



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

NOVEMBER 2024

TUESDAY 12

AYA CANCER
MEET UP



THURSDAY 14

AYA HYBRID
YOGA



THURSDAY 14

AYA ART
THERAPY



WEDNESDAY 20

AYA BOOK CLUB



THURSDAY 28

AYA CANCER
MEET UP



THURSDAY 28

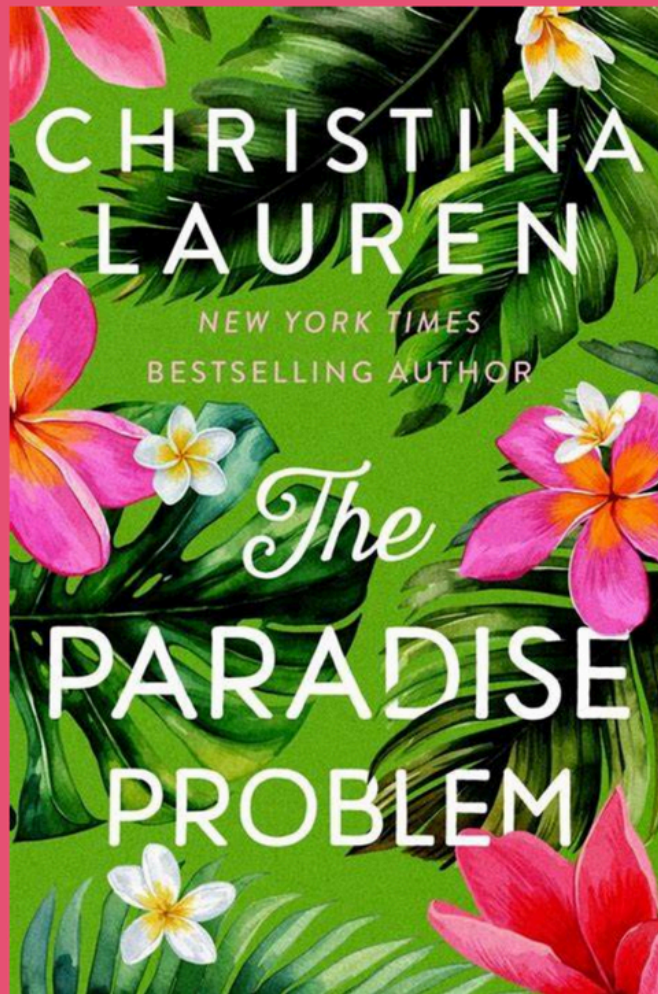
AYA COOKING
CLASS



BOOK CLUB

AYA BOOK CLUB READ

November



**FAKE
DATING**

OPPOSITES ATTRACT

**TENSION &
ANGST**

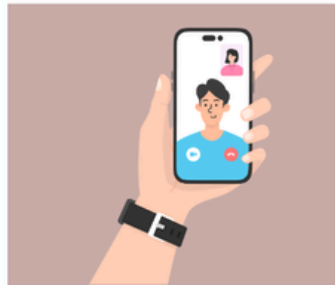
DATE: NOVEMBER 20TH @ 6PM

Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY NOVEMBER 12TH 6-7:30PM
THURSDAY NOVEMBER 28TH 6-7:30PM

MICROSOFT TEAMS

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

Local Social Niagara

Take a break and join Pink Pearl Canada for an afternoon filled with laughter, heartfelt conversations, and the chance to build lifelong friendships with other young women who understand what it means to hear the words 'you have cancer'.

November 17th, 1:00 - 4:00 p.m.

Mahtay Cafe & Lounge, Niagara

RSVP: Email community@pinkpearlcanada.org at least one week prior.

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

