




# AYA Newsletter



*Hello April.*

May this month bring you days of happiness, love, success, positivity and progress. I hope it's filled with endless opportunities.

# APRIL 2023

WEDNESDAY

12

**AYA  
COOKING CLASS**



THURSDAY

13

**AYA  
ART THERAPY**



THURSDAY

20

**AYA MONTHLY  
MEET-UP**



THURSDAY

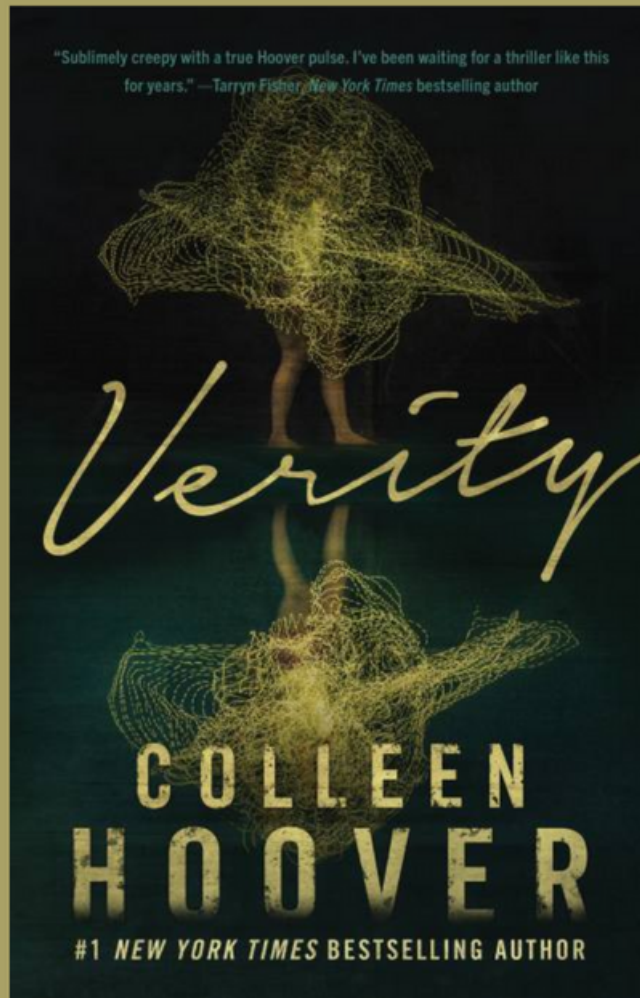
27

**AYA VIRTUAL  
YOGA**



# AYA Book Club Read MAY

*Verity* By Colleen Hoover



**insane twists**

**mystery-thriller**

**page-turner**

**Book Club Save The Date: May 11th 6–7pm**



**A Y A**  
**Y O G A**

**VIRTUAL SESSIONS**

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**Thursday**  
**April 27th 2023**  
**12:30pm-1pm**

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

**INTERESTED? EMAIL US AT**

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

## FREE POP-UP GROUP WRITING WORKSHOP



### Body Themed Prompts

Saturday, April 15  
at 10AM PST / 1PM EST

To reserve your spot:  
[wildfirecommunity.org/workshops](http://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.

We are bringing body-themed writing prompts to our April \*free\* Pop-Up Writing Workshop. Think all things breast surgery, of course, but also the other body-related issues that a breast cancer diagnosis brings. From hair to body image issues, to the physical symptoms of early menopause to weight gain. To finding an identity within yourself only uncovered by chest surgery.

Do you have a story to tell about your body and the changing landscape wrought by breast cancer? Find your stories and meet others on the same path.

# Share your experience. Become a Peer Navigator.

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Are you a young lymphoma, sarcoma, breast or testicular cancer survivor?

We are looking for 18-44 year old cancer survivors to join a study on peer navigation and help other young Canadians navigate their cancer journey.



CONTACT [BOJANA.PETROVIC@UHN.CA](mailto:BOJANA.PETROVIC@UHN.CA) FOR MORE  
INFO AND TO APPLY.

Scan the QR code below to email.



# Want to be a **Queer cancer change-maker?**

**We are looking for 2SLGBTQIA+ patients and caregivers at the Princess Margaret to provide feedback which will shape our Sexual and Gender Diversity in Cancer Program (SGDc).**

We would like to discuss some questions about your thoughts, experiences, and preferences in receiving care at the Princess Margaret. We want to hear from 2SLGBTQIA+ patients and caregivers, to better understand what the best support and services would be.

## **What is involved:**

- Participate in a one hour discussion
- Complete a 15 minute electronic survey

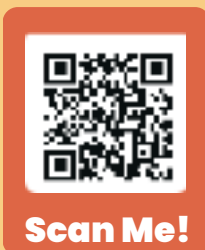


**Your valuable input will have an impact on changing cancer care**

**If you are interested,  
please contact us for  
more information at:**

Phone: (416)-946-4501

Email: x4728 SGDc@uhn.ca



\$10 Tim Hortons Gift Card provided to all who participate

All participants will be entered into a draw for a \$100 Amazon gift card



Check us out on twitter and  
instagram @PMChosenFamily



**@PMChosenFamily**  
Sexual and Gender Diversity in Cancer Care

# YACC



# April 2023

**Monday - April 3**  
Starting at 8pm ET or 5pm PT  
**Family Dynamics**  
with Cenny

**Wednesday - April 5**  
Starting at 8pm ET or 5pm PT  
**Holidays with/after Cancer**  
with Jason

**Tuesday - April 11**  
Starting at 8pm ET or 5pm PT  
Advanced & Metastatic  
**Mind & Body**  
with Kat  
For community members with advanced or metastatic cancer.



**Wednesday - April 12**  
Starting at 8pm ET or 5pm PT  
**Climate Anxiety & Action**  
with Kat

**Thursday - April 13**  
Starting at 8pm ET or 5pm PT  
2SLGBTQIA+:  
**Joy**  
with Jill  
For community members identifying as 2SLGBTQIA+.



**Monday - April 17**  
Starting at 8pm ET or 5pm PT  
**Self-Compassion**  
with Janean

**Wednesday - April 19**  
Starting at 8pm ET or 5pm PT  
**Myths & Misconceptions**  
with Jason

**Monday - April 24**  
Starting at 8pm ET or 5pm PT  
**Imposter Syndrome**  
with Greet

**Wednesday - April 26**  
Starting at 8pm ET or 5pm PT  
**Connecting to Our Bodies**  
with Greet



YACC Chats registration opens at the beginning of the month.  
Registration form: <https://www.youngadultcancer.ca/program/yacc-web-chats/>

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**STUPID CANCER**



**April 16 - 30, 2023**

CancerCon is THE gathering for the adolescent and young adult cancer community. Each year, we bring together hundreds of patients, survivors, advocates and health professionals to learn, share, and build community.

**<https://stupidcancer.org/cancercon/>**

# Next AYA Meet-Up

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

**April 20th @6pm**

Want To  
Register?



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