



Adolescent and Young Adult Program

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

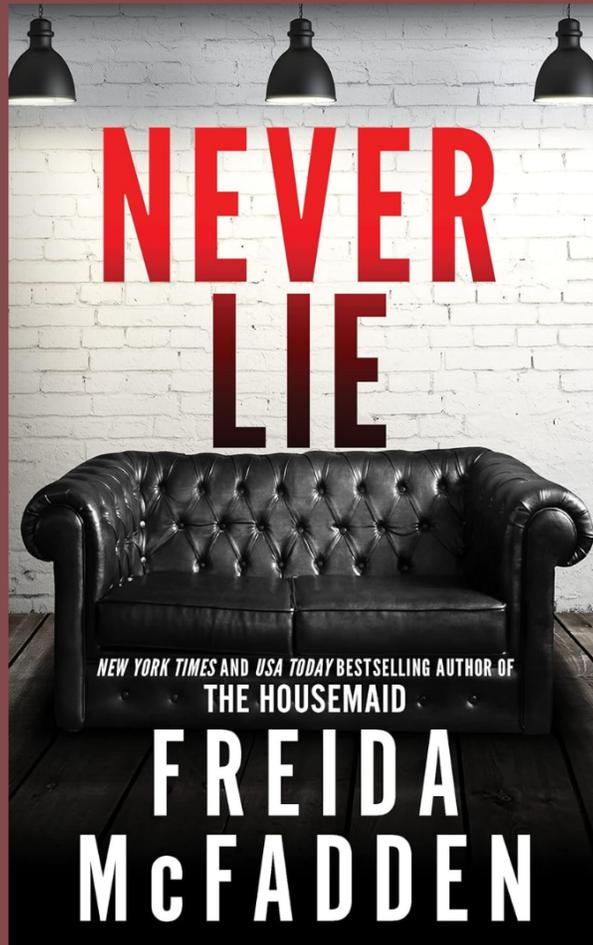
HOLIDAY CARD CONTEST



AYA BOOK CLUB READ

December

NEVER LIE BY FREIDA MCFADDEN



**ADDICTIVE
PSYCHOLOGICAL
THRILLER**

SECRETS AND LIES

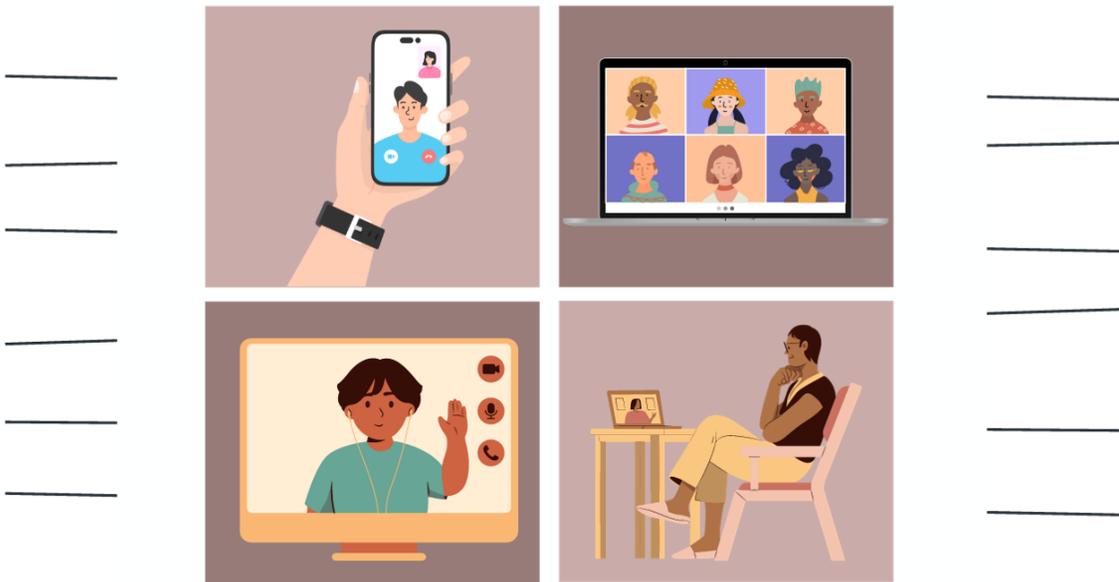
**CAN'T PUT
DOWN!**

DATE: DECEMBER 13 @ 6PM



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



DECEMBER 12TH 6-7:30PM
VIRTUAL MS TEAMS

THE AYA PROGRAM PRESENTS

REIMAGINING THE HOLIDAYS

WITH JENNIFER CATSBURG, RN, MN, CONCO & SIMONE 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

Life
After the
Bell

SAMANTHA
RODRIGUEZ

RACHEL VINCIGUERRA

UNSTABLE GROUND AND
HOLDING HOPE GENTLY

REDISCOVERING
YOURSELF
AFTER CANCER

CHELSEY GOMEZ

MEETING MYSELF
FOR THE FIRST
TIME

KARRAH TERUYA

REWRITING YOUR
STORY WITH
CANCER

MIKE SCHERER

WORTH THE
WAIT

**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

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



\$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

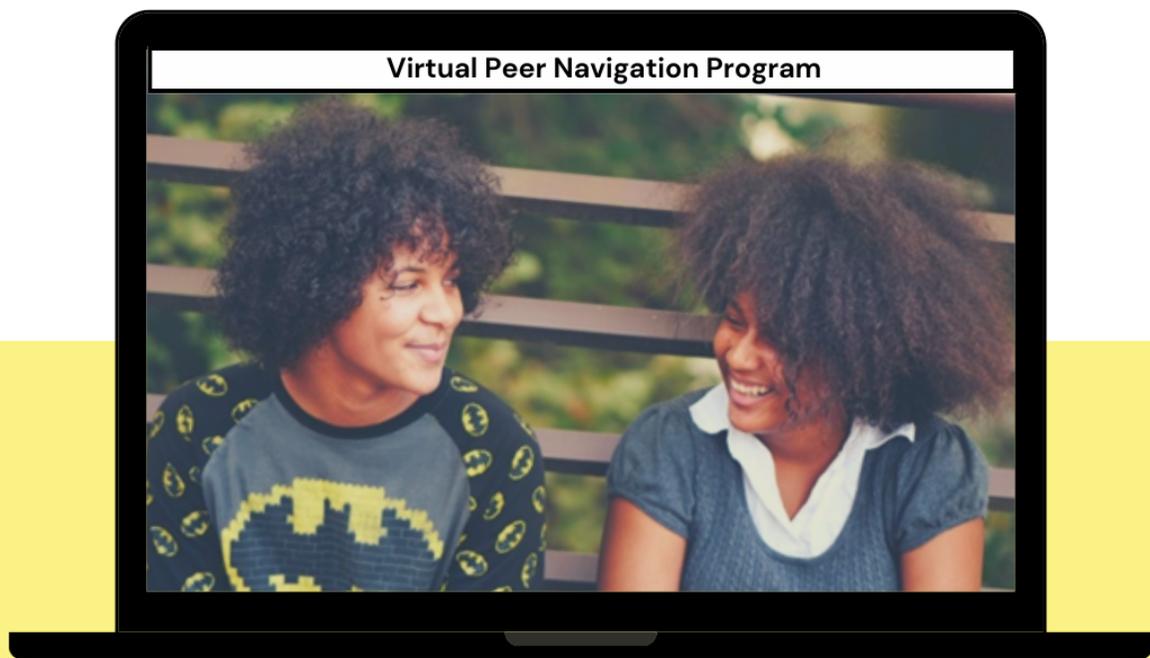


@PMChosenFamily
Sexual and Gender Diversity in Cancer Care

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.

