AYA Newsletter

Christmas Mocktail Recipe

Christmas Punch

2 cups Low sugar cranberry juice
1 cup Orange juice
1 cup Pineapple juice
2 cups Sparkling apple juice or cider
1 cup Ginger ale
Orange slices, cranberries, pomegranate seeds

1. Mix cranberry, orange and pineapple juice in a punch bowl or large jug.
2. Add sparkling apple juice/cider and ginger ale and mix gently.
3. When you're ready to serve, add ice and fruit of your choice to garnish.
CALENDAR

DECEMBER 2023

TUESDAY 12
AYA VIRTUAL MEET-UP

WEDNESDAY 13
AYA BOOK CLUB

THURSDAY 14
ART THERAPY

FRIDAY 15
REIMAGINING THE HOLIDAYS

VIRTUAL CONTEST
HOLIDAY CARD CONTEST
AYA BOOK CLUB READ

December

NEVER LIE by Freida McFadden

NEW YORK TIMES AND USA TODAY BESTSELLING AUTHOR OF
THE HOUSEMAID

FREIDA MCFADDEN

ADDICTIVE PSYCHOLOGICAL THRILLER

SECRETS AND LIES

DATE: DECEMBER 13 @ 6PM

CAN'T PUT DOWN!
VIRTUAL MEET-UP

December 12th 6-7:30PM
Virtual MS Teams
THE AYA PROGRAM PRESENTS

REIMAGINING THE HOLIDAYS
WITH JENNIFER CATSBURG, RN, MN; CONCO & SIMONNE KURUP MSW, RSW

LET'S TALK

- boundaries
- gathering safely
- self-compassion
- expectation setting
- food & drinks
- end of year grief

DECEMBER 15TH 12-1PM
VIRTUAL MICROSOFT TEAMS

RAFFLE
All participants will be entered for a chance to win some prizes!

Interested in joining?
Email aya@uhn.ca to get on the list!
THE ELEPHANT IN THE ROOM IS CANCER. TEA IS THE RELIEF CONVERSATION PROVIDES.

LEPHANTS AND TEA

RACHEL VINCIGUERRA
UNSTABLE GROUND AND HOLDING HOPE GENTLY

REDISCOVERING YOURSELF AFTER CANCER

CHELEsey GOMEZ
MEETING MYSELF FOR THE FIRST TIME

KARRAH TERUYA
REWRITING YOUR STORY WITH CANCER

MIKE SCHERER
WORTH THE WAIT

DECEMBER 2023
SURVEY IS LIVE!

Help set the priorities for Adolescent and Young Adult (AYA) cancer research in Canada

What research do you want to be done on AYA cancer?

Start the online survey now: tinyurl.com/AYACancerSurvey

www.AYACancerPSP.ca

#AYACancerPSP

This study was approved by the Health Research Ethics Board of Alberta - Cancer Committee - HREBA.CC-23-0156.
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!

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

Check us out on twitter and Instagram @PMChosenFamily

This is a UHN approved Quality Improvement Project
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.