



Adolescent and Young Adult Program

AYA Newsletter



PROMO CODE



**Use Code: AYA15 to get 15% off your
next GuessWhere Trip**

CALENDAR



Adolescent and
Young Adult Program

DECEMBER 2024

TUESDAY **3**

AYA ART THERAPY

An illustration of an easel with a canvas showing a colorful abstract drawing, a yellow mug, and various art supplies like brushes and paint containers.

FRIDAY **6**

REIMAGINING THE HOLIDAYS WEBINAR

An illustration of a laptop screen displaying a webinar with multiple participants in a grid view, with hands shown interacting with the laptop.

TUESDAY **10**

AYA CANCER MEET UP

An illustration of a laptop screen displaying a meet-up with multiple participants in a grid view, with hands shown interacting with the laptop.

THURSDAY **12**

AYA HYBRID YOGA

An illustration of a person sitting in a yoga pose (Padmasana) on a mat, wearing a yellow shirt and grey pants.

Holiday Webinar

REIMAGINING THE HOLIDAYS

friday, december 6th

LET'S TALK

boundaries

gathering safely

self-compassion

expectation setting

food & drinks

end of year grief

DECEMBER 6TH 12-1PM
VIRTUAL MICROSOFT TEAMS

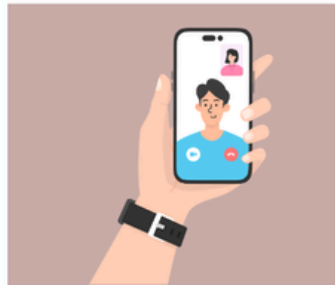
Interested in joining?
Email aya@uhn.ca to get on the list!

Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY DECEMBER 10TH 6-7:30PM

MICROSOFT TEAMS

Community Connections is a cooking & nutrition class, led by a wellness Chef and Registered Dietitian, focused on supporting people affected by cancer. This class is not just about preparing easy meals; it's about nourishing the body during a challenging time.

Understanding that a well-balanced diet plays a crucial role in the journey through cancer treatment, we aim to empower you with evidence-based knowledge and skills to create meals that are both nutritious and delicious.



Class features:

- **Healthy, delicious, and budget friendly recipes**
- **Nutrition tips for everyday eating and managing side effects**
- **Tasty Samples**

When: Every third Thursday of the month, 12:00 – 1:00pm

Where: ELLICSR: Health, Wellness & Cancer Survivorship Centre
Toronto General Hospital, Basement level, PMB-130

Contact: Call 416.581.8620 for more information.

Classes are free, anyone is welcome to attend and no registration required.

To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

Sexual Health Study

Sexual Health Education Video Study

To evaluate a sexual health educational video for AYA female cancer patients through an **anonymous** survey. The goal of the study is to help determine how to best support adolescents and young adults with cancer learn and manage their sexual health.

The study consists of a pre-video survey, watching a 13-minute video and a post-video survey. **By watching the video and completing both surveys, your name will be entered into a draw to win one of three Visa gift cards.**

Criteria:

Patients will be eligible to participate if they meet the following inclusion criteria:

- Are 18-39 years old with a cancer diagnosis
- Are assigned female at birth
- Are comfortable using the internet
- Able to read and speak English

Patients will be ineligible to participate if they meet the following exclusion criteria:

- Less than 1 month since diagnosis of cancer

To participate in the study, [fill out this form](#). For more information, please contact natalie.pitch@uhn.ca or anjali.sachdeva@uhn.ca.

** Please note that communication via e-mail is not absolutely secure. Please do not communicate personal sensitive information via e-mail.*

AYA Program | Princess Margaret Cancer Centre

EXCEL: Exercise for Cancer to Enhance Living Well (online and in person, FREE)

What is EXCEL?

EXCEL is a Canada-wide research study that offers FREE, 12-week exercise classes. Classes are 2x per week for one hour, online through a secure video-conferencing platform, and where possible, in-person. An IN-PERSON class can run in any location pending enough interest.

Who is EXCEL for?

EXCEL is for anyone with a cancer diagnosis without access to an exercise program. Participants can be pre-treatment, on treatment, or post-treatment. Instructors are specifically trained to work with individuals with cancer.

A new round of exercise classes will begin the week of September 16, 2024. Registration is now open! We have morning and afternoon classes.

For more information, or to register, please contact excel.ontario@utoronto.ca or visit <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/exercise-cancer-enhance-living-well-excel>.

What is EXCEL?

In this video, learn what the EXCEL program is all about. Watch now!



Participants

About the program:

The EXCEL Study provides a free 8-12-week exercise program, for people undergoing or recovering from cancer treatment, living in rural and remote regions across Canada. This evidence-based program is taught by fitness professionals trained in exercise oncology.

Classes are delivered online through a secure video-conferencing platform. Where possible, the programs are in-person. These group classes run for 60 minutes, twice a week for 8-12 weeks. They are offered three times a year: January, April, and September.

The programs focus on:

- cardiovascular
- resistance training
- balance
- stretching

In addition to the exercise program, instructors review education topics on behaviour change and provide you with tools to continue staying active, even after the classes end.

Pink Pearl



2024/25 Post-Secondary Scholarship:

We invite young women facing any type of cancer to apply to our \$1,000 post-secondary education scholarship. The scholarship is designed to help alleviate the financial stresses you face while navigating a cancer diagnosis as a student.

The application process is open until March 5, 2025

Apply here: bit.ly/pp-scholarship24

Volunteers Needed for a Research Study of Online Support Group Use for Queer & Trans People with Cancer

We are conducting a research study aimed at understanding the needs of sexual and gender diverse people with cancer and their views on online support, such as online support groups.

Are you:

- Someone who identifies as sexual and/or gender diverse (e.g., Two-Spirit, lesbian, gay, bisexual, transgender, queer, asexual, etc.)?
- 19 years of age or older?
- Someone who has been diagnosed with any type of cancer?
- Currently residing in Canada?

We want to hear from you!

Participate in a 25-30 minute survey about your needs and experiences and enter to win one of five Amazon e-gift cards

You may be asked if you would like to participate in a one-on-one interview to talk about your views and experiences in more detail

If you are interested in participating or would like to learn more, please contact Lauren Squires at lauren.squires@uhn.ca.*

*Please note that communication via email is not absolutely secure. Please do not communicate personal sensitive information via email. The security of social media is also not guaranteed. If you are seeing this poster on social media, contact us if you have questions. Do not post if concerned about privacy.

Conducted by researchers at:



Version date: August 23, 2024

CARE & CONNECT

A Patient Navigation Program

(formerly Healing Beyond the Body)

Care & Connect Volunteers provide:



Support

We listen to your questions, concerns, and anything you want to talk about



Information

We help you access reliable information and answers to practical problems



Navigation

We can connect you to a range of hospital resources and help you prepare for appointments

1:1 phone & video connections with trained volunteers

Offered in 20+ languages, up to 6 months

Available to all patients and their circle of support

Connect with a Volunteer!



416-946-2000 ext 3311



care.connect@uhn.ca

Phone/email us your full name, MRN (medical record number), and phone number

