



Adolescent and
Young Adult Program

AYA NEWSLETTER

February 2022

NEXT AYA MEET UP

Date/ Time:

Thursday, February 24th
from 6:00 pm to 7:30 pm.

Monthly Meetups:

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

To Signup:

Please email aya@uhn.ca
for registration and to
receive the meeting link

Important note:

(MS Teams link will be sent a
few days before the meetup)

Also Note-

If you do not receive a link,
then please email us at
aya@uhn.ca

LET'S STAY CONNECTED!

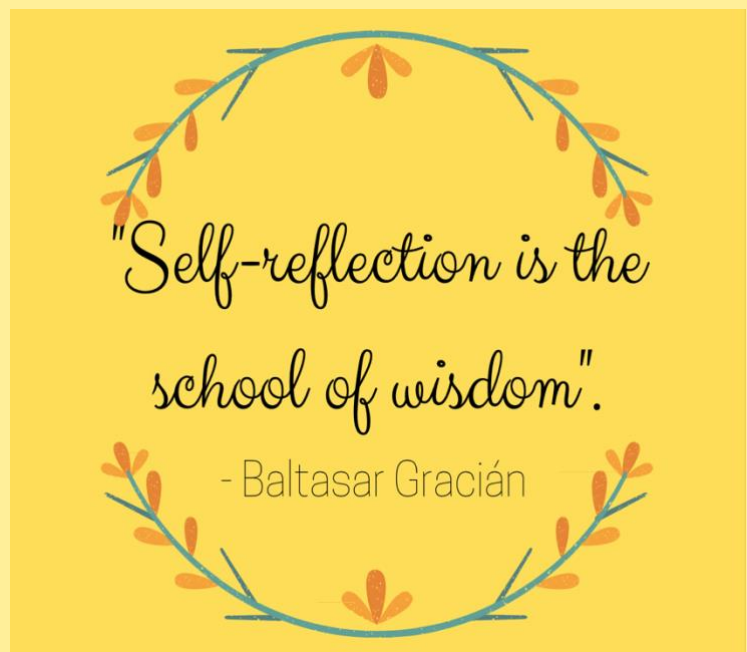
Follow us on our social
media platforms:

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



We also post any
upcoming events on our
social media accounts.
Follow us to stay updated!

This month's theme is Self-Reflection



*“Self-reflection is a powerful tool
for building self-awareness.
Through acknowledging our
achievements, appreciating our
strengths, and surroundings, we
can unveil the beauty in everyday
life and express gratitude to
ourselves and those around us.”*

– PM AYA TEAM



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UPCOMING EVENTS



FREE POP-UP GROUP WRITING WORKSHOP

For Canadians diagnosed under 50 who want to learn to
write their unique breast cancer story

Tuesday, February 22 at 4:30 - 6PM ET



To reserve your spot:
wildfirecommunity.org/workshops

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WILDFIRE is a magazine and writing community helping young breast cancer survivors and fighters find meaning and a sense of belonging in their experience of cancer. Our belief is that stories – yours & others – provide the fabric for a much-needed age-specific community and support network.

Join your Canadian WILDFIRE community to learn how to start writing with other women who understand you and find out what your unique story is. Together we'll write away some of our stress – and find some healing in the long run by using writing as a tool to find meaning. You'll make new friends and fill a notebook along the way. No writing experience is necessary to participate.

*We post newsletters every month
with corresponding resources*



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UPCOMING EVENTS



CACTUS
CANCER SOCIETY

formerly Lacuna Loft

Unspoken Ink: Creative Writing

Our online, Unspoken Ink: Creative Writing Workshop is designed to take you on a journey through your cancer diagnosis and into your survivorship with a small group of your young adult cancer patient/survivor peers. Each 8-week Writing Workshop consists of a weekly writing night attended via online video chat. We will get to know one another in an intimate, 18-person setting and address issues that transport us from initial diagnosis into the new normal and survivorship.

Where: Online video chat. We'll send you more information about joining after you register. Please have a microphone headset and a webcam.

Who: Young adult cancer patients/survivors and young adult cancer caregivers.

Cactus Cancer Society (formerly Lacuna Loft) considers anyone diagnosed with cancer, at any stage of the experience, to be a survivor!

TO REGISTER VISIT LINK:

CACTUS CANCER SOCIETY

<https://cactuscancer.org/programs/unspoken-ink-creative-writing-workshop/>

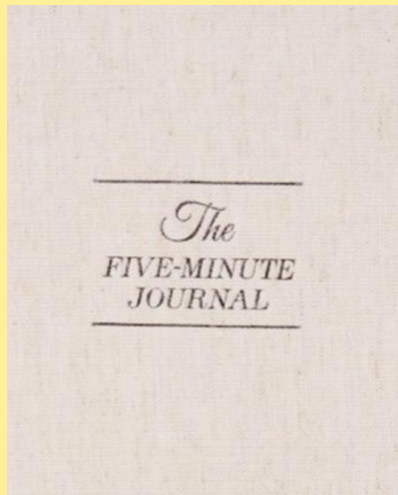


AYA RECOMMENDATION

The 5 Minute-Journal

What better way to self-reflect than to write!

“The Five-Minute Journal has been created by combining the proven elements of positive psychology that can make all of the difference in your life. From daily affirmations, to list-prompts that encourage you to reflect and evaluate, this five-minute pastime is an inspiring way to start and end your day.”



Link to the journal:

Indigo Journal

https://www.chapters.indigo.ca/en-ca/paper/the-five-minute-journal/9780991846207-item.html?gclid=EAIAIQobChMIvfLovbTL9QIVCxXUAR24JgYxEAQYASABEgJQTfD_BwE&s_campaign=goo-Shopping_Smart_GM