

AYA NEWSLETTER



Adolescent and
Young Adult Program

APRIL 2022

NEXT AYA MEET-UP

Join us every 4th
Thursday of the month
to chat and connect
with other AYAs!

THURSDAY APRIL 28 2022

WANT TO REGISTER?

Please email aya@uhn.ca for
registration and to receive the
Meeting Link for MStTeams!

IMPORTANT NOTE:

MS Teams link will be sent out a
few days prior to the meet-up



CHECK OUT OUR SOCIAL MEDIA PAGES



@ayaprogram



@ayaprogram



ayaprogram

THIS MONTH'S THEME IS:

*Blooming
Friendships*



Many people will walk
in and out of your life,
but only true friends
will leave footprints in
your heart.

∴
ELEANOR ROOSEVELT

In the cookie of life,
friends are the
chocolate chips.

∴

A good friend is like
a four-leaf clover:
hard to find and lucky
to have.

∴
IRISH PROVERB

SPECIAL READ



WILDFIRE is a magazine specifically designed by the young breast cancer survivor and fighter, in mind. Our belief is that reading the stories of others diagnosed young provides a much needed community and support network for today's young breast cancer survivor. We go further than that, though, and help you learn to tell your own story to the survivors coming up behind you. This has the dramatic effect of turning a traumatic cancer experience into an empowering one!

<https://www.wildfirecommunity.org/shop/printcan22>

UPCOMING EVENTS

TORONTO INTERNATIONAL DRAGON BOAT FESTIVAL



YOU'RE INVITED TO DRAGON BOAT!

WHAT IS DRAGON BOAT?

THE ULTIMATE SHARED EXPERIENCE AND THE WORLD'S FASTEST GROWING WATERSPORT

- Evolved from Chinese tradition into a sport for people to come together, celebrate, and compete
- 20 team members paddling in unison to a drummer's beat along the race course
- The key to a successful race is synchronization, teamwork, and communication

WHY DRAGON BOAT?

FUN AND UNIQUE ACTIVITY FOR EVERYONE

- No prior experience required and easy to learn!
- Suitable for most ages and abilities
- Improve strength and immune system
- Meet new people and support each other
- Stay active!

GWN SPORT REGATTA
JULY 9, 2022

GWN DRAGON BOAT CHALLENGE
SEPTEMBER 10-11, 2022



PRACTICES: SUNNYSIDE PADDLING CLUB, TORONTO FESTIVAL: MARILYN BELL PARK, TORONTO

ALWAYS CHECK WITH YOUR HEALTH CARE TEAM BEFORE STARTING ANY EXERCISE PROGRAM

JOIN US!

- New program specific for All Cancer Paddlers (ACP Division)
- Sessions led by experienced coaches will teach you everything from the fundamentals to being race-ready
- Use of all equipment is included (boats, paddles, and lifejackets)
- Practices are held every Monday evening for 5 weeks at Sunnyside Paddling Club leading up to the festival of your choosing:
 - GWN Sport Regatta (July 9, 2022)
 - GWN Dragon Boat Challenge (September 10-11, 2022 *2-day event)
- Cost: \$150 plus tax per person (includes entry to the festival)
- Find out more and register at midb.gwnevents.com/experience-db



WHAT TO WEAR/BRING

- Comfortable clothes that do not hold or absorb moisture i.e. Dri-Fit
- Shoes you don't mind getting wet i.e. sandals, water socks
- Bring sunscreen, water, and spare set of clothes

DO I NEED TO KNOW HOW TO SWIM?

- No, everyone is required to wear a lifejacket
- The boat is very stable and the chance of the boat tipping is very low

WILL I GET WET?

- Yes!

POWERED BY:

GWN Dragon Boat
1.855.GWN.BOAT (496.2628)
info@gwndragonboat.com
www.gwndragonboat.com



HOPE & COPE

FOCUS ON THE FUTURE

STARTING APRIL 20, 5:30 P.M. TO 7:30 P.M.

For those who have completed active cancer treatment, this is a series of six consecutive sessions for participants who wish to set achievable goals to promote healing and health. This program will offer helpful suggestions for living well, and help you find coping strategies that work for you.

<https://hopeandcope.ca/en/>



APRIL 25TH:

RELATIONSHIPS- FRIENDSHIPS

Register for YACC Web Chats

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



UPCOMING EVENTS



GILDA'S CLUB GREATER TORONTO

An Affiliate of the
CANCER SUPPORT COMMUNITY

A SUPPORT GROUP FOR PEOPLE IN THEIR 20S & 30S LIVING WITH OR SURVIVING A CANCER DIAGNOSIS.



**GILDA'S CLUB
GREATER TORONTO**
An Affiliate of the
CANCER SUPPORT COMMUNITY

FOR INDIVIDUALS RECENTLY DIAGNOSED TO 5 YEARS OUT OF TREATMENT.

20s & 30s CANCER SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
TUESDAY'S
APRIL 5 TO MAY 24
7:00 P.M. TO 8:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - www.gildasclubtoronto.org/become-a-member

A SUPPORT GROUP FOR PARENTS/CAREGIVERS WHO ARE CONCERNED ABOUT THE IMPACT THAT THEIR CANCER DIAGNOSIS AND TREATMENT MAY HAVE ON THEIR CHILD(REN).



**GILDA'S CLUB
GREATER TORONTO**
An Affiliate of the
CANCER SUPPORT COMMUNITY

FOR PARENTS/CAREGIVERS LIVING WITH A CANCER DIAGNOSIS AND THEIR PARTNERS, WHO HAVE CHILD(REN) UNDER 17 YEARS OF AGE.

PARENT & CAREGIVER SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
THURSDAY'S
APRIL 7 TO MAY 26
8:00 P.M. TO 9:00 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - www.gildasclubtoronto.org/become-a-member

A SUPPORT GROUP FOR CHILDREN AGES 4-12 YEARS WHO ARE SUPPORTING AN IMMEDIATE FAMILY MEMBER LIVING WITH CANCER.



**GILDA'S CLUB
GREATER TORONTO**
An Affiliate of the
CANCER SUPPORT COMMUNITY

KID'S TALK OUT SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
TUESDAY'S
APRIL 5 TO MAY 24
4:30 P.M. TO 5:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - www.gildasclubtoronto.org/become-a-member

Gilda's Club is a cancer support community where individuals impacted by cancer – adults, children and teens as well as their families & friends become part of a welcoming community of support. Our vast array of programs are designed to meet the emotional, social & practical needs of individuals with cancer related stress. Membership and all programs are offered at no charge