Let’s go on an adventure!

From March the 9th to the 16th, a group of 14 young Canadians in remission of cancer aged 19-29 will be offered the chance to take part in the Winter 2019 Grand Expedition in Gaspésie, Québec. Snowshoes on, they will be exploring this stunning mountainous region through a therapeutic adventure organized by the On the Tip of the Toes Foundation.

About the Winter 2019 Grand Expedition

Our departure will take place in Quebec City. We will hit the road together for a complete day of driving to get to Gaspésie National Park. The park is dominated by two important mountain massifs: the Chic-Chocs and the McGerrigle. More than 25 summits over 1,000 m shape the landscape. We will settle for three nights in the Mont Albert cabins. Walking full days, between 3 and 10 km daily, gaining between 100 and 550 m of elevation, with light backpacks. Then, we'll pack everything again and move to the nearby Chic-Chocs Wildlife Reserve. Following this, we will walk our equipment up and establish a tent basecamp which will be our home for the next three days, continuing our exploration of the area. The territory is occupied by numerous animal species, such as the woodland caribou. Our trip will end with a celebration in a cozy hostel nearby St-Lawrence River.

What exactly is a therapeutic adventure expedition?

We are not therapists and we do not do therapy. However, our expeditions are filled with meaningful exchanges and moments of reflection which have an undeniable therapeutic benefit. The concept behind our expeditions is very simple: we take an individual out of his or her comfort zone and encourage them to recreate for themselves a new comfort zone. The expansion of this zone and the necessary transcendence raises awareness of capabilities, strengths and skills that were previously underestimated, or even unknown. Our participants return to everyday life equipped with new energy, a new outlook and an undeniable sense of well-being. More then everything, they come back home with unforgettable memories of significant encounters with exceptional human beings.

Not sure if it’s for you?

“When I first discovered On the Tip of the Toes, I was nervous to go on a crazy expedition with a group of strangers. I took a leap, diving head-first into the unknown, and came out stronger than ever, finding new friendships that have lasted me to this day. I am survivor of Acute Lymphoblastic Leukemia (ALL) and although it did take me through some ups and downs in my fight, Tip of the Toes has to be one of the most rewarding and positive experiences any youth that has experienced cancer can take part in.” – Mariam A., participant in the Winter 2017 Grand Expedition, Charlevoix, Québec.

To learn more about the upcoming expedition or to apply: [http://bit.ly/2GBO1r0](http://bit.ly/2GBO1r0)

For specific questions, please feel free to contact us: 1-877-543-3048 / info@tipoftoes.com. 

Registration is open until January 27th, 2019.

The On the Tip of the Toes Foundation

For more than 20 years, the On the Tip of the Toes Foundation has been organizing free therapeutic adventure expeditions for young people affected by cancer all across the country. The aim is to help them regain their well-being by taking up the challenge of going on an adventure. The foundation offers programs lasting from 4 to 12 days to Canadians between 14- and 29-years old undergoing treatments or in remission of a cancer.

To find out more about the foundation: [www.tipoftoes.com](http://www.tipoftoes.com)
AYA PROGRAM UPDATES

JANUARY 24: AYA MEET-UP RESUMES

Our upcoming monthly AYA meet-ups will resume on Thurs, January 24 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca if they are planning to attend. Pizza will be provided.

COMMUNITY EVENTS & UPDATES

PINK PEARL FOUNDATION: LOCAL SOCIAL

Pink Pearl Foundation is hosting several Local Socials this new year! Join for good conversations, coffee and goodies as you get to know one another. Attend at one of these locations:
- **Toronto**: January 16 at Snakes & Lattes (RSVP by January 8)
- **Niagara**: January 23 at Honsberger Winery (RSVP by January 4)
- **Barrie**: February 6 at Panera Bread (RSVP by January 20)

YOUNG ADULT CANCER CANADA: BIG CANCER HOOK-UP

It’s BACK! YACC is hosting their Big Cancer Hook Up on January 26, 2019 at 6:30 PM EST. It will be hosted at Wellspring Downtown (4 Charles Street, 4th Floor). Please arrive by 6 PM if you are attending in person. Otherwise, register and watch from home!

What is it? It is an annual young adult cancer-focused talk show which is broadcasted across the country through Facebook. It features various “satellite cities” to watch the show together. The show features interviews with young adult cancer patients/survivors, health professionals and sometimes supporter. It has a mix of comedy, music and information. For more information and registration, visit: [http://bit.ly/2RPeFxP](http://bit.ly/2RPeFxP)

PINK PEARL FOUNDATION SCHOLARSHIP

Pink Pearl Foundation is giving away one $1,000 scholarship for college/university to a Canadian woman facing cancer. Application intake is open until March 5th, with the recipient being notified on March 20, 2019. For more information on eligibility and how to apply, visit [http://bit.ly/2w2h68E](http://bit.ly/2w2h68E)

SEEKING PARTICIPANTS FOR SURVEY ON PEER SUPPORT IN CANCER

Seeking participants for a study on peer support! Please complete our 25 minute survey here: [http://bit.do/Connect4Health](http://bit.do/Connect4Health)