October is Breast Cancer Awareness Month

Did you know... 

This Breast Cancer Awareness Month, join us as we RISE to ensure every woman has access to the screenings she needs and the support she deserves. When we RISE, we rally around everyone at every stage, whether they’re just leaning about breast health, have been recently diagnosed and are undergoing treatment, or have many years of survivorship behind them. When we RISE, we Rally in Screening, Serving, and Supporting Everyone. Together, we RISE: http://nbcf.org/october
October AYA Event

AYA

FALL WALK AT HIGH PARK

Families are welcome to join

HOT CHOCOLATE • WALK • MEET-UP

SUNDAY, 23 OF OCTOBER

MEET AT COSETTE COFFEE AT 11AM
1715 BLOOR ST W, TORONTO, ON M6P 1B2

Email aya@uhn.ca if you are interested in joining!

All attendees will be screened for COVID-19 symptoms upon arrival to ensure the safety of all participants.
AYA YOGA
VIRTUAL SESSIONS
OCTOBER 14TH
6PM

ENJOY YOGA IN THE COMFORT OF YOUR HOME
INTERESTED? EMAIL US AT aya@uhn.ca
WE WANT TO HEAR FROM YOUNG ADULTS WHO HAVE HAD CANCER

We are developing resources to help young adults who have had cancer with their body image.

We are looking for young adults (18-39 years) who have had cancer to participate in an interview or focus group.

Participants will be offered an online voucher for [£25/$40 (Canada)/$30 (US)/$45 (NZ)/$45 (AUS)] as a thank you for your time.

For more information and to sign-up click here or use the QR code.

Any questions? Dr Abigail Fisher (Principal Investigator), abigail.fisher@ucl.ac.uk, 02076791722. Caroline Buck (Researcher), caroline.buck.19@ucl.ac.uk, 020 3108 4361, Department of Behavioural Science and Health, UCL.

This research has been approved by the UCL Research Ethics Committee (Approval ID Number: 1316/005).
On Wednesday, October 19, 2022, The Peter Gilgan Centre for Women’s Cancers are hosting this free three-hour event for women considering breast reconstruction.

BRA Day is intended to EDUCATE women on their breast reconstruction options (including flat closure), provide an opportunity to see possible outcomes of breast reconstruction surgery, EMPOWER women to make the choice that’s right for them and CONNECT women with others who have been through it.

The virtual event is open to women and men across the country and will include presentations from leading Canadian breast reconstruction experts, stories from patients sharing their breast reconstruction journey, resources and a virtual Show and Tell Lounge, offering a unique opportunity to see real results of breast reconstruction. Breast reconstruction is covered by most health insurance plans in Canada.

Registration: https://www.eventbrite.ca/e/bra-day-2022-registration-392869803157
Gilda's club is offering various programs over the month of October. All you need to do is use the link below to sign up for the session you are interested in attending virtually!

https://www.gildasclubtoronto.org/programs
UPCOMING EVENTS

CLASSES FOR CONFIDENCE

BRAVE BEAUTY

Pink Pearl Canada, in partnership with Sephora, invite you to attend a Brave Beauty Class! These classes are designed to address the visible effects of cancer treatments. Since looking and feeling your best helps you live more confidently, Sephora developed these classes to help inspire fearlessness. These classes will focus on the basics covering skincare, complexion and a how to achieve a specific look.

JOIN US:

Montreal: Carrefour Angrignon — November 8th, 6:30pm-9pm EST
Vancouver: Robson — November 13th, 8am-10:30am PST
Calgary: The Core — November 13th, 9am-11:30am MST
Toronto: Bloor — November 13th, 8am-10:30am EST
Toronto: Sherway Gardens — November 13th, 8am-10:30am EST
Virtual: Class 1 — November 15th, 5pm-6:30pm ET
Virtual: Class 2 — November 16th, 5pm-6pm ET

Register Today: bit.ly/pp-sephora22

Classes are open to self-identifying young women facing any type of cancer across Canada who are over 18 years of age. Please register by November 1, and note, space is limited.

Questions? Please email us at programs@pinkpearlcanada.org.

https://pinkpearlcanada.org/sephora/