

Need a break from cancer?

Try some of these
ideas for 2SLGBTQIA+
folks with cancer

Developed by the SDGc

Join a 2SLGBTQIA+ book club

Let yourself get lost in
some good queer reads
or audiobooks.

We recommend "Kimiko
Does Cancer."

Check the last page for
the link to join a queer
book club!

Create a Playlist of Your Favourite Pride Songs

Add your favourite
queer anthems to a
playlist.

Trade playlists with your
chosen family!

Enjoy some karaoke with
friends.

Get Crafty

Channel your inner artist.

Draw, doodle, paint, and
get some glitter out!

Create a photo collage.

Make some cards to
send notes to your
chosen family.

Try a New Hobby

Knit a rainbow scarf.

Learn how to introduce yourself in a new language!

Find a new recipe and cook yourself a new meal!

Read about queer history.

Youtube and Tik Tok are great resources!

Movie Night

Take a night off to binge your favourite queer films.

Check out queer comedians like Wanda Sykes, Fortune Feimster, Jes Tom or Brandon Ash-Mohammed.

Check the last page for a link to some of our favourite queer movies!

Create a Vision Board

We're halfway through the year! Create a vision board of your favourite moments so far and your inspirations.

Vision Board Prompts:

- Where do you find magic?
- What's at the end of your rainbow?
- How do you connect to your inner unicorn?

Home Spa Day

Nurture your inner diva
and soothe the senses...

Light a candle

Slip on your softest robe
or favourite PJs.

Treat yourself to a bubble
bath filled with lavender
and essential oils.

Do whatever it takes
to be kind, affirming
and gentle to yourself!



You deserve a
break from cancer!

Want more information?

SGDc Website:
linktr.ee/PMChosenFamily



@PMChosenFamily

Book Club:
<https://www.queerevents.ca/queer-book-club>

Queer Films:
<https://insideout.ca>