Hello April.

May this month bring you days of happiness, love, success, positivity and progress. I hope it’s filled with endless opportunities.
AYA Book Club Read

MAY

Verity By Colleen Hoover

Book Club Save The Date: May 11th 6-7pm
AYA YOGA
VIRTUAL SESSIONS

Thursday
April 27th 2023
12:30pm-1pm

ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT
aya@uhn.ca
FREE POP-UP GROUP
WRITING WORKSHOP

Body Themed Prompts

Saturday, April 15
at 10AM PST / 1PM EST

To reserve your spot:
wildfirecommunity.org/workshops

WILDFIRE is a magazine and writing community helping young breast cancer survivors and thrivers find meaning and a sense of belonging in their experience of cancer. Our belief is that stories - yours & others - provide the fabric for a much-needed age-specific community and support network.

We are bringing body-themed writing prompts to our April *free* Pop-Up Writing Workshop. Think all things breast surgery, of course, but also the other body-related issues that a breast cancer diagnosis brings. From hair to body image issues, to the physical symptoms of early menopause to weight gain. To finding an identity within yourself only uncovered by chest surgery.

Do you have a story to tell about your body and the changing landscape wrought by breast cancer? Find your stories and meet others on the same path.
Share your experience. Become a Peer Navigator.

Are you a young lymphoma, sarcoma, breast or testicular cancer survivor?

We are looking for 18-44 year old cancer survivors to join a study on peer navigation and help other young Canadians navigate their cancer journey.

CONTACT BOJANA.PETROVIC@UHN.CA FOR MORE INFO AND TO APPLY.

Scan the QR code below to email.
Want to be a Queer cancer change-maker?
We are looking for 2SLGBTQIA+ patients and caregivers at the Princess Margaret to provide feedback which will shape our Sexual and Gender Diversity in Cancer Program (SGDC).

We would like to discuss some questions about your thoughts, experiences, and preferences in receiving care at the Princess Margaret. We want to hear from 2SLGBTQIA+ patients and caregivers, to better understand what the best support and services would be.

What is involved:
• Participate in a one hour discussion
• Complete a 15 minute electronic survey

Your valuable input will have an impact on changing cancer care

If you are interested, please contact us for more information at:
Phone: (416)-946-4501
Email: x4728 SGDC@uhn.ca

Scan Me!

Check us out on twitter and Instagram @PMChosenFamily

$10 Tim Hortons Gift Card provided to all who participate
All participants will be entered into a draw for a $100 Amazon gift card

This is a UHN approved Quality Improvement Project
YACC

April 2023

Monday - April 3
Starting at 8pm ET or 5pm PT
Family Dynamics
with Cenny

Wednesday - April 5
Starting at 8pm ET or 5pm PT
Holidays with/after Cancer
with Jason

Monday - April 17
Starting at 8pm ET or 5pm PT
Self-Compassion
with Janean

Wednesday - April 19
Starting at 8pm ET or 5pm PT
Myths & Misconceptions
with Jason

Monday - April 24
Starting at 8pm ET or 5pm PT
Imposter Syndrome
with Greet

Wednesday - April 26
Starting at 8pm ET or 5pm PT
Connecting to Our Bodies
with Greet

Tuesday - April 11
Starting at 8pm ET or 5pm PT
Advanced & Metastatic
Mind & Body
with Kat
For community members with advanced or metastatic cancer.

Thursday - April 13
Starting at 8pm ET or 5pm PT
2SLGBTQQIA+
Joy
with Jill
For community members identifying as 2SLGBTQQIA+

YACC Chats registration opens at the beginning of the month.
Registration form: https://www.youngadultcancer.ca/program/yacc-web-chats/

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CancerCon is THE gathering for the adolescent and young adult cancer community. Each year, we bring together hundreds of patients, survivors, advocates and health professionals to learn, share, and build community.

https://stupidcancer.org/cancercon/
Next AYA Meet-Up

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

April 20th @6pm

Want To Register?

ayaprogram

Check Out Our Social Media Pages

@ayaprogram

Please email ayaprogram for registration and to receive the Meeting Link for MSTeams!

IMPORTANT NOTE: MS Teams link will be sent out a few days prior to the meet-up