



AYA Newsletter



Did you know...
November is
Lung Cancer
Awareness Month



SPECIAL READ



Lung Cancer Patient Stories

Lung cancer patients come in all forms. Hear the stories of people who are navigating life after having received a lung cancer diagnosis.

The stories below come from people whose lives have been touched by lung cancer. In addition to providing unique insight on what it's like to battle and live with the disease, each story also provides reasons to be hopeful about the future of lung cancer research.

<https://www.lungcancerresearchfoundation.org/for-patients/patient-stories/>



NEW AYA TEAM MEMBERS



Dr. Aliza Panjwani

Dr. Aliza Panjwani is a clinical and health psychologist in the Department of Supportive Care (DSC) at the Princess Margaret Cancer Centre, registered with College of Psychologists of Ontario. She completed her PhD at The Graduate Center, City University of New York in Health Psychology & Clinical Science and her predoctoral residency in Behavioural Medicine at the Ohio State Wexner Medical Center in the Department of Psychiatry and Behavioural Health. Prior to coming onboard as staff, Dr. Panjwani completed a postdoctoral fellowship in the DSC, where she was involved in the provision of clinical care to patients and caregivers and several research projects.

Broadly, her research interests include examining intrapersonal and interpersonal processes that affect psychological (e.g., anxiety, depression) and behavioral (e.g., sleep, decision-making) health outcomes among individuals living with cancer and their informal caregivers. In her new role, Dr. Panjwani will be providing clinical support and developing psychosocial programming in the adolescent & young adult and early endometrial programs as well as conducting research in MAiD education and psychosocial oncology.

Outside of work, Dr. Panjwani loves to travel the world with her husband, thinks that there is no good reason for tacos to be limited to Tuesdays, and believes that guilty pleasures can often just be pleasures minus the guilt.

NEW AYA TEAM MEMBERS



Emily Barca

Emily Barca has been a social worker at the Princess Margaret Cancer Centre since 2018. She works primarily with patients who have gastrointestinal cancers and patients receiving CAR T-cell Therapy. She has also been training in CALM psychotherapy, a modality specifically designed for people with advanced or metastatic cancer, as well as participating in a clinical trial for an online version of CALM.

Previously, Emily worked at Toronto General Hospital's Multi-Organ Transplant Program and in the Emergency Department. Outside of her hospital experience, Emily has been employed in the housing sector, including supportive housing and shelters. She is honoured to join the AYA Committee, having had the privilege of working with a number of AYA patients and recognizing the unique challenges that can come with a cancer diagnosis at a young age. She hopes that she can contribute further to supporting the AYA population at Princess Margaret.

Emily's favourite things include her cat, Jorgito, and spending time with friends and family. She grew up on the West Coast but is now happy to call Toronto home (except during Cherry Blossom season when she misses Vancouver)

AYA/ELLISCR COOKING CLASS

December 1st 2022



Welcome AYA Community!
You can join us for our very first cooking class which will be hosted by ELLICSR UHN who will be teaching everyone how to create budget-friendly healthy meals you can make at home!



JOIN US

A) In Person Cooking Class

- Max 10 Individuals on First Come First Serve Basis

-Must Provide a \$5 Security Deposit that will be returned upon arrival of class

B) Online Virtual Cooking Class

Must email aya@uhn.ca confirming which option you would like to choose!



A Y A
Y O G A

VIRTUAL SESSIONS

NOVEMBER 17TH
6-6:30PM



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca



UPCOMING EVENTS

CLASSES FOR CONFIDENCE

BRAVE BEAUTY

Pink Pearl Canada, in partnership with Sephora, invite you to attend a Brave Beauty Class! These classes are designed to address the visible effects of cancer treatments. Since looking and feeling your best helps you live more confidently, Sephora developed these classes to help inspire fearlessness. These classes will focus on the basics covering skincare, complexion and a how to achieve a specific look.

JOIN US:

Montreal: Carrefour Angrignon – November 8th, 6:30pm–9pm EST

Vancouver: Robson – November 13th, 8am–10:30am PST

Calgary: The Core – November 13th, 9am–11:30am MST

Toronto: Bloor – November 13th, 8am–10:30am EST

Toronto: Sherway Gardens – November 13th, 8am–10:30am EST

Virtual: Class 1 – November 15th, 5pm–6:30pm ET

Virtual: Class 2 – November 16th, 5pm–6pm ET

Register Today: bit.ly/pp-sephora22

Classes are open to self-identifying young women facing any type of cancer across Canada who are over 18 years of age. Please register by November 1, and note, space is limited.

Questions? Please email us at programs@pinkpearlcanada.org.

<https://pinkpearlcanada.org/sephora/>

UPCOMING EVENTS



ovariancancercanada



The Ovarian Cancer Support Group will be available starting:

November 10, 2022



Ovarian Cancer Canada
Cancer de l'ovaire Canada



This six-week program meets once a week under a healthcare professional's leadership to focus on relevant issues such as coping with change, relationships, managing fear or recurrence and communicating with your healthcare team. This closed group is a safe place to share your emotional, social and practical concerns and hear from others facing similar challenges.

Registration Link: <https://wellspring.ca/online-programs/programs/all-programs/ovarian-cancer-support-group-2/>

UPCOMING EVENTS



FREE POP-UP GROUP WRITING WORKSHOP



Staying Grounded During the Holidays

Tuesday, November 15
at 4:30 – 6:00 PM EST

To reserve your spot:
wildfirecommunity.org/workshops



WILDFIRE is a magazine and writing community helping young breast cancer survivors and thrivers 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.

If you were diagnosed young with breast cancer, join WILDFIRE's November Pop-Up Writing Workshop and learn how to use writing as a way to stay grounded during the Holidays and write with others who understand you. 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.

UPCOMING EVENTS



GILDA'S CLUB **GREATER TORONTO**

An Affiliate of the
CANCER SUPPORT COMMUNITY



Support Group

Post-Treatment Post-Treatment

A support group for members who have completed treatment, and are looking for new skills, and strategies for re-integrating into a new sense of normal.



Support Group

Living with Cancer Living with Cancer

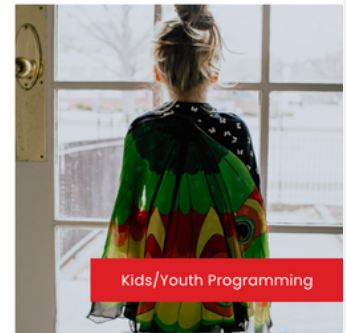
A support group for individuals living with cancer.



Support Group

20s & 30s Support Group 20s & 30s Support Group

A support group for individuals 18 to 39 who are living with or after a cancer diagnosis.



Kids/Youth Programming

Kids Grieve Too Kids Grieve Too

Kids Grieve Too is for children who have a loved one that has died of cancer.

Gilda's club is offering various programs over the month of October. All you need to do is use the link below to sign up for the session you are interested in attending virtually!

<https://www.gildasclubtoronto.org/programs>

Next aya Meet-Up

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

NOVEMBER 24TH 2022 AT 6 PM

Want To
Register?



aya@uhn.ca

Check Out Our
Social Media Pages



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



[@ayaprogram](https://twitter.com/ayaprogram)



[ayaprogram](https://www.facebook.com/ayaprogram)

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

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