AYA Newsletter

WHATS NEW

Our New AYA Yoga Instructor Kelly Warmington will be joining us every month to host in-person yoga classes at PMH!
AYA BOOK CLUB READ

November

NONE OF THIS IS TRUE BY LISA JEWELL

LISA JEWELL
A NOVEL
NONE OF THIS IS TRUE

-date: November 8th 6pm

pitch black
fever dream

utterly irresistible

devilishly twisty plot
VIRTUAL MEET-UP

NOVEMBER 7TH - 6-7:30 PM
NOVEMBER 23RD - 6-7:30PM
RESEARCH PARTICIPANTS NEEDED

SEEKING CANADIAN WOMEN WHO HAVE EXPERIENCED BREAST CANCER

☑ Online survey ☑ Optional interview

LEARN MORE:

REBRAND.LY/START2023

start@uwo.ca
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 - HREA.CC-23-0156.
FREE POP-UP WRITING WORKSHOP

Staying Grounded During the Holidays

Tues, Nov 14
12:30p PT / 3:30p ET

To reserve your spot:
wildfirecommunity.org/shop/p/freepopup

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 were diagnosed young with breast cancer, join WILDFIRE’s November Pop-Up Writing Workshop and learn how to use writing as a way to stay grounded during the Holidays and write with others who understand you. 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.
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

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.