

AYA NEWSLETTER

ADOLESCENT & YOUNG ADULT (AYA) PROGRAM • APRIL 2020



AYA CANCER AWARENESS WEEK

Nationally, April 6-10, 2020 is recognized as AYA Cancer Awareness Week to place an important spotlight on the unique needs faced by 15 - 39 year-olds impacted by cancer. AYAs are our future and this severely underserved demographic faces additional challenges

- including financial distress, concerns surrounding fertility, isolation and loneliness - due to their cancer occurring during a crucial stage of personal and social development.

AYA PROGRAM UPDATES

AYA CANCER MEET-UP: CANCELLED

In light of the evolving issues surrounding COVID-19 and the recommendations that we engage in social distancing, the cancer meet-up scheduled for April 23, 2020 will be cancelled. For additional program information and inquiries, e-mail us at aya@uhn.ca.



VIRTUAL MUSIC THERAPY

SarahRose is now accepting referrals for inpatients, outpatients and their family members for virtual music therapy. She has been doing sessions by phone (and video at the Kensington Hospice). Please e-mail SarahRose at sarahrose.black@uhn.ca with name, MRN and location of the patient (inpatient or home) and the preferred method of contact.

COMMUNITY EVENTS & UPDATES

A number of AYA-focused nonprofits have great online content or are hosting virtual events during this time. Here are a few we recommend that you check out. Be sure to also follow these groups on social media (their user handles are below) and use the hashtags #AYAWeek and #AYAcancer.

STUPID CANCER (@STUPIDCANCER)

Stupid Cancer (@StupidCancer) has a terrific [webinar library](#) with topics like fertility, nutrition, and mental health.



ELEPHANTS AND TEA (@ELEPHANTSTEAMAG)

Elephants and Tea (@ElephantsTea) is an online magazine focused on AYA cancer. They have a special section on coping with COVID-19 and self-isolation.



EPIC EXPERIENCE (@EPICXPERIENCE)

Epic Experience (@EpicXperience) is hosting a variety of virtual programs to help you stay active at home, like yoga and ballroom dancing: [See schedule.](#)



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CANCER DUDES (@CANCERDUDES)

With a scarcity of resources geared specifically to men's unique needs, Cancer Dudes was created to provide education and resources in order for men to successfully move past their cancer experience.

Monthly Cancer Hangout: Join patients and survivors around the country on the third Tuesday of every month at 8:00 p.m EST.

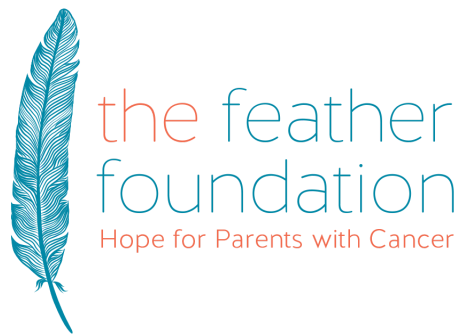


CANCER DUDES

THE FEATHER FOUNDATION (@THEFEATHERFOUNDATION)

If you just need space to think or share with others like you, consider joining their online community. You can talk to other parents also impacted by cancer and parenting through it all! Get connected, receive support and information. This online group is private, facilitated by an oncology social worker.

You can go to their website here: <https://www.thefeatherfoundation.org/>, click 'Just for You', fill out their sign-up request form and, pending their review process, they will send you a personal invitation and password to access The Feather Foundation Forum.



AYA PROGRAM AT PRINCESS MARGARET CANCER CENTRE (@AYAPROGRAM)

We will be sharing AYA Awareness posts on our social media platforms. Be sure to follow us on Facebook, Twitter, and Instagram and share with your own network to help increase awareness for this often-overlooked group of young people.

If you're an AYA survivor and want to help others find hope and inspiration through your personal experiences, we want to hear from you. Send your story to aya@uhn.ca and encourage others to get the help and support they need.



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