



AYA Newsletter

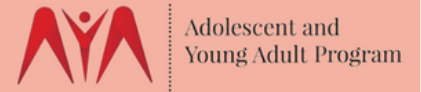


Oncology Nursing Day Award Recieipient



Jennifer Gatsburg, AYA CNS

CALENDAR



APRIL 2024

THURSDAY 4

AYA TABLING
EVENT



TUESDAY 9

AYA VIRTUAL
MEET-UP



WEDNESDAY 10

AYA BOOK CLUB



THURSDAY 11

AYA YOGA



SATURDAY 20

AYA AT THE
ROM



WEDNESDAY 24

FERTILITY
WEBINAR



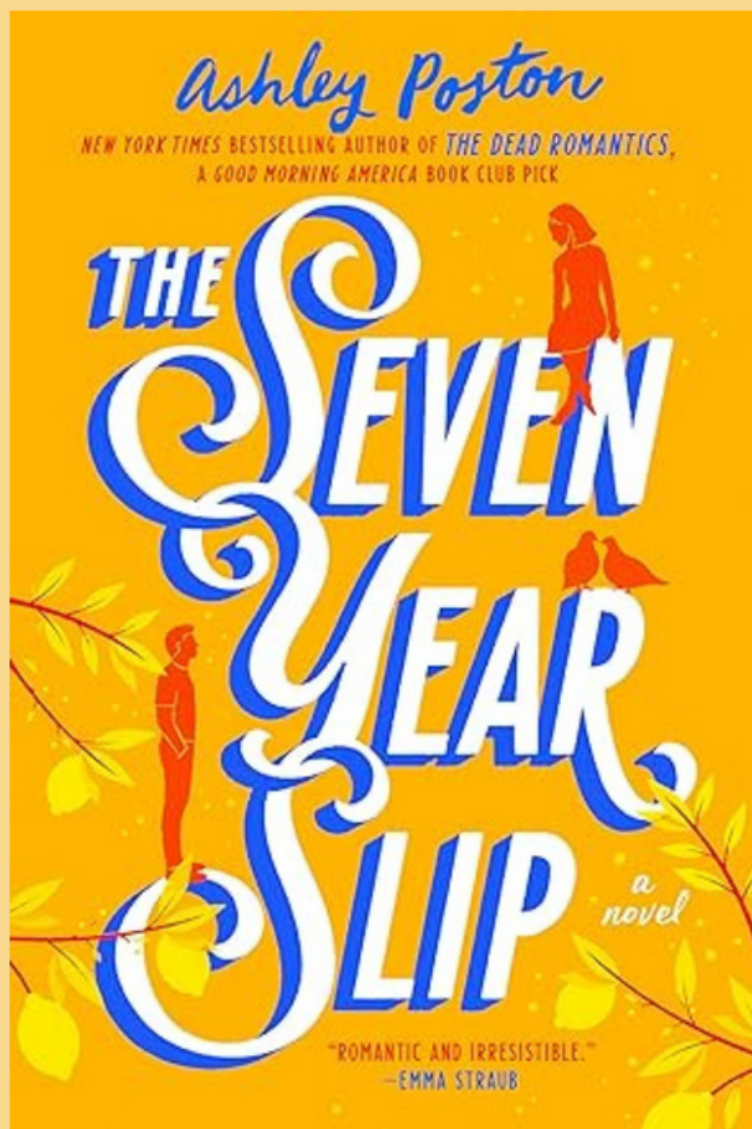
THURSDAY 25

AYA VIRTUAL
MEET-UP



AYA BOOK CLUB READ

April



GORGEOUS
LOVE STORY

IRRESISTABLE

MAGICAL

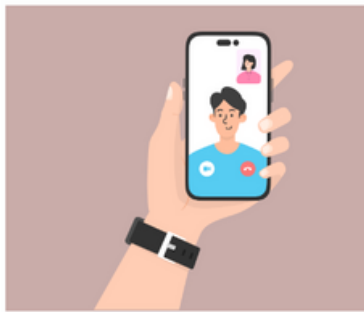
DATE: APRIL 10TH @ 6PM

Meet-Ups



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY APRIL 9 6-7:30PM
THURSDAY APRIL 25 6-7:30PM
VIRTUAL MS TEAMS

#Cancer & Fertility: Unfiltered

Hosted by Mount Sinai Fertility, Women's College Hospital, Princess Margaret Cancer Centre's Adolescent and Young Adult and Psychosocial Oncology programs

Information for New Diagnosis: Those with Testes



Date

January 31, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jennia Michaeli, MD
Mount Sinai Fertility
Leia Spencer, RN
Mount Sinai Urology

Information for New Diagnosis: Those with Ovaries



Date

February 28, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jennia Michaeli, MD
Mount Sinai Fertility
Nicola Farnell, NP
Mount Sinai Fertility

Menopause & Hormones



Date

March 27, 2024

Time

06:00pm - 07:30pm

With

Iliana Lega, MD
Womens College Hospital
Jennifer Catsburg, CNS
Princess Margaret Cancer Centre

Managing Uncertainty Around Fertility



Date

April 24, 2024

Time

06:00pm - 07:30pm

With

Aliza Panjwani, PhD CPsych
Princess Margaret Cancer Centre
Jennifer Catsburg, CNS
Princess Margaret Cancer Centre

How To Manage Grief/Anticipatory Grief around Fertility



Date

May 22, 2024

Time

06:00pm - 07:30pm

With

Aliza Panjwani, PhD CPsych
Princess Margaret Cancer Centre
Simone Kurup, MSW
Princess Margaret Cancer Centre
Sofi Canales-Albarran, MD
Princess Margaret Cancer Centre

Alternatives for Growing Your Family After Treatment



Date

June 26, 2024

Time

06:00pm - 07:30pm

With

Abha Gupta, MD
Princess Margaret Cancer Centre
Jodi Goldstein, MSW
Mount Sinai Fertility

MUST ENROLL TO RECEIVE PRIVATE LINK FOR THESE SESSIONS

EMAIL: aya@uhn.ca

AYA X HGR

Hair Gone Rogue

COMPLIMENTARY SERVICES



Scalp Massage



Head Shaving



Styling



Trimming



Scalp Care

2518 Yonge Street, 2nd Floor) from 10 am- 4pm

Please select a date & time that suits your schedule and input your name, phone # and selected service in an open slot. Please request access for the document and you will be granted access to fill out the form!

**May 6 2024
July 7 2024
August 25 2024**

Form To Register:

<https://docs.google.com/spreadsheets/d/1qOZEIVAyAwfRaVcmVm0if4ZF3nVamEOeRoczKONtb68/edit?usp=sharing>



LOCAL SOCIALS

MARCH 18TH ~ SNAKES AND LATTES AT 7PM
APRIL 9TH ~ SNAKES AND LATTES AT 7PM
MAY 8TH ~ WALK IN HIGH PARK AT 7PM

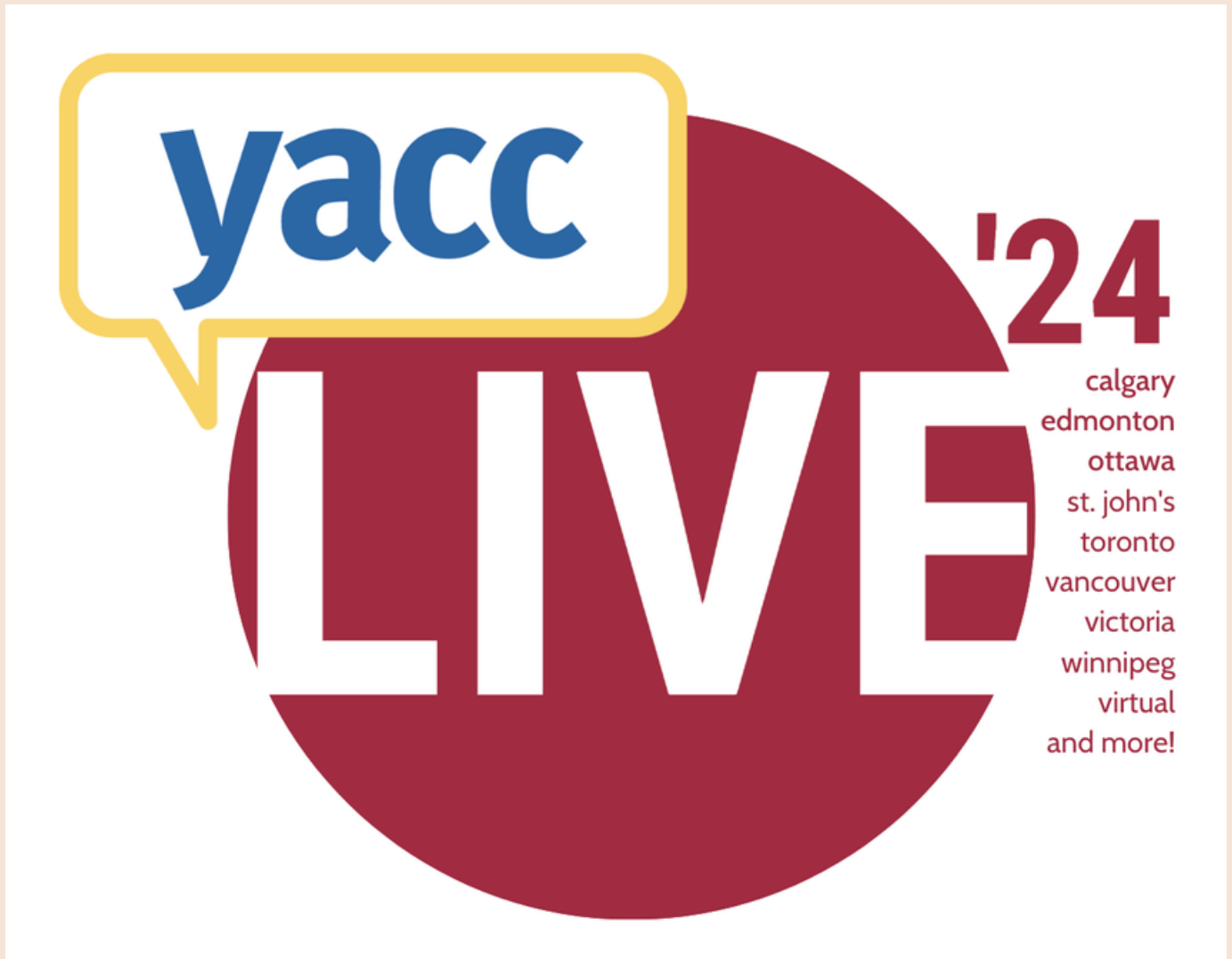
You're invited to attend our Local Socials in Toronto this Spring! Join us to connect with other incredible young women who understand the journey of facing cancer – they promise laughter, connection and forever friendships!

Here's what's coming up:

April 9th ~ Snakes and Lattes at 7pm

May 8th ~ Walk in High Park at 7pm

RSVP to community@pinkpearlcanada.org at least one week prior to the Local Social. This program is free to attend, and is open to self-identifying women facing any type of cancer between the ages 18-40+.



Young Adult Cancer Canada holds national events to bring people together whenever possible, and we are very excited to host YACC Live on April 13, 2024 at 6:30 p.m. ET! During this webcast, members of the YACC community will talk about what it means to recover from cancer while you engage from a meet-up near you, or from the comfort of your own home.

Registration:

https://docs.google.com/forms/u/0/d/1WYcNmRhuJJEUi4CqOls_FLEeKDjsqLB5ISuSGQmn6ls/viewform?edit_requested=true

The PYNK program at Sunnybrook
presents:

IN THE PYNK

**A Peer Support Group for
Women Diagnosed with Breast Cancer
Aged 40 and under**

MODERATORS:

Sandy Vuong, CCPA, PYNK Physician Assistant
Brooke MacDonald, MSW, RSW

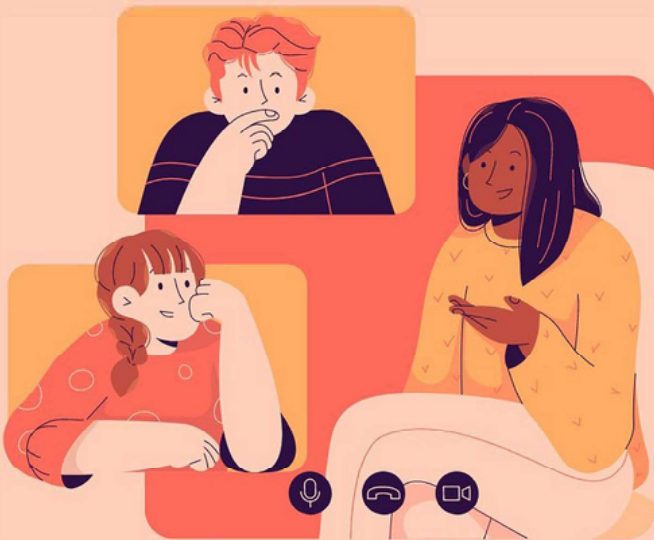
Monthly Peer support groups

Wellspring Westerkirk House at Sunnybrook
105 Wellness Way

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



For more information, email:
sandy.vuong@sunnybrook.ca



PYNK PROGRAM

Living Well with PYNK

Facilitated by Brooke Macdonald, Social Worker &
Sandy Vuong, Physician Assistant

An online support group for young women
living with metastatic breast cancer

Over a set of 6 sessions, we will present
information on relevant topics followed by
open peer discussion

6 sessions, biweekly

Starting on Friday Feb 9, 2024

12.00–1.00 PM

ZOOM



Minimum of 5 participants to run



JOIN US!

QUESTIONS? EMAIL
PYNKPROGRAM@SUNNYBROOK.CA

