



# Adolescent and Young Adult Program

## AYA Newsletter



## PROMO CODE



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

# CALENDAR

# JULY 2024

TUESDAY 9

AYA VIRTUAL MEET-UP



WEDNESDAY 17

AYA BOOK CLUB



THURSDAY 11

AYA HYBRID YOGA



THURSDAY 11

AYA ART THERAPY



THURSDAY 25

AYA VIRTUAL MEET-UP



SATURDAY 27

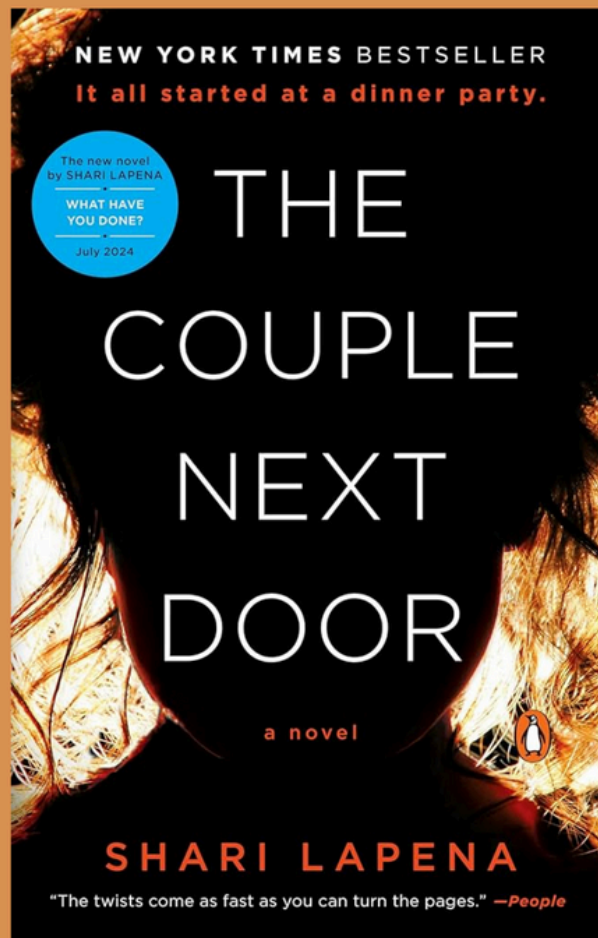
AYA BEACH DAY



# BOOK CLUB

**AYA BOOK CLUB READ**

*July*



**UNWANTED  
GUEST**

**METICULOUSLY CRAFTED  
AND RAZOR-SHARP**

**SUSPENSE**

**DATE: JULY 17TH @ 6PM**



# **AYA** **SUMMER** **KICK-OFF**

**27 JULY 2024**

**CENTRE ISLAND TORONTO**  
**10AM-2PM**

**JOIN US FOR A FUN FILLED DAY WITH LUNCH,  
DRINKS, AND GAMES BY THE WATER!**

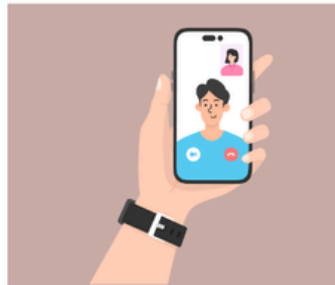
**EMAIL [AYA@UHN.CA](mailto:AYA@UHN.CA) TO RSVP**

# Meet-Ups



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



TUESDAY JULY 9 6-7:30PM  
THURSDAY JULY 25 6-7:30PM

MICROSOFT TEAMS

# AYA X HGR

## *Hair Gone Rogue*

### COMPLIMENTARY SERVICES



Scalp Massage



Head Shaving



Styling



Trimming



Scalp Care

**2518 Yonge Street, 2nd Floor) from 10 am- 4pm**

**Please select a date & time that suits your schedule and input your name, phone # and selected service in an open slot. Please request access for the document and you will be granted access to fill out the form!**

**July 7 2024  
August 25 2024**

**Form To Register:**

**<https://docs.google.com/spreadsheets/d/1qOZEIVAyAwfRaVcmVm0if4ZF3nVamEOeRoczKONtb68/edit?usp=sharing>**



The PYNK program at Sunnybrook  
presents:

# IN THE PYNK

**A Peer Support Group for  
Women Diagnosed with Breast Cancer  
Aged 40 and under**

## **MODERATORS:**

**Sandy Vuong, CCPA, PYNK Physician Assistant  
Brooke MacDonald, MSW, RSW**

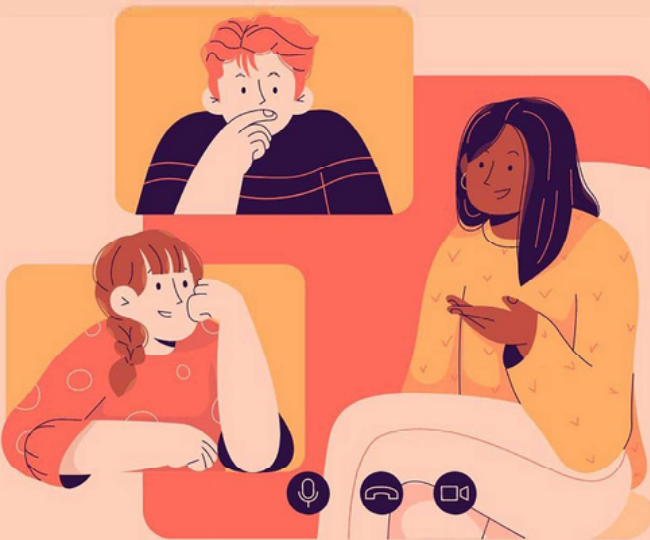
## **Monthly Peer support groups**

Wellspring Westerkirk House at Sunnybrook  
105 Wellness Way

Register at: <https://bit.ly/pynk-support-groups>



For more information, email:  
[pynkprogram@sunnybrook.ca](mailto:pynkprogram@sunnybrook.ca)



# GETAWAY EXPEDITION



For youth living with cancer or recently in remission



4 DAYS OF  
VOYAGEUR CANOE

POISSON BLANC  
LAKE

OUTAOUAIS, QC

SEPTEMBER 19 TO 22 2024  
FOR 30-39 YEARS OLD

OCTOBER 5 TO 8 2024  
FOR 14-18 YEARS OLD

PRESENTED BY



*" This expedition was life changing and improved my mental health and my outlook on my life/diagnosis. It brought me a bigger appreciation for life and the wilderness. It also brought me a feeling of accomplishment: I realized I was able to experience something a lot of other people in my situation haven't experienced. I'm glad I was able to come before my treatment. Even if it doesn't work out, I went on the trip of a lifetime. "*

- Mohamad E.A., Getaway 2023

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APPLY [OU INFO@TIPOFTOES.COM](mailto:OU INFO@TIPOFTOES.COM)

