN.CA) FOR INFORMATION ABOUT THE GROUP LOCATION. PLEASE PROVIDE YOUR MEDICAL RECORD NUMBER.**

**NEXT SCHEDULE OF TOPICS AVAILABLE IN APRIL.**