



AYA Newsletter



NEW AYA TEAM MEMBER



Welcome Sharon D'Souza!

The AYA Team would like to share that we have a **School/Work Transition Counsellor** who will be available to help run engaging workshops in topics including resumes, cover letters, job search strategies, confidence building, and interview techniques. If you are interested please email aya@uhn.ca to get on the list!



AYA
WINTER
Skate Night



ice skating | hot chocolate | music

january 25th 2023 at 5pm



nathan phillips square

**bring your own skates if you have, rental skates
will be provided by us but on a first come first
serve basis!**

email aya@uhn.ca to add your name to the list!



A Y A
Y O G A

VIRTUAL SESSIONS

Thursday
January 19 2023
Time: 6-6:30 pm



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca



UPCOMING EVENTS



yacc CHATS

January 2023

Monday - Jan. 9 Starting at 8pm ET or 5pm PT Humour	Wednesday - Jan. 11 Starting at 8pm ET or 5pm PT Resilience	Tuesday - Jan. 17 Starting at 8pm ET or 5pm PT 2SLGBTQIA+: Confronting Unknowns For community members identifying as 2SLGBTQIA+
Monday - Jan. 16 Starting at 8pm ET or 5pm PT New Year, Old You	Wednesday - Jan. 18 Starting at 8pm ET or 5pm PT Cancer & Metaphor	Tuesday - Jan. 24 Starting at 8pm ET or 5pm PT Advanced & Metastatic What's Quality of Life to Me? For community members with advanced or metastatic cancer.
Monday - Jan. 23 Starting at 8pm ET or 5pm PT Weathering Winter	Wednesday - Jan. 25 Starting at 8pm ET or 5pm PT Gender	yacc SURVIVOR CONFERENCE GAME ON! HAPPENING VIRTUALLY SAT, FEB 4 TO FRI, FEB 10! REGISTER AT WWW.YOUNGADULTCANCER.CA/SURVIVOR-CONFERENCE/
Monday - Jan. 30 Starting at 8pm ET or 5pm PT The Art of Recovery		

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

YACC Web: Chats provide a way for young adults affected by cancer to connect in an easy, safe, and supportive environment. These chats are peer-led themed virtual conversations offered over Zoom by a team of YACC leaders.

<https://www.youngadulthoodcancer.ca/program/yacc-web-chats/>

MARK YOUR CALENDARS!

2023 UPCOMING EVENTS



Visit our calendar for dates and times.

JANUARY

- Gen Z Digital Meetup
- Caregivers Digital Meetup

MARCH

- Caregivers Digital Meetup
- Storytelling Open Mic

FEBRUARY

- Discussion Series:
Mental Health After Treatment
- Pediatric Survivors Digital Meetup

APRIL

- AYA Awareness Week
- Caregivers Digital Meetup
- Digital CancerCon

stupidcancer®



Head over to our calendar to register for upcoming digital meetups. Keep an eye out for more announcements as we keep planning for the year.

<https://stupidcancer.org/>

Next AYA Meet-Up

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

January 26th @6pm

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