

AYA NEWSLETTER

Next AYA Meetup

Date/time: August 26,
2021 6-7:30pm

Join us on the 4th
Thursday of every month
to chat and connect with
other AYAs!

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

Let's stay connected!

Follow us on our social
media accounts:
@ayaprogram



July is Glioblastoma awareness month

Glioblastoma is the most common, and most aggressive malignant primary brain tumour. If you have been diagnosed with Glioblastoma, or any other type of brain tumour - the Brain Tumour Foundation of Canada is a fantastic resource offering educational resources, support, as well as volunteer opportunities. Visit <https://www.braintumour.ca/> for more information.

PM Music Meet-Up

The Music Meet-Up team would like to thank everyone for their interest in the new virtual edition of our 6-week music therapy group for AYA. In particular, we are grateful for the presence, warmth and enthusiasm of the current participants. With one week left, we can't believe how quickly it's flown by. Please stay tuned in the coming months for details about the next round of the group.

-SarahRose Black, Chana Korenblum, and Karuna Sehgal

Upcoming Events!



FREE POP-UP WILDFIRE GROUP WRITING CLASS

For TNBC Thrivers Diagnosed under 50

Tuesday, August 24 at 4:30 - 6PM EST



To reserve your spot:

wildfirecommunity.org/workshops



Wildfire is a magazine and writing community founded by April Stearns to help young breast cancer survivors and fighters find meaning and a sense of belonging in their experience of cancer.

Join the younger TNBC Wildfire Community at this one-time writing workshop to learn tips on how to start writing your important stories surrounded by other women who just get it.

"These workshops help me dive deeper and express emotions and thoughts I feel but never know how to say."

- Tawnya, stage 1 breast cancer at 27, attended June 2021 Pop-Up Workshop

Are you a family member (e.g., spouse, parent, child, or sibling) of an adult cancer patient (18 & older) receiving follow-up care at PMH and who completed cancer treatment?

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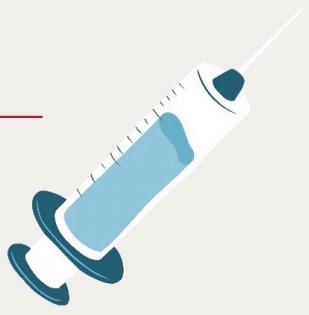
Do you worry about your loved one's cancer coming back or progressing or about anyone else in your family getting cancer?

We are inviting family members 18 years of age or older to complete a demographic questionnaire and take part in a focus group that will last approximately 90 minutes. The ultimate goal of this study is to better understand a family caregiver's experiences with fear of cancer recurrence.

If interested, please contact Jonathan Avery at Email: **jonathan.avery@uhn.ca**.

**Please note that communication via email is absolutely not secure. Thus, please do not communicate personal sensitive information via e-mail.*

AYA Cancer and COVID-19 Vaccination



A friendly reminder:
Have you received your COVID-19 vaccination?

The COVID-19 vaccines are safe for people with cancer.

It is important that people with cancer get vaccinated because having cancer increases the risk for more severe outcomes of COVID-19.

If you are receiving any of the treatments below, speak to your cancer care team about when it is best to get the vaccine:

Chemotherapy

Immunotherapy

Stem cell therapy

Adoptive cell therapy

Immunosuppressive therapy

(treatments that weaken your immune system)

For more information, visit: https://www.uhn.ca/COVID19_Vaccine