



Adolescent and  
Young Adult Program

# AYA NEWSLETTER

January 2022

## NEXT AYA MEET UP

### **Date/ Time:**

Thursday, January 27<sup>th</sup> from  
6:00 pm to 7:30 pm.

### **Monthly Meetups:**

Join us on the 4<sup>th</sup> Thursday  
of every month to chat and  
connect with other AYAs

### **To Signup:**

Please email [aya@uhn.ca](mailto:aya@uhn.ca)  
for registration and to  
receive the meeting link

### **Important note:**

(MS Teams link will be sent a  
few days before the meetup)

## LET'S STAY CONNECTED!

Follow us on our social  
media platforms:

**@ayaprogram**



We also post any  
upcoming events on  
our social media  
accounts.

Follow us to stay  
updated!



This month's theme is self-care. We post  
newsletters every month with corresponding  
resources

*Welcome 2022!*

*With the New year and constant  
changes, life can be stressful but  
don't forget to take time for  
yourself. Self-care can be  
different for everyone, but  
remember to slow down, take a  
deep breath, relax and do what  
you enjoy! – PMH AYA Team*



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## UPCOMING EVENTS

# Art workshop

On January 27th, Pink Pearl Canada invites you to join them for a virtual art therapy session with Niki Kingsmill. We will be creating loose florals using simple brushstrokes and colors, all while learning the fundamentals of watercolour.



January 27th, 2022  
4:30 – 6:30 p.m. EST  
via Zoom



To join us over Zoom, please email Melaina at [programs@pinkpearlcanada.org](mailto:programs@pinkpearlcanada.org) by January 14. There are no watercolor kits left, but we'll let you know what you need for the workshop! This session is open to those who benefit, specifically for self-identifying young women facing any type of cancer. No experience is necessary.

## UPCOMING EVENTS

### AYA Advanced Cancer Study

Calling young adults (18 to 39 years) currently receiving care at the Princess Margaret Cancer Centre, we are conducting a research study to better understand your experiences with advanced/metastatic/incurable cancer. To try to understand the complete experience with cancer, we are looking for people between the ages of 18–39 with advanced/metastatic/incurable cancer who would like to participate in a one-on-one virtual interview (using Microsoft Teams) that will last approximately 60 minutes. The ultimate goal of this study is to help determine ways to better support young adults with advanced or metastatic cancer to determine ways to better support you.

*If interested please contact Jonathan Avery – Email: [jonathan.avery@uhnresearch.ca](mailto:jonathan.avery@uhnresearch.ca). Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.*



SELF-CARE

you gotta  
nourish  
to  
flourish



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## UPCOMING EVENTS

# RESEARCH OPPORTUNITY



## HIMALAYAS Pilot Study

Participants needed for a research study on exercise & cardiovascular health in young adult cancer survivors

### WHO SHOULD PARTICIPATE?

We encourage you to participate if you:

- are a cancer survivor;
- were diagnosed with cancer before age 40;
- received treatment in the last 5 years; and,
- are currently cancer free.

### WHAT DOES THE STUDY INVOLVE?

Eligible individuals can participate in (1) a cardiac rehabilitation program designed for young cancer survivors or (2) an observation group for 3 months.

Depending on your group, you will also attend 2-7 visits to UHN sites over 3 months to complete:

- Exercise tests
- Heart scans
- Bloodwork
- Questionnaires and interviews

To participate in this study or to learn more please  
contact [himalayastrial@uhn.ca](mailto:himalayastrial@uhn.ca)

**Collaborating  
Sites**



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