

AYA NEWSLETTER

ADOLESCENT AND YOUNG ADULT (AYA) PROGRAM NEWSLETTER

NOVEMBER 2019

FEELING GREAT AGAIN: THE WIG SALON & ACCESSORIES BOUTIQUE

WHAT IS THE WIG SALON & ACCESSORIES BOUTIQUE?

The Wig Salon offers a variety of wigs, hats and other items designed to improve the appearance for both women and men who are living with the effects of cancer treatment. Upon visiting the Wig Salon, all is at ease when speaking with dedicated and passionate Wig Specialists, Sherry and Laurie.



While in the tranquil and private environment, you can browse the collection of quality wigs, hats & accessories. The salon carries synthetic, True to Life synthetic and human hair wigs. Each type of wig has its own characteristics and these should be considered before making your decision to purchase. If you would like to drop by, the Wig Salon is situated on the 3rd Floor of the Princess Margaret Cancer Center, Room 3-642

LOOK GOOD FEEL BETTER WORKSHOPS @ THE WIG SALON TO BETTER ADDRESS YOUR HEALTH AND BEAUTY CONCERNS

For those interested in all beauty-related concerns and questions, The Wig Salon also offers free, two-hour workshops for those facing all types of cancer and treatments. Topics addressed in these workshops include cosmetic hygiene, skin care, cosmetics, sun care, as well as hair alternatives.

Registration is required to attend a workshop.

Please call 1-800-914-5665 or visit lgfb.ca for more information.



AYA PROGRAM UPDATES

NOV 28: NEXT AYA MEET-UP

Our upcoming monthly AYA meet-ups will be taking place on Thursday, November 28. Meet-ups take place from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. Participants must register by sending an email with their name and hospital number to aya@uhn.ca if they are planning to attend. Pizza will be provided.



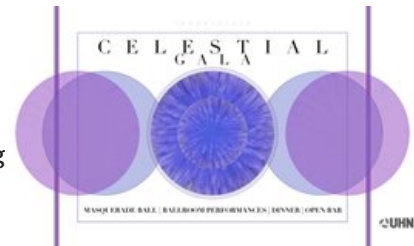
ENTER OUR MONTHLY MOVIE DRAW!

Enter our monthly draw and you could win a pair of two **PREMIUM** movie tickets for yourself and a friend! The AYA Program will be giving away two VIP Cineplex movie tickets to Princess Margaret AYA patients every month. To enter, email your name and MRN number to aya@uhn.ca. Winner will be chosen at random.

COMMUNITY EVENTS & UPDATES

PMCF: CELESTIAL GALA

The Celestial Gala will be held on **Saturday, November 9th, 2019** at the Da Vinci Banquet Hall located in Woodbridge. This event will feature ballroom dance shows from World Champions in standard and Latin styles, an engaging masquerade-dancing class with the guests and a full course dinner with an open bar. The evening holds promise to fine foods, inspiring dance performances and beautiful music that will pay tribute to the spirit of those who are on the journey to conquer cancer. Tickets are still available! Please visit <https://bit.ly/34Fksfw> to purchase



YOUNG ADULT CANCER CANADA: RETREAT YOURSELF

Retreat Yourself weekends offer an opportunity to get together with other young adults with cancer. Many of them are recently out of treatment and have never attended another Young Adult Cancer Canada program. We share our stories and talk about what's bothering us about cancer, hang out, let loose, and build relationships you'll value for a long time. The next event will be held from November 28-December 2, 2019 at the Edenvale Retreat Centre in Abbotsford, BC. To apply, visit: <https://bit.ly/2JTDyXd>



ABBEY RETREAT CENTER: 4-DAY CANCER SUPPORT RETREAT



ARC is offering a 4 day retreat from **Thursday, November 14, 2019 - 09:00** to **Sunday, November 17, 2019 - 17:00**. Retreats are 4-day long experiences that include discussion groups, yoga and meditation, nutritional learning, creative expression, connection with nature, and rest time – all in a supportive, caring community atmosphere. For more information in joining, please visit <https://abbeyretreatcentre.ca/programs/>

LOOK GOOD FEEL BETTER: MIRROR BALL

The 28th annual Mirror Ball will bring together nearly 650 guests to raise critical funds for Look Good Feel Better this **November 9th** in Toronto at the Westin Harbour Castle Hotel, Toronto, ON. Tickets are almost sold out! To purchase, visit <http://www.mirror-ball.ca/tickets--tables.html>



MONTHLY COMMUNITY UPDATES

Purchase tickets now for the 18th annual "It's Always Something" Variety Show by visiting <http://itsalwaysomething.com/tickets>. An almost perfect night of comedy, music and dance on Tuesday, Nov 19, 2019 at Metro Toronto Convention Centre.



- Yoga
- Support Groups
- Brain Fog

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

