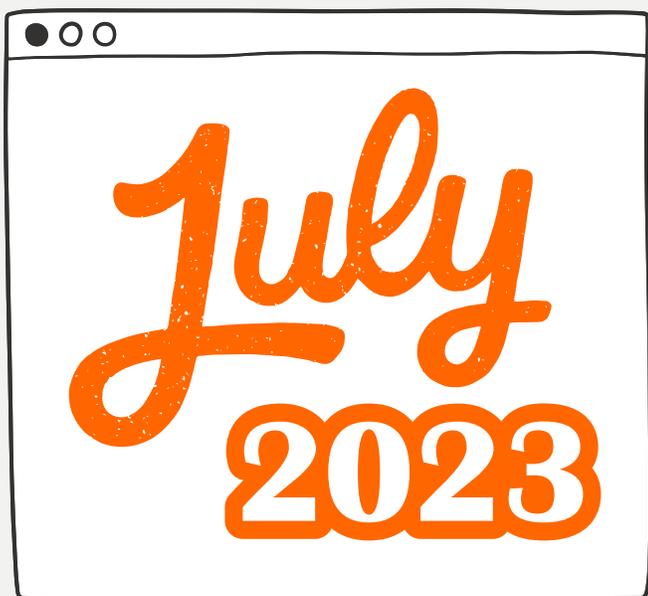




AYA Newsletter



NEW AYA TEAM MEMBER



Dr. Sofia Canales (AYA Fellow)



JULY

2023

THURSDAY 13

AYA BOOK CLUB



THURSDAY 13

AYA VIRTUAL YOGA



THURSDAY 27

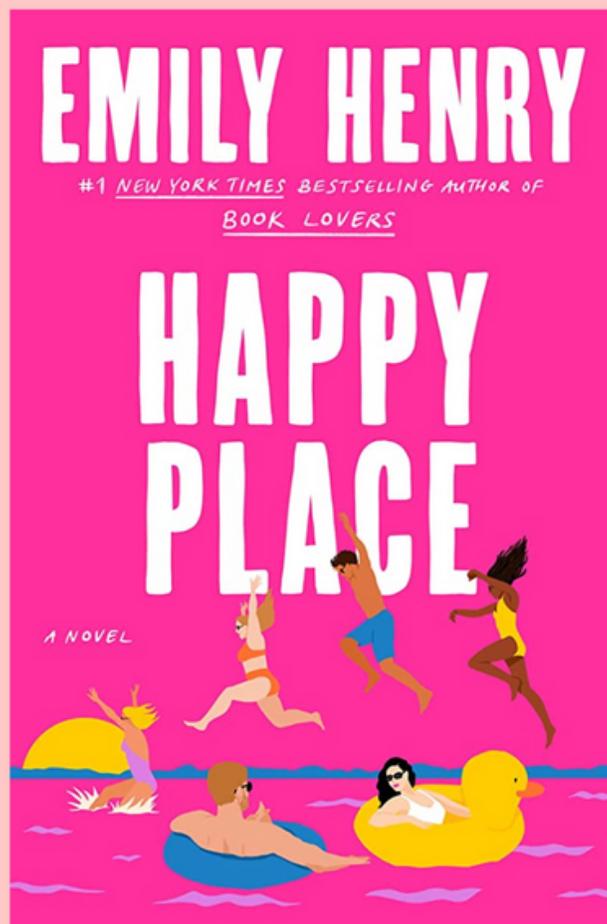
AYA VIRTUAL MEET-UP



AYA Book Club Read

July

Verity By Colleen Hoover



**second-chance
romance**

comedy

self-growth

Book Club Save The Date: July 13th 6-7pm

WERE YOU DIAGNOSED WITH CANCER BETWEEN THE AGES OF 15-39?

We are looking to conduct focus group research with AYA cancer patients from diverse backgrounds about experiences with sexual and reproductive health



ELIGIBILITY CRITERIA

1. 18 years old or over
2. Were diagnosed with cancer between 15 to 39 years old, inclusive
3. Reside in Canada
4. Can communicate in English

Compensation will be offered!

INTERESTED IN PARTICIPATING OR LEARNING MORE? CONTACT THE STUDY COORDINATOR AT:

NOVEISI@MAIL.UBC.CA

Scan here for
consent form +
survey!



*ENGAGING WITH THIS POST THROUGH SOCIAL MEDIA BY REPOSTING, COMMENTING, LIKING, OR FOLLOWING MAY PUBLICLY IDENTIFY YOU WITH THE STUDY. THIS UBC STUDY IS UNDERTAKEN BY DR. MARY DE VERA AND BEING CONDUCTED TOWARDS COMPLETION OF A PHD BY NIKI OVEISI



THE UNIVERSITY
OF BRITISH COLUMBIA

CCOR
COLORECTAL CANCER
OUTCOMES RESEARCH





A Y A

Y O G A

VIRTUAL SESSIONS

July 13 12:30-1pm
Virtual Session



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca





FREE POP-UP GROUP WRITING WORKSHOP



FOR THE FLAT COMMUNITY

Tuesday, July 11
12p PST / 3p EST

To reserve your spot: wildfirecommunity.org/workshops



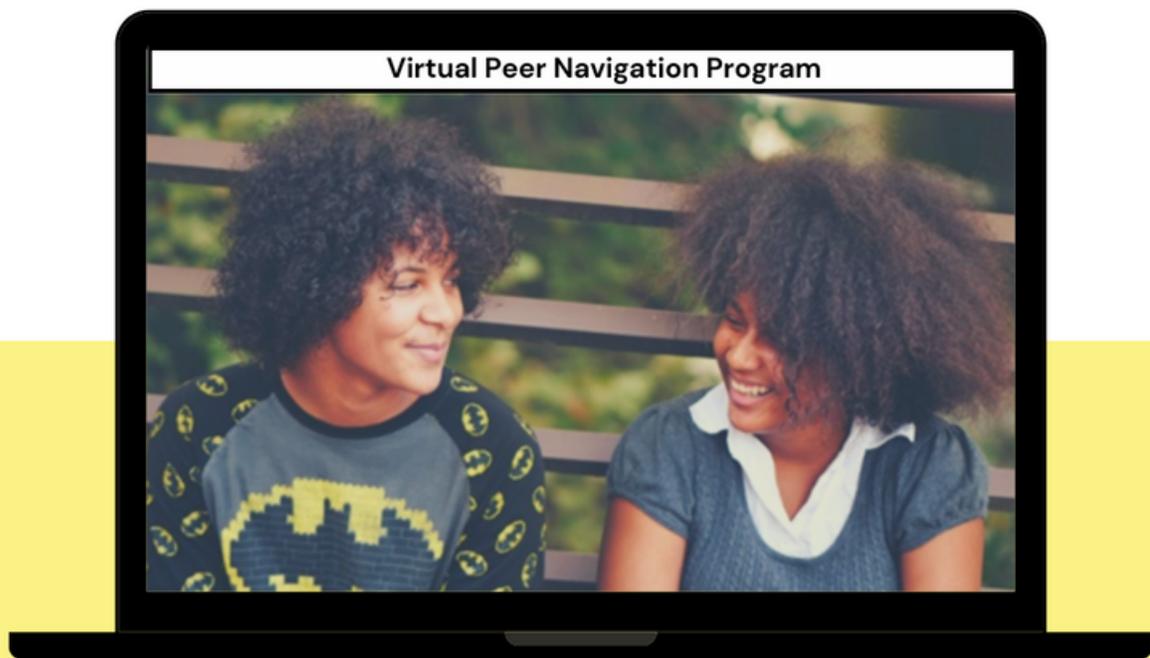
WILDFIRE is a magazine and writing community helping young breast cancer survivors and thrivers find meaning and a sense of belonging in their experience of cancer. Our belief is that stories – yours & others – provide the fabric for a much-needed age-specific community and support network.

If you are living half or full flat (or plans to) after mastectomy, join WILDFIRE's July Pop-Up Writing Workshop. We will use writing prompts to process and craft your unique story, and to heal a bit by connecting with your Wildfire FLAT breast cancer community. Together we'll write away some of our stress – and find some healing in the long run by using writing as a tool to find meaning. You'll make new friends and fill a notebook along the way. No writing experience is necessary.

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



\$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

OVERNIGHT RETREAT

with pink pearl.

OCTOBER 14 - 15 AT THE PILLAR AND POST
NIAGARA-ON-THE-LAKE

You're invited to attend Pink Pearl Canada's Overnight Retreat! Through meaningful peer-led conversations, light movement, heartfelt connections, and expert discussions our retreats are designed for you to feel supported while facing a cancer diagnosis.

**October 14 - 15, 2023
The Pillar & Post Inn & Spa
Niagara-on-the-Lake, ON**

Apply by July 13 to bit.ly/notl-pp-retreat.

Pink Pearl's retreats are free to attend + are open to self-identifying women facing any type of cancer or anyone with a cancer of gynecological origin between the ages 18-40. Please note, if an application is received after July 13, the participant will automatically be placed on our waitlist.

Next aya Meet-Up

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

July 27th @6pm

Want To
Register?



aya@uhn.ca

Check Out Our
Social Media Pages



[@ayaprogram](https://www.instagram.com/ayaprogram)



[@ayaprogram](https://twitter.com/ayaprogram)



[ayaprogram](https://www.facebook.com/ayaprogram)

Please email aya@uhn.ca
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