



ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

HELLO AUGUST!

 Princess Margaret Cancer Centre

 Adolescent and Young Adult Program

AUGUST 2025

THURSDAY 7	TUESDAY 12
RETURNING TO SCHOOL WEBINAR 	AYA CANCER MEET UP 
THURSDAY 21	WEDNESDAY 27
AYA ART THERAPY 	AYA BOOK CLUB 



aya@uhn.ca



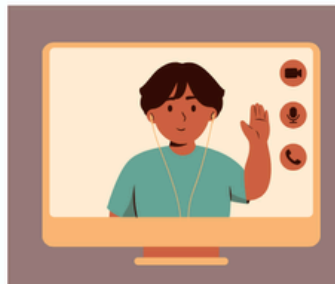
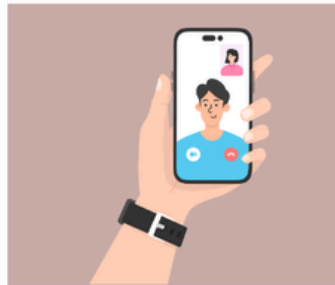
@ayaprogram

Monthly Meet-Up



Adolescent and
Young Adult Program

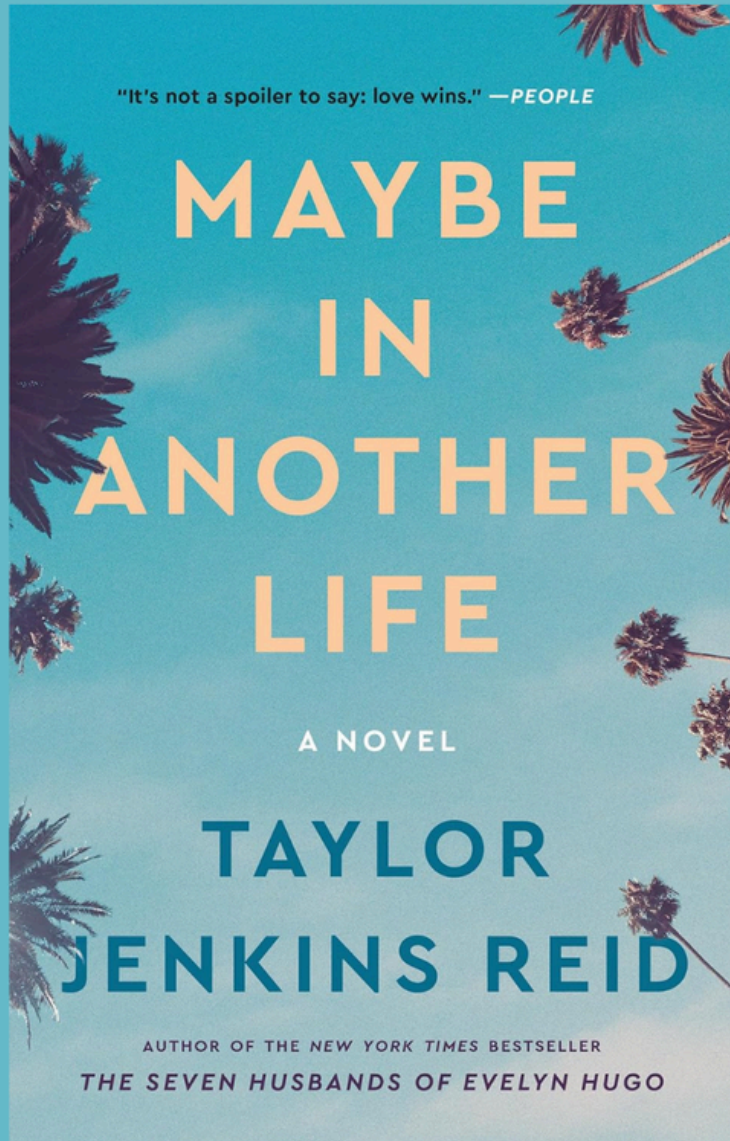
VIRTUAL MEET-UP



TUESDAY AUGUST 12TH 6-7:30PM

MICROSOFT TEAMS

AYA BOOK CLUB READ AUGUST



**BEST BOOK OF THE
SUMMER**

**A HEARTWARMING
PIECE!**

**PERFECT BEACH
READ**

AUGUST 27TH 2025

AYA ISLAND DAY



AYA Program

8- Week Art Therapy Group

This group is a chance to explore your personal journey through the creative process. Each week, an Art Therapist will support you in developing a visual "map" or landscape using drawing, painting, collage, and mixed media around meaningful themes and subjects. This closed group concludes with a public art exhibit and a ninth session for reflection. A creative and empowering way to find meaning and connection beyond cancer treatment.

Eligibility Criteria

- Minimum 6 months post active-treatment
- No art experience needed—just your story and a willingness to create
- Able to commit to being in person for all dates listed below:



September 16th
September 25th
October 2nd
October 9th
October 16th
October 23rd
October 30th
November 8th

**If interested in
participating please email
aya@uhn.ca to set up a
screening call**

A diagnosis is really hard. We're here to help.

Rethink Breast Cancer is a Canadian charity known for making positive change and rethinking the status quo when it comes to breast cancer.

Rethink fosters safe spaces for people with breast cancer to find community, get support and take action.

Learn more by scanning below.



rethink
BREAST CANCER

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.

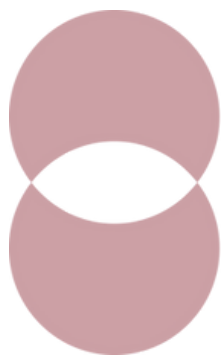
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

Peer Support Program

Pink Pearl Canada's Peer Support Program is designed for self-identifying young women to feel supported by their peers while navigating a cancer diagnosis.

This is your opportunity to chat with someone who simply 'gets it'.

Learn more and apply:
bit.ly/pp-peersupport



One-on-One

Pink Pearl's Counselling Program

We're here for you.

We know how it feels to accept a cancer diagnosis and move through all that follows. As you find your way, we ~~wanted to~~ remind you that we're here to support you through our short-term one-on-one counselling sessions.

Our social workers provide you with a space to be heard and feel empowered. They're here to listen and to provide you with the tools that work for you as you navigate each moment.

**To learn more email Ashley at
support@pinkpearlcanada.org**

This program is open to self-identifying young women facing any type of cancer between the ages of 18-40, who are of low-income with no access to therapy. There are a limited number of sessions available monthly.

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.