



AYA Newsletter



Happy
St. Patrick's
Day

AYA VALENTINES DAY CARD WINNER

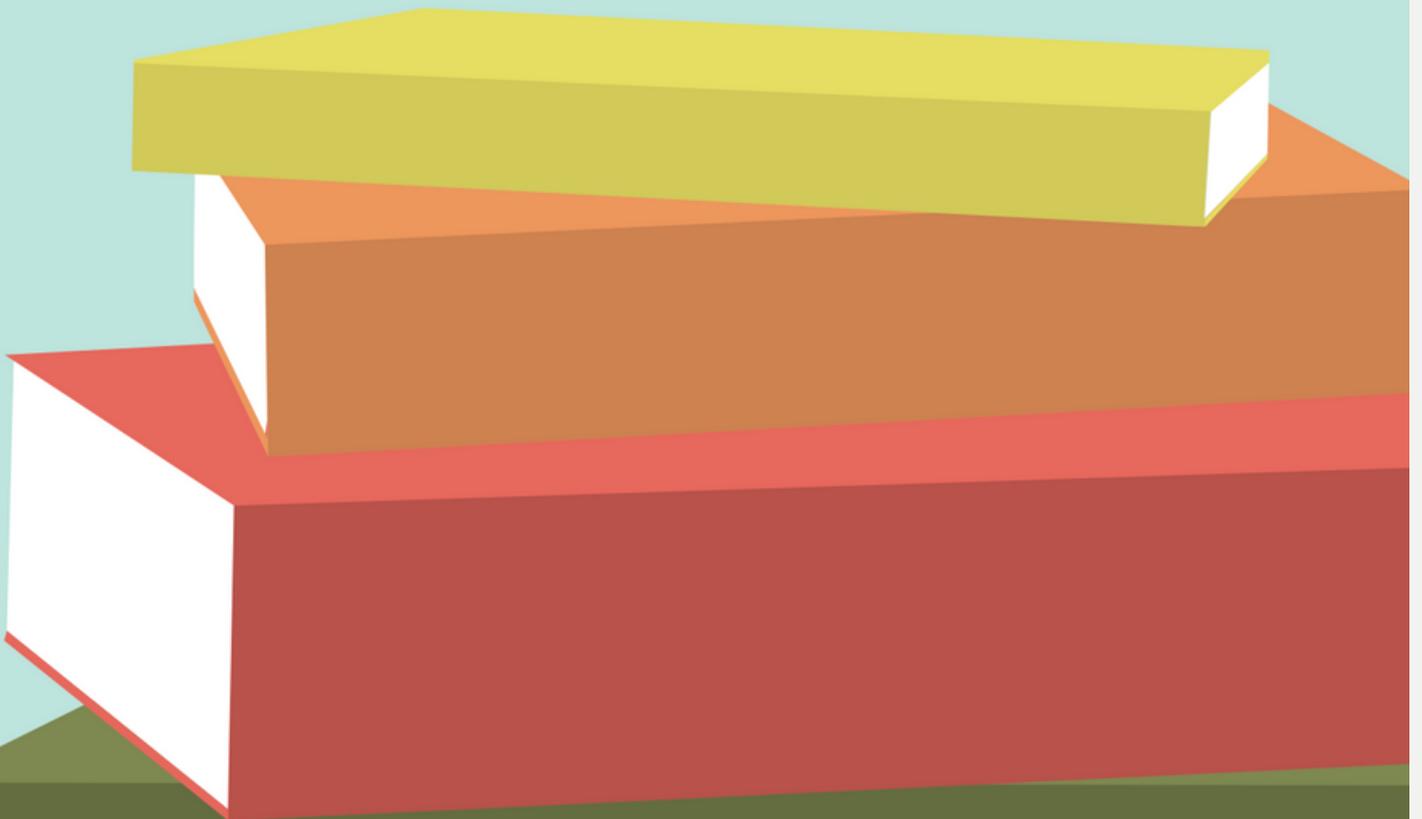




Adolescent and
Young Adult Program

BOOK CLUB

COMING SOON



Interested In Joining Our Book Club?

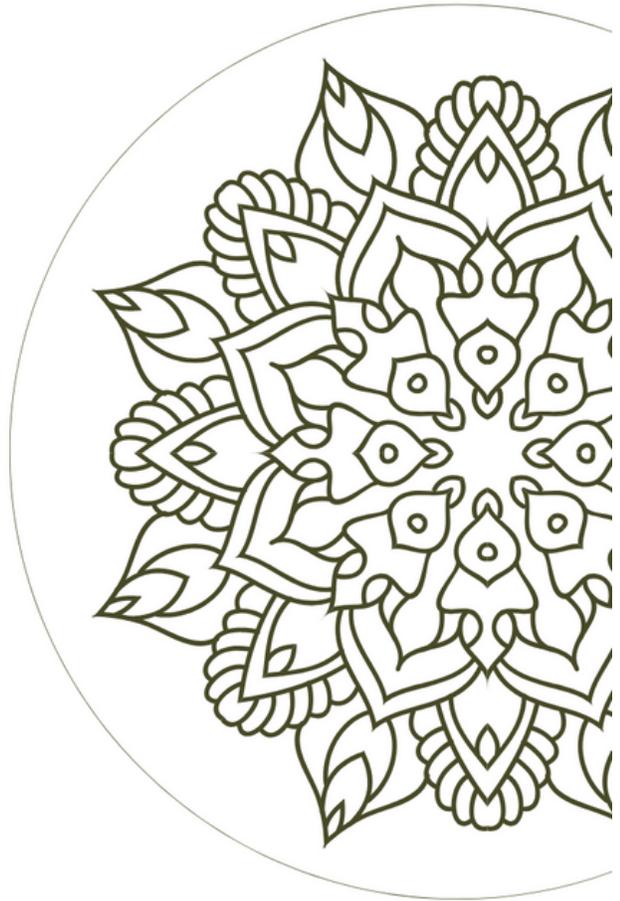
Email aya@uhn.ca to get on the list, and let us know what genre you would like to read!



A Y A
Y O G A

VIRTUAL SESSIONS

Thursday
March 16th 2023



ENJOY YOGA IN THE COMFORT OF YOUR HOME

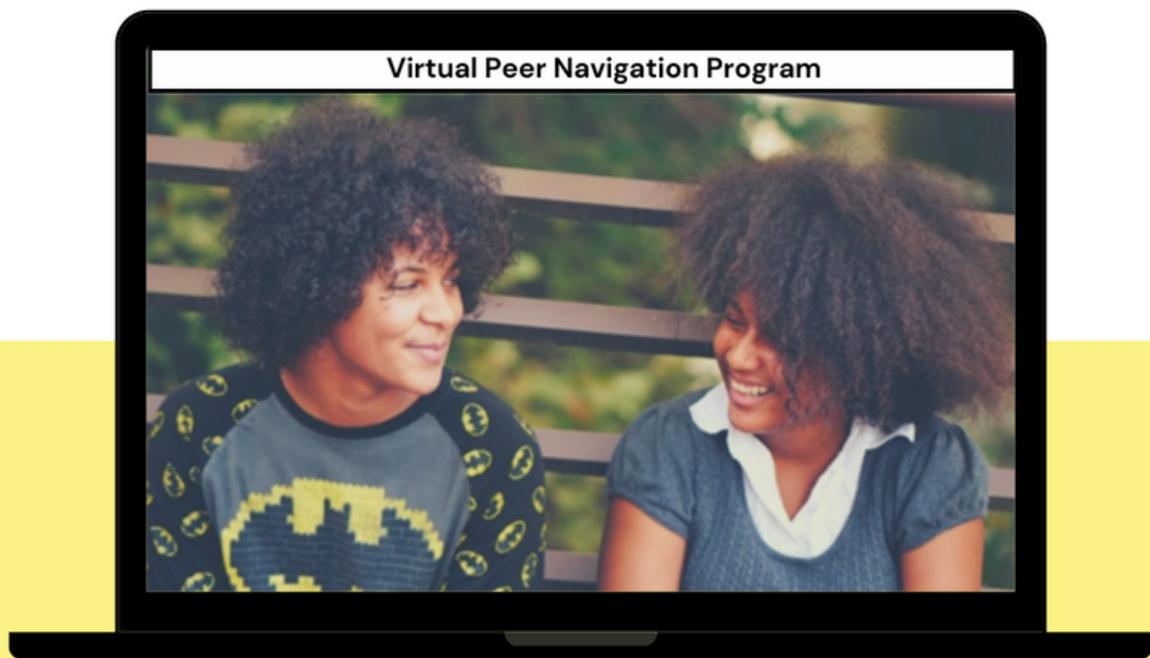
INTERESTED? EMAIL US AT

aya@uhn.ca

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

YACC



March 2023

<p>Monday - March 6 Starting at 8pm ET or 5pm PT Boundaries with Cenny</p>	<p>Wednesday - March 8 Starting at 8pm ET or 5pm PT Meaning-Making with Jason</p>	
<p>Monday - March 13 Starting at 8pm ET or 5pm PT Identity with Janean & Greet</p>	<p>Wednesday - March 15 Starting at 8pm ET or 5pm PT Mental Health with Kat</p>	<p>Thursday - March 16 Starting at 8pm ET or 5pm PT 2SLGBTQIA+: Frustrations with Jill</p>  <p>For community members identifying as 2SLGBTQIA+</p>
<p>Monday - March 20 Starting at 8pm ET or 5pm PT Deja Vu with Greet</p>	<p>Wednesday - March 22 Starting at 8pm ET or 5pm PT Isolation with Janean</p>	<p>Tuesday - March 21 Starting at 8pm ET or 5pm PT Advanced & Metastatic Mind & Body with Kat</p> <p>For community members with advanced or metastatic cancer.</p>
<p>Monday - March 27 Starting at 8pm ET or 5pm PT Scanxiety with Cenny</p>	<p>Wednesday - March 29 Starting at 8pm ET or 5pm PT Conflict with Jason</p>	

<https://www.youngadultcancer.ca/program/yacc-web-chats/>

STUPID CANCER

WHAT'S COMING UP IN March

IN-PERSON EVENTS

WED, MAR 22
**STORYTELLING
OPEN MIC : NYC**
Nuyorican Poets Cafe
6:00 PM ET

DIGITAL MEETUPS

TUES
MAR 14
FOR THE GUYS
Hosted by Matt
8:00 PM ET

WED
MAR 15
CAREGIVERS
Hosted by Lori
8:00 PM ET

WED
MAR 21
PEDIATRIC SURVIVORS
Hosted by Jade
8:00 PM ET

FRI
MAR 29
OSTOMATES
Hosted by Liz
8:00 PM ET

Monday and Thursday DMUs every week.

stupidcancer®

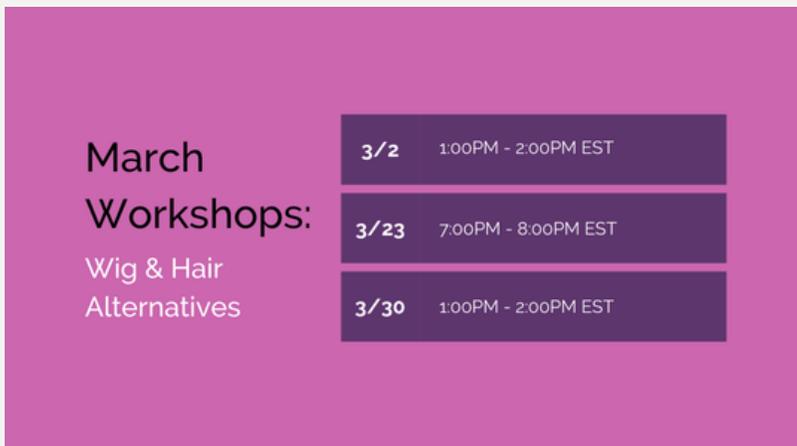
<https://stupidcancer.org/meetups/>

LOOK GOOD FEEL BETTER



**MARCH
WORKSHOPS**

Skincare
Hair Alternatives
Breast Prostheses, Bras & More
Teens
Men

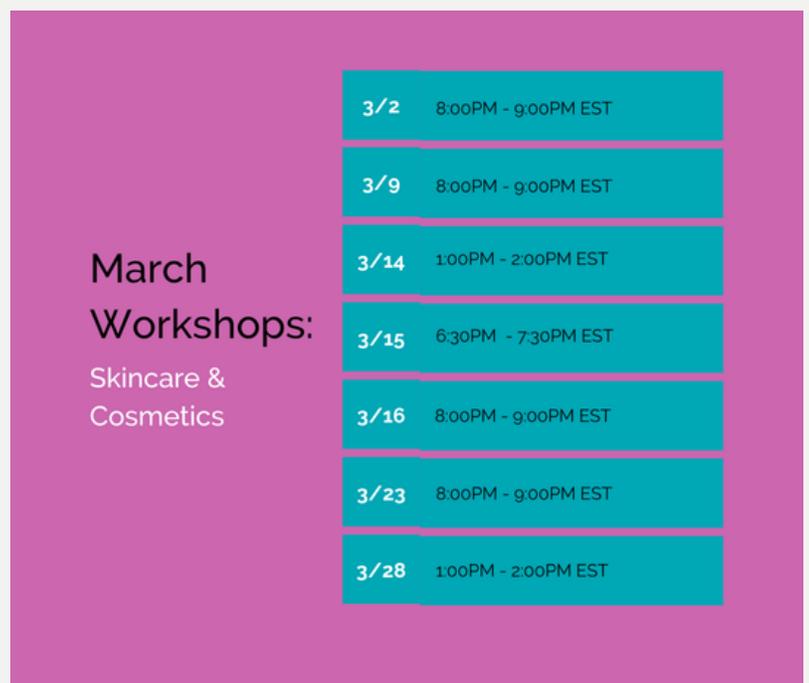


March
Workshops:
Wig & Hair
Alternatives

3/2	1:00PM - 2:00PM EST
3/23	7:00PM - 8:00PM EST
3/30	1:00PM - 2:00PM EST

Let's get the new month started with our March Workshops that will include all things skincare, hair health and more

<https://lgfb.ca/en/workshop/register-workshop/>



March
Workshops:
Skincare &
Cosmetics

3/2	8:00PM - 9:00PM EST
3/9	8:00PM - 9:00PM EST
3/14	1:00PM - 2:00PM EST
3/15	6:30PM - 7:30PM EST
3/16	8:00PM - 9:00PM EST
3/23	8:00PM - 9:00PM EST
3/28	1:00PM - 2:00PM EST

PINK PEARL

RETREAT *with pink pearl.*

APRIL 15 AT FERNWOOD HILLS
APRIL 16 AT THE PEARLE HOTEL

You're invited to attend one of Pink Pearl Canada's in-person day-long Retreats! Through meaningful peer-led conversations, light movement and expert discussions their retreats are designed for you to feel supported while facing a cancer diagnosis.

APRIL 15 | LONDON
FERNWOOD HILLS

APRIL 16 | BURLINGTON
THE PEARLE HOTEL

Apply by February 20
bit.ly/ppretreat-23

Questions? Contact Melaina at
programs@pinkpearlcanada.org

Next AYA Meet-Up

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

March 22nd @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