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

NEXT AYA MEET UP
Date/ Time:
Thursday, March 31st from 6:00 pm to 7:30 pm.

To Signup:
Please email 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)
Also Note-
If you do not receive a link, then please email us at aya@uhn.ca

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!

Theme of the month:
Body Image

“And I said to my body softly, ‘I want to be your friend’. It took a long breath and replied, ‘I have been waiting my whole life for this.’”

– Nayyirah Waheed
A Conversation: From diagnosis to survivorship
Tools to help you navigate cancer

Join Pink Pearl Canada on March 31st as Marlie Smith leads the conversation and answers your questions on how to navigate cancer from diagnosis to survivorship. Through her personalized, supportive care lens as a Clinical Nurse Specialist with the Adolescent & Young Adult program at the Princess Margaret Cancer Centre, she'll discuss a variety of topics to support you through this experience.

March 31st at 4:30 p.m. EST via Zoom

Register by March 20th by emailing us at programs@pinkpearlcanada.org. This program is open to all, and specifically designed for self-identifying young women facing any type of cancer.
UPCOMING EVENTS

GILDA’S CLUB
GREATER TORONTO
An Affiliate of the
CANCER SUPPORT COMMUNITY

A SUPPORT GROUP FOR PEOPLE IN THEIR 20S & 30S LIVING WITH OR SURVIVING A CANCER DIAGNOSIS.

FOR INDIVIDUALS RECENTLY DIAGNOSED TO 5 YEARS OUT OF TREATMENT.

20s & 30s CANCER SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
TUESDAYS
APRIL 5 TO MAY 24
7:00 P.M. TO 8:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional.

To register please visit - www.gildasclubtoronto.org/become-a-member

A SUPPORT GROUP FOR PARENTS/CAREGIVERS WHO ARE CONCERNED ABOUT THE IMPACT THAT THEIR CANCER DIAGNOSIS AND TREATMENT MAY HAVE ON THEIR CHILD(REN).

FOR PARENTS/CAREGIVERS LIVING WITH A CANCER DIAGNOSIS AND THEIR PARTNERS, WHO HAVE CHILD(REN) UNDER 17 YEARS OF AGE.

PARENT & CAREGIVER SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
THURSDAYS
APRIL 7 TO MAY 26
8:00 P.M. TO 9:00 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional.

To register please visit - www.gildasclubtoronto.org/become-a-member
A SUPPORT GROUP FOR CHILDREN AGES 4-12 YEARS WHO ARE SUPPORTING AN IMMEDIATE FAMILY MEMBER LIVING WITH CANCER.

KID'S TALK OUT SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP
SPRING 2022
TUESDAY’S
APRIL 5 TO MAY 24
4:30 P.M. TO 5:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional.

To register please visit - www.gildasclubtoronto.org/become-a-member