



AYA NEWSLETTER

Cancer & COVID-19 Webinar Series

Presented by experts, each webinar addresses a central question about cancer needs during this time.

Webinars can be found here:

<https://www.cancer.ca/en/support-and-services/resources/cancer-and-covid19-webinar-series/?region=on>

Anxiety & Stress Management Webinar

This webinar will discuss the emotional, psychological & practical issues that patients diagnosed with cancer must cope with, as well as the impact of the COVID-19 pandemic.

Date/time: January 14th 2021, 4:00pm

Register here: <https://www.lymphoma.ca/event/anxiety-stress-management/>



We hope that your holidays were restful and rejuvenating! As we enter the New Year, we encourage you to explore the programs that are offered by the organizations listed on the AYA website to help support young adults with cancer.

From yoga and Zumba to educational series - **Gilda's Club** offers something to help support everyone in their journey. To check out their upcoming programs in January, please visit: <https://gildasclubtoronto.org/calendar/>.

You are worthy of a good life

Let go of stress.

Breathe. Stay positive.

- Germany Kent

Next AYA Meetup

Date/time: January 28th 2021,
6-7:30pm

Please email aya@uhn to register and receive the meeting link.

Upcoming AYA Symposium

Date/time: April 8th 2021,
9-5:30pm

This symposium will aim to highlight new advances in AYA oncology from both researchers and community partners.

Register here: <https://www.eventbrite.ca/e/caring-for-the-future-adolescent-and-young-adult-symposium-registration-127076730923>

Were you diagnosed with cancer between the age of 15-39 & are now 18+ years of age?

We want to know how COVID-19 impacted you! With your help, we can learn about the impact of COVID-19 on your health and cancer care to improve health services.

Participation is voluntary. Answers will be kept confidential, & you will receive a \$10 gift card for helping.

Survey link: <https://rcsurvey.radyfhs.umanitoba.ca/surveys/?s=Y8HRRR7773>

Questions? Email oberois@myumanitoba.ca



Want to kickstart the New Year? Join **Pink Pearl Canada** for their January Reset program. Led by experts across a variety of wellness fields, this panel discussion will provide you with simple resets to feel good this winter!

Date/time: January 13th 2021, 4:30pm via Zoom

Please RSVP at least one week prior by emailing Melaina at programs@pinkpearlcanada.org. *This session is open to those who benefit - specifically women who identify as female facing any type of cancer.*



Cancer Dudes is geared specifically towards the unique needs of men. They offer various educational materials and resources:

<https://cancerdudes.org/#>

Online hangouts via Zoom are offered on the **THIRD Tuesday** of every month. You can join here:

https://cancerdudes.org/online_hangout/