



# AYA Newsletter



Did you know...

**October is  
Breast Cancer  
Awareness Month**



## SPECIAL LISTEN



This Breast Cancer Awareness Month, join us as we RISE to ensure every woman has access to the screenings she needs and the support she deserves. When we RISE, we rally around everyone at every stage, whether they're just leaning about breast health, have been recently diagnosed and are undergoing treatment, or have many years of survivorship behind them. When we RISE, we Rally in Screening, Serving, and Supporting Everyone. Together, we RISE:  
<http://nbcf.org/october>



# OCTOBER AYA EVENT



**Families are  
welcome to join**

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**HOT CHOCOLATE • WALK • MEET-UP**

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**SUNDAY, 23 OF OCTOBER**



**MEET AT COSETTE COFFEE AT 11AM  
1715 BLOOR ST W, TORONTO, ON M6P 1B2**

**Email [aya@uhn.ca](mailto:aya@uhn.ca) if you are interested in joining!**

**All attendees will be screened for COVID-19 symptoms upon arrival to ensure the safety of all participants.**

# UPCOMING EVENTS



## A Y A Y O G A

**VIRTUAL SESSIONS**

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**OCTOBER 14TH  
6PM**

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**ENJOY YOGA IN THE COMFORT OF YOUR HOME**

**INTERESTED? EMAIL US AT**

**[aya@uhn.ca](mailto:aya@uhn.ca)**



# RESEARCH OPPORTUNITIES

UCL



## WE WANT TO HEAR FROM YOUNG ADULTS WHO HAVE HAD CANCER



We are developing resources to help young adults who have had cancer with their body image



***We are looking for young adults (18-39 years) who have had cancer to participate in an interview or focus group***

Participants will be offered an online voucher for [£25/\$40 (Canada)/\$30 (US)/\$45 (NZ)/\$45 (AUS)] as a thank you for your time

***For more information and to sign-up click [here](#) or use the QR code***



***Any questions?*** Dr Abigail Fisher (Principal Investigator), [abigail.fisher@ucl.ac.uk](mailto:abigail.fisher@ucl.ac.uk), 02076791722. Caroline Buck (Researcher), [caroline.buck.19@ucl.ac.uk](mailto:caroline.buck.19@ucl.ac.uk), 020 3108 4361, Department of Behavioural Science and Health, UCL



✓ This research has been approved by the UCL Research Ethics Committee (Approval ID Number: 1316/005)

# UPCOMING EVENTS



## BRA & DAY

BREAST RECONSTRUCTION AWARENESS

Closing the loop on breast cancer

THE PETER GILGAN  
CENTRE  
FOR WOMEN'S  
CANCERS



Canadian  
Cancer  
Society

WCH  
Lancet

**EDUCATE. EMPOWER. CONNECT.**  
Virtual Event | Oct. 19 | #BRADay



Canadian Society of  
Plastic Surgeons

Société Canadienne des  
Chirurgiens Plasticiens

Allergan  
Aesthetics  
an AbbVie company

**MENTOR**

PART OF THE **JOHNSON & JOHNSON** FAMILY OF COMPANIES

On Wednesday, October 19, 2022, The Peter Gilgan Centre for Women's Cancers are hosting this free three-hour event for women considering breast reconstruction.

BRA Day is intended to EDUCATE women on their breast reconstruction options (including flat closure), provide an opportunity to see possible outcomes of breast reconstruction surgery, EMPOWER women to make the choice that's right for them and CONNECT women with others who have been through it.

The virtual event is open to women and men across the country and will include presentations from leading Canadian breast reconstruction experts, stories from patients sharing their breast reconstruction journey, resources and a virtual Show and Tell Lounge, offering a unique opportunity to see real results of breast reconstruction. Breast reconstruction is covered by most health insurance plans in Canada.

**Registration: <https://www.eventbrite.ca/e/bra-day-2022-registration-392869803157>**

# 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>**



# 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](https://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](mailto:programs@pinkpearlcanada.org).

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