



Adolescent and Young Adult Program

AYA Newsletter



PROMO CODE



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

CALENDAR

MAY 2024

MONDAY 6

AYA HAIR GONE ROGUE EVENT



WEDNESDAY 8

AYA BOOK CLUB



THURSDAY 9

AYA YOGA



MONDAY 13

AYA MOVE



TUESDAY 14

AYA VIRTUAL MEET-UP



SATURDAY 16

AYA ART THERAPY



WEDNESDAY 22

FERTILITY WEBINAR



THURSDAY 23

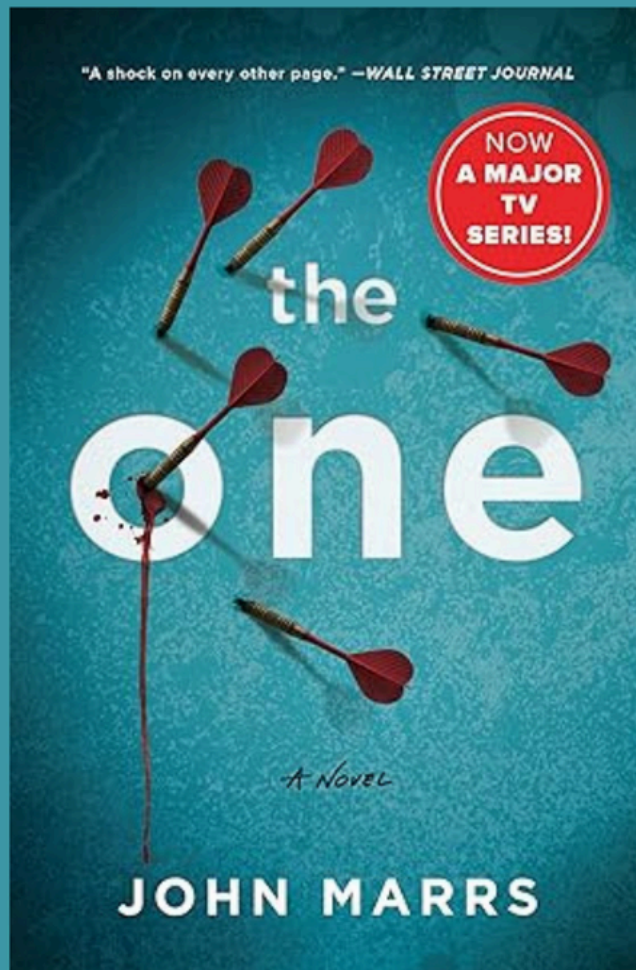
AYA VIRTUAL MEET-UP



Meet-Ups

AYA BOOK CLUB READ

May



**SHOCK ON
EVERY PAGE**

GRIPPING THRILLER

MUST-READ

DATE: MAY 8TH @ 6PM

Meet-Ups



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY MAY 14 6-7:30PM
THURSDAY MAY 23 6-7:30PM
VIRTUAL MS TEAMS

#Cancer & Fertility: Unfiltered

Hosted by Mount Sinai Fertility, Women's College Hospital, Princess Margaret Cancer Centre's Adolescent and Young Adult and Psychosocial Oncology programs

Information for New Diagnosis: Those with Testes



Date

January 31, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jennia Michaeli, MD
Mount Sinai Fertility
Leia Spencer, RN
Mount Sinai Urology

Information for New Diagnosis: Those with Ovaries



Date

February 28, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jennia Michaeli, MD
Mount Sinai Fertility
Nicola Farnell, NP
Mount Sinai Fertility

Menopause & Hormones



Date

March 27, 2024

Time

06:00pm - 07:30pm

With

Iliana Lega, MD
Womens College Hospital
Jennifer Catsburg, CNS
Princess Margaret Cancer Centre

Managing Uncertainty Around Fertility



Date

April 24, 2024

Time

06:00pm - 07:30pm

With

Aliza Panjwani, PhD CPsych
Princess Margaret Cancer Centre
Jennifer Catsburg, CNS
Princess Margaret Cancer Centre

How To Manage Grief/Anticipatory Grief around Fertility



Date

May 22, 2024

Time

06:00pm - 07:30pm

With

Aliza Panjwani, PhD CPsych
Princess Margaret Cancer Centre
Simone Kurup, MSW
Princess Margaret Cancer Centre
Sofi Canales-Albarran, MD
Princess Margaret Cancer Centre

Alternatives for Growing Your Family After Treatment



Date

June 26, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jodi Goldstein, MSW
Mount Sinai Fertility

MUST ENROLL TO RECEIVE PRIVATE LINK FOR THESE SESSIONS

EMAIL: aya@uhn.ca

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!

**May 6 2024
July 7 2024
August 25 2024**

Form To Register:

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



You're invited to attend our Local Socials in Toronto this Spring! Join us to connect with other incredible young women who understand the journey of facing cancer – they promise laughter, connection and forever friendships!

**Here's what's coming up:
May 8th ~ Walk in High Park at 7pm**

RSVP to community@pinkpearlcanada.org at least one week prior to the Local Social. This program is free to attend, and is open to self-identifying women facing any type of cancer between the ages 18-40+.

Elephants & Tea

03
MAY

WEEKLY VIRTUAL HAPPY HOUR ●

🕒 Local Time: May 03 2024 | 5:30 pm – 7:30 pm
5:30 pm – 7:30 pm

Organizer: Elephants and Tea

10
MAY

WEEKLY VIRTUAL HAPPY HOUR ●

🕒 Local Time: May 10 2024 | 5:30 pm – 7:30 pm
5:30 pm – 7:30 pm

Organizer: Elephants and Tea

17
MAY

WEEKLY VIRTUAL HAPPY HOUR ●

🕒 Local Time: May 17 2024 | 5:30 pm – 7:30 pm
5:30 pm – 7:30 pm

Organizer: Elephants and Tea

07
MAY

STEEP – SITTING TOGETHER IN EMPATHY AND EMOTIONAL PERSEVERANCE ●

🕒 Local Time: May 07 2024 | 7:00 pm – 8:30 pm
7:00 pm – 8:30 pm

Organizer: Elephants and Tea

15
MAY

PSYCHOSOCIAL NEEDS OF AYA PATIENTS ●

🕒 Local Time: May 15 2024 | 12:00 pm – 1:00 pm
12:00 pm – 1:00 pm

Organizer: Elephants and Tea

Speaker John Salsman, Ph.D.

20
MAY

GUIDED YOGA NIDRA MEDITATION ●

🕒 Local Time: May 20 2024 | 8:00 pm – 9:00 pm
8:00 pm – 9:00 pm

Organizer: Elephants and Tea

<https://elephantsandtea.org/programs-and-events/>

YACC

< > Today May 2024 ▾

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 8:00 pm - 9:30 pm ● YACC Chats: Changed relationships	30	1 8:00 pm - 9:30 pm ● YACC Chats: Grief	2	3	4
5	6 8:00 pm - 9:30 pm ● YACC Chats: Waiting	7	8 8:00 pm - 9:30 pm ● YACC Chats: Anxiety	9	10	11
12	13 8:00 pm - 9:30 pm ● YACC Chats: Identity	14	15 8:00 pm - 9:30 pm ● YACC Chats: Fertility & family planning	16	17	18
19	20	21 8:00 pm - 9:30 pm ● YACC Chats: Disclosure (Advanced and metastatic chat)	22 8:00 pm - 9:30 pm ● YACC Chats: Body image	23 8:00 pm - 9:30 pm ● YACC Chats: Community (2SLGBTQIA+ chat)	24	25
26	27 8:00 pm - 9:30 pm ● YACC Chats: Summertime sadness	28 8:00 pm - 9:30 pm ● YACC Chats: Making plans (Post-treatment survivorship chat)	29 8:00 pm - 9:30 pm ● YACC Chats: Creating change	30	31	1

<https://youngadultcancer.ca/events/>

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:
sandy.vuong@sunnybrook.ca

