



Adolescent and Young Adult Program

AYA Newsletter



Be My Valentine Mocktail



- **Lime wedge and sugar for rim**
- **1½ ounces coconut water**
- **1½ ounces strawberry puree**
- **¾ ounce freshly squeezed lime juice**
- **¼ ounce agave syrup**
- **Ice**
- **Strawberry for garnish**



CALENDAR



FEBRUARY 2024



THURSDAY 8

AYA YOGA



MONDAY 12

AYA VALENTINES
MOVIE NIGHT



TUESDAY 13

AYA VIRTUAL
MEET-UP



THURSDAY 15

AYA STUDY
SESSION



THURSDAY 15

ART THERAPY



WEDNESDAY 21

AYA BOOK CLUB



THURSDAY 22

AYA VIRTUAL
MEET-UP



WEDNESDAY 28

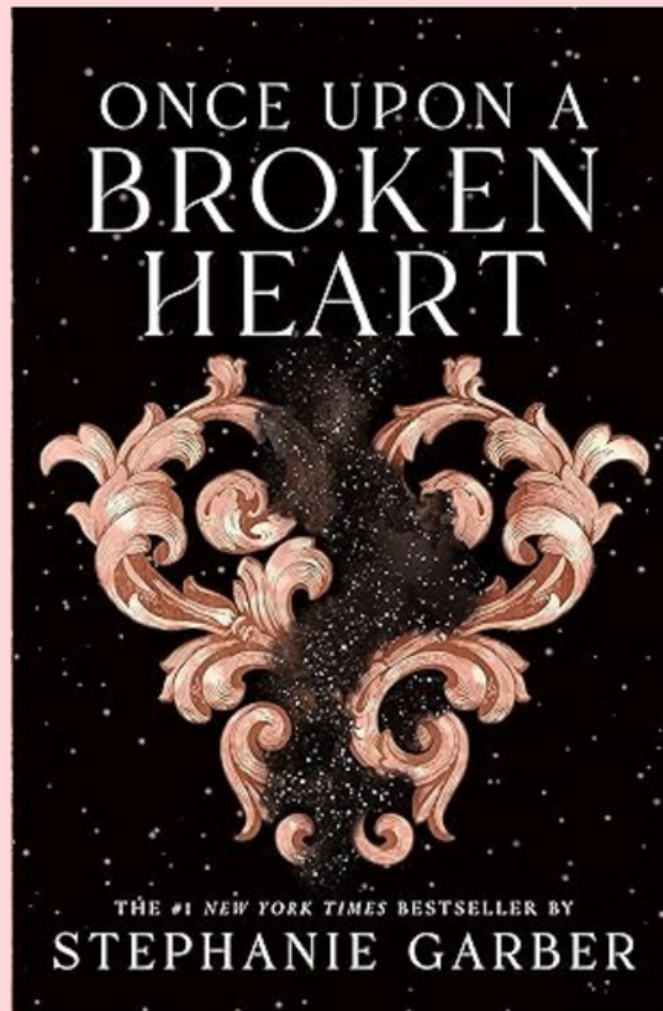
FERTILITY
WEBINAR



AYA BOOK CLUB READ

February

ONCE UPON A BROKEN HEART BY STEPHANIE GARBER



WHIMSICAL

MAGIC

VAMPIRES & FATES

BESTSELLER

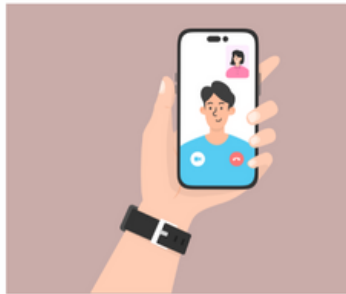
DATE: FEBRUARY 21ST @ 6PM

Meet-Ups



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY FEBRUARY 13 6-7:30PM
THURSDAY FEBRUARY 22ND 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

Art Therapy



Adolescent and
Young Adult Program

Art Therapy

February 15th 2024

Princess Margaret Hospital

18th Floor Gerry & Nancy Pencer Centre

See you there!

YACC



What: Peer-led conversations with people that get it!
When: 8:00 PM ET / 5:00 PM PT for 90 minutes
Where: Zoom! (You don't have to appear on camera if you don't want to)
Email Confirmations: On the chat day and roughly 1 hour before. Check your spam folders!
Registration: Online at www.youngadultcancer.ca

Winter 2024

FEBRUARY

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
February 5 Body Image with Janean		February 7 Isolation with Ainsley	
February 12 Communication with Kat & Logan		February 14 Frientimes Day with Cenny	February 15 🏳️‍🌈 2SLGBTQIA+ Chat! Romantic Relationships with Dani
February 19 Rest with Heather	February 20 Advanced & Metastatic Chat! Love & Hope with Jason & Kat	February 21 Motivation with Cenny	
February 26 Healthcare Systems with Jason & Logan	February 27 Post-Treatment Survivorship Chat! Grieving & Growing with Jill & Heather	February 28 Fertility & Family Planning with Ainsley	

PINK PEARL



We know how powerful it is to simply listen and chat with someone who GETS IT. That's why we're creating the space for our program participants to be a Peer Supporter with us! From hosting Local Socials to lending a listening ear, our Peer Supporters will be there for you.

[Interested in being a Peer Supporter? Connect with us today!](#)

Then, join our training to learn what peer support is and how it helps; setting effective boundaries; and how to share your own story. Sessions will focus on reviewing and discussing scenarios and engaging with role plays alongside your peers.

February 26, March 6, March 13th
from 7:00 – 9:00 p.m. EST
Virtual via Zoom

*Please note, you must attend all 3 sessions.

*This training is intended for self-identifying young women between the ages of 18-40 who have or are facing any type of cancer and would like to become a Peer Supporter with Pink Pearl Canada. You must attend/complete the training to be a peer supporter with us.

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

