

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

June-July 2019

SUMMER MUSIC MEET-UPS

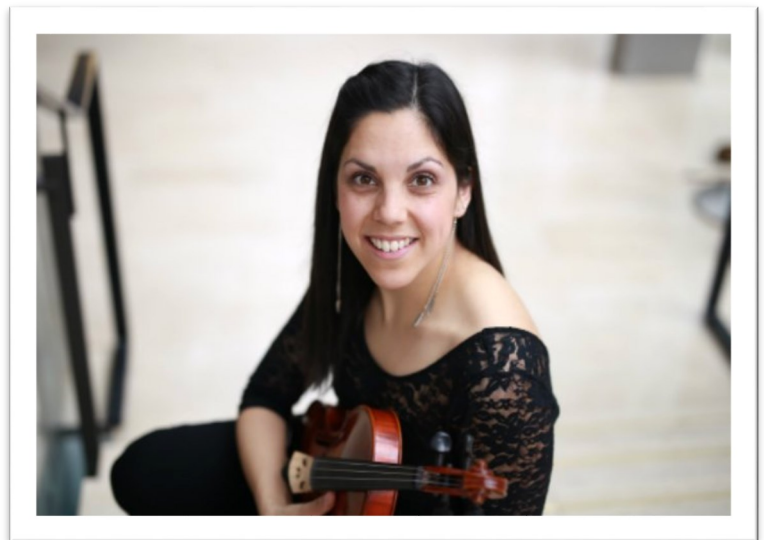
In July 2019, Dr. Chana Korenblum (Psychosocial Oncology) and SarahRose Black (Music Therapy) will be facilitating another Music Meet-Up for AYA (Adolescents and Young Adults).

What is Music Therapy?

Music therapy uses music to improve the physical, emotional and mental wellbeing of inpatients (patients who stay in hospital). Music therapists are trained to use music in many ways to support cancer patients at anytime.

How is Music Therapy beneficial?

"Music is able to be such a beautiful form of therapy because it targets so many different domains of the human experience," says SarahRose Black (pictured on the right), the music therapist that will be facilitating the upcoming meet-ups. It is a universal language that helps us connect with ourselves and others, navigate our emotions, tune into our perceptions of the world, create meaning, and process our experiences. It is also an evidence-based tool for health and wellness. Music in a group setting has been shown to be useful and effective in addressing physical, emotional, cognitive, and social needs, particularly when dealing with cancer "because often, music says what words alone cannot say" says SarahRose Black.



What happens in a Music Meet-Up?

Music Meet-Up is a 6-session group program specifically offered to support young people dealing with the challenges that come with having a cancer diagnosis and its treatment. Each weekly session is centered on a specific theme and includes music-based activities and development of practical coping skills. Participants should be well enough and willing to attend all 6 weekly, 2 hour sessions.

When are they held?

Sessions 1-6: Wednesdays starting July 3rd through August 7th, 2019.

Time: 1pm — 3pm.

Location: Princess Margaret Cancer Centre – room TBD

Is there a fee? Do I need experience?

There is no fee for this program. **No previous music experience is required.** If you have questions about Music Meet-Up, feel free to contact Chana Korenblum (chana.korenblum@uhn.ca, or 416-946-4525).



Adolescent and
Young Adult Program

 ayaprogram_uhn

 @ayaprogram

 AYA Program at Princess Margaret

aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

- ◆ Mindful Gardening
- ◆ Cinema Wellness
- ◆ Stretch, Tone, Energize
- ◆ Nutrition Showcase



24 Cecil Street
Toronto, ON M5T 1N2
(416) 214-9898
info@gildasclubtoronto.org

For more information about membership, and drop-in events, visit <https://gildasclubtoronto.org>

WELLSPRING

- ◆ Yoga
- ◆ Support Groups
- ◆ Brain Fog



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

Visit online for upcoming program event dates: <https://wellspring.ca>

AYA PROGRAM UPDATES

JUNE 27: LAST AYA MEET-UP BEFORE SUMMER HOLIDAYS

There is an AYA meet-up on Thurs, June 27 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. **Both July and August meet-ups are cancelled for this summer season.** Our upcoming monthly AYA meet-ups will resume in the early fall. Please be sure to keep an eye out on our future newsletters as well as our social media platforms for more details.



AYA MICHAEL KAMIN HART SCHOLARSHIP

Are you a cancer patient or survivor between 18 to 39 who is attending (or applying) to university or college in Ontario? Apply for the MKH Scholarship, due **August 2nd, 2019**. Please visit our website for more information.

COMMUNITY EVENTS & UPDATES

SURVIVE&THRIVE: ROCK-CLIMBING IN THE CANADIAN ROCKIES

Looking for adventure? Spend 6 unforgettable days in the Canadian Rockies learning to climb on limestone cliffs and exploring the mountain wilderness with some of the coolest people you'll ever meet! This trip is based out of **Canmore, Alberta** and will include several days of adventures out to awesome mountain destinations.

Visit <https://bit.ly/2MTWAKf> to apply now!



YOUNG ADULT CANCER CANADA: LOCALIFE @ THE AQUARIUM

The **Young Adult Cancer Canada's Toronto Localife** is inviting you to get together to enjoy a night at Ripley's Aquarium, one of Toronto's most popular and engaging tourist attractions. This upcoming event is for patients/survivors (diagnosed between 15 & 39, and are currently aged 18 to 39) and their accompanying supporters/caregivers (as long as they are not a survivor's parent/guardian). This event has no cost to the participants.



Location: [Ripley's Aquarium](#), 288 Bremner Blvd., Toronto
Date: Saturday, June 29th, 2019 from 7pm to 9pm

To **RSVP**, participants should fill out this form: <http://bit.ly/ayayacc> (RSVPing 24 hours in advance is recommended of any YACC Localife Event) or contact YACC directly for more details (localifetoronto@youngadultcancer.ca)

ELLICSR: KITCHEN NOW OPEN

The ELLICSR Kitchen program is designed to support people touched by cancer by giving you the skills and information you need to manage your diet.

Location: ELLICSR: Health, Wellness & Cancer Survivorship Centre Toronto General Hospital, Basement level, B PM
Date: The third Thursday of every month, 12:15– 1:15pm.



Call 416-581-8620 or email info@ellicsrkitchen.ca for more information.