



# Adolescent and Young Adult Program

## AYA Newsletter



## AYA Movie Night Picks

Email [aya@uhn.ca](mailto:aya@uhn.ca) to  
recommend some  
movies we can  
watch for our AYA  
Family Halloween  
Movie on October  
25th!



# OCTOBER 2023

TUESDAY 10

AYA VIRTUAL MEET-UP



THURSDAY 12

AYA ART THERAPY



WEDNESDAY 18

AYA BOOK CLUB



THURSDAY 19

AYA CHOCOLATE MAKING CLASS



WEDNESDAY 25

AYA FAMILY HALLOWEEN MOVIE



THURSDAY 26

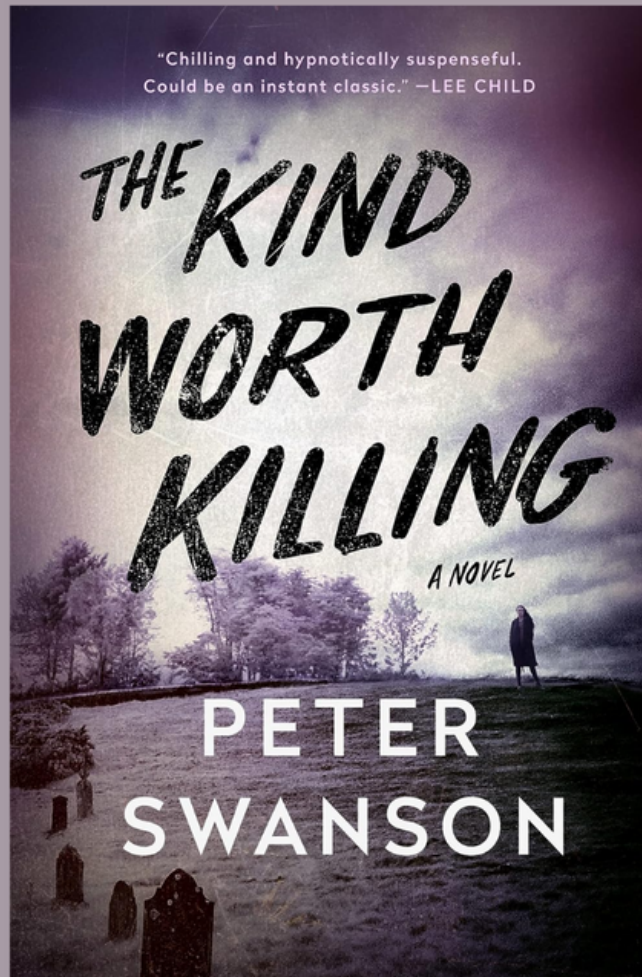
AYA VIRTUAL MEET-UP



# AYA BOOK CLUB READ

# October

## THE KIND WORTH KILLING BY PETER SWANSON



**PAGE-TURNER**

**DEVILISHLY  
TWISTY PLOT**

**CHILLING AND HYPNOTICALLY SUSPENSEFUL**

**BOOK CLUB SAVE THE DATE: OCTOBER 18TH 6-7PM**



**AYA Program Presents....**

# HALLOWEEN **costume contest**

**Send us your best Halloween costume, for a chance to win a gift card!**

## **INSTRUCTIONS**

**SEND US A PICTURE OF YOURSELF IN YOUR BEST HALLOWEEN COSTUME TO [AYA@UHN.CA](mailto:AYA@UHN.CA)**

**DEADLINE TO SUBMIT OCTOBER 30TH**



Adolescent and  
Young Adult Program

# VIRTUAL MEET-UP



OCTOBER 10TH - 6-7:30 PM

OCTOBER 26TH - 6-7:30 PM

**SURVEY  
IS LIVE!**

## Help set the priorities for Adolescent and Young Adult (AYA) cancer research in Canada

What research do you want to be done on  
AYA cancer?



**Start the online survey now: [tinyurl.com/AYACancerSurvey](https://tinyurl.com/AYACancerSurvey)**

[www.AYACancerPSP.ca](https://www.AYACancerPSP.ca)



**#AYACancerPSP**

The PYNK program at Sunnybrook  
presents:

# Passion for Pynk

Four talks about Sexual Health,  
Intimacy and Breast Cancer

## **Dr. Michelle Jacobson**

MD, MHSc, FRCSC, OBGyn and Menopause Specialist

## **Chana Ross**

Pelvic Health Physiotherapist and Clinic Director, Vital Physiotherapy

## **Dr. Kimberly Cullen**

Clinical Psychologist specializing in supporting couples impacted by illness

## **Lisa and Chason**

Worker/Owners, Come as You Are

For patients and health care providers

**Wednesday, October 25 2023**

Doors open: 6pm Program starts: 6:30pm

**Wellspring Westerkirk House at Sunnybrook**  
**105 Wellness Way**  
**and on Zoom**



Register at: <http://bit.ly/2023-passion-for-pynk>

for more information, email  
[sandy.vuong@sunnybrook.ca](mailto:sandy.vuong@sunnybrook.ca)

THE PYNK PROGRAM AT SUNNYBROOK  
PRESENTS:

# YOUNG AND METASTATIC

An online support group for young women  
with metastatic breast cancer

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**FACILITATED BY:**

**SANDY VUONG, CCPA, PYNK PHYSICIAN ASSISTANT**  
**BROOKE MACDONALD, MSW, RSW**

Don't go it alone.

Share experiences with other young women.

Ask questions to our experts.

Register at: <https://bit.ly/pynk-support-groups>



FOR MORE INFORMATION EMAIL  
[sandy.vuong@sunnybrook.ca](mailto:sandy.vuong@sunnybrook.ca)



**FREE!**

For young people living with cancer  
(undergoing treatments or in remission)

**ON  
THE  
TIP  
OF THE  
TOES**

September 23–26, 2023  
for 14–18 years old  
Presented by



October 12–15, 2023  
for 19–29 years old  
Presented by



# Getaway Expedition

4 days of voyageur Canoe on the Poisson Blanc Lake, Outaouais, QC



"For the first time in a long time, I was able to be physically active. I was also able to share my thoughts with others who truly understand me. Being out in nature allowed me to focus on connecting with others and not focussing on busy outside world."

Katharine B., participant to the Getaway Expedition 2017

"I was able to connect with kids who went through the same thing I did, so we had a special bond like no other. We were able to understand each other unlike anybody else. The canoeing was great, it was the first time I ever canoed, so that was awesome. I felt pride when I was able to canoe the whole time and not get tired and not freak out that I was on the other side of the country alone 😊"

Andrei C., participant to the Getaway Expedition 2019

TO APPLY: [WWW.TIPOFTOES.COM](http://WWW.TIPOFTOES.COM) OR 1-8777-543-3048 / [INFO@TIPOFTOES.COM](mailto:INFO@TIPOFTOES.COM)



# 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

# 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.

