

# AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

January 2019

## Let's go on an adventure!

From March the 9<sup>th</sup> to the 16<sup>th</sup>, 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 than 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.

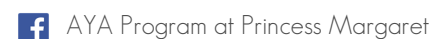
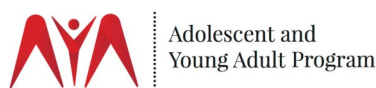
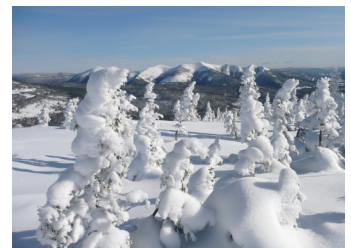
To learn more about the upcoming expedition or to apply: <http://bit.ly/2GBO1r0>

For specific questions, please feel free to contact us: 1-877-543-3048 / [info@tipoftoes.com](mailto:info@tipoftoes.com).  
**Registration is open until January 27<sup>th</sup>, 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@uhn.ca](mailto:aya@uhn.ca) // [ayaprincessmargaret.ca](http://ayaprincessmargaret.ca) // 416 946 4501 x 5579

# MONTHLY COMMUNITY UPDATES

## GILDA'S CLUB

24 Cecil St. Toronto, ON  
www.gildasclubtoronto.org  
416 214 9898



## 20s & 30s Support Group

January 10, 17, 24, 31  
6:30 — 8 PM

This is a group for people ages 18 to 39 who are living with cancer or after a cancer diagnosis, welcoming those newly diagnosed or up to 5 years post-treatment. Some topics include: fear of recurrence, relationships, sex & sexuality and more.

## WELLSPRING



4 Charles St E  
Toronto, ON  
www.wellspring.ca  
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdy>

# 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](mailto: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>



## SEEKING PARTICIPANTS FOR SURVEY ON PEER SUPPORT IN CANCER



Cancer can be isolating.

Support from peers who've been through it can help.

Help us learn how to improve access to peer support for **adolescents and young adults (AYA)** with cancer.

Complete our voluntary research survey if:

- You were diagnosed with cancer between 15 and 39 years of age
- You received cancer treatment within the last 10 years

There will be a draw to win 1 of 3 VISA gift cards worth **\$100!**



The security of social media is not guaranteed. Contact us about the study. Don't post if concerned about privacy.

Seeking participants for a study on peer support! Please complete our 25 minute survey here: <http://bit.do/Connect4Health>