



Adolescent and  
Young Adult Program

# AYA NEWSLETTER

March 2022

## **Monthly Meetups:**

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

## **NEXT AYA MEET UP**

### **Date/ Time:**

Thursday, March 31<sup>st</sup> from  
6:00 pm to 7:30 pm.

### **To Signup:**

Please email [aya@uhn.ca](mailto: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](mailto: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!

Theme of the month:  
**Body Image**



*“And I said to my body softly,  
‘I want to be your friend’. It  
took a long breath and  
replied, ‘I have been waiting  
my whole life for this.’”*

*– Nayyirah Waheed*



## UPCOMING EVENTS

# A Conversation: From diagnosis to survivorship

Tools to help you navigate cancer

Join Pink Pearl Canada on March 31st as Marlie Smith leads the conversation and answers your questions on how to navigate cancer from diagnosis to survivorship. Through her personalized, supportive care lens as a Clinical Nurse Specialist with the Adolescent & Young Adult program at the Princess Margaret Cancer Centre, she'll discuss a variety of topics to support you through this experience.

March 31st at 4:30 p.m. EST  
via Zoom

Register by March 20th by emailing us at [programs@pinkpearlcanada.org](mailto:programs@pinkpearlcanada.org). This program is open to all, and specifically designed for self-identifying young women facing any type of cancer.



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## 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.

FOR INDIVIDUALS RECENTLY  
DIAGNOSED TO 5 YEARS OUT OF  
TREATMENT.



**GILDA'S CLUB  
GREATER TORONTO**  
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CANCER SUPPORT COMMUNITY

# **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](http://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).

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



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GREATER TORONTO**  
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CANCER SUPPORT COMMUNITY

# **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

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## UPCOMING EVENTS

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



**GILDA'S CLUB**  
**GREATER TORONTO**

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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

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