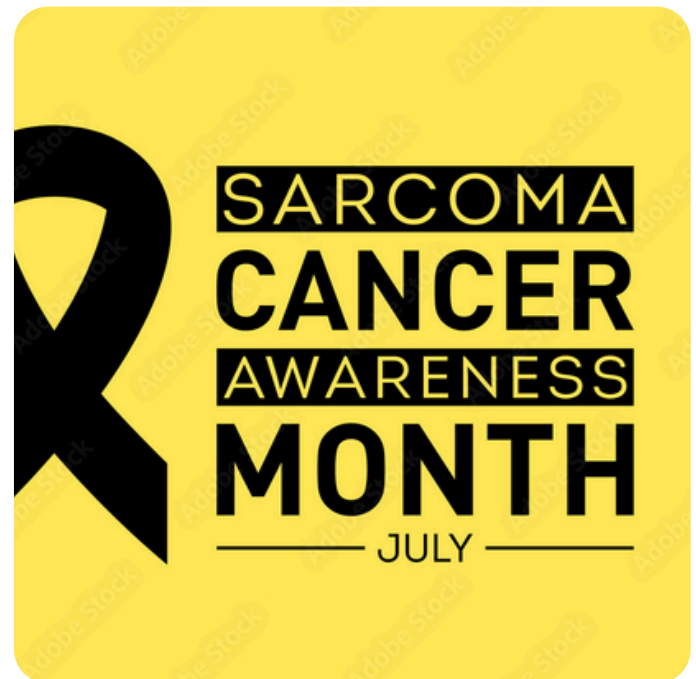




AYA Newsletter



PROMO CODE



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

JULY 2025

TUESDAY

8

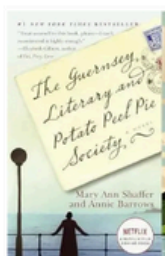
AYA CANCER
MEET UP



WEDNESDAY

16

AYA
BOOK CLUB



THURSDAY

17

COMMUNITY
CONNECTIONS
AYA



SATURDAY

19

AYA ISLAND
DAY



THURSDAY

24

AYA ART
THERAPY



THURSDAY

24

AYA CANCER
MEET UP

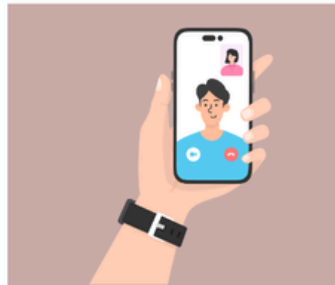


Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY JULY 8TH 6-7:30PM
THURSDAY JULY 24TH 6-7:30PM

MICROSOFT TEAMS



THE AYA PROGRAM PRESENTS OUR

SUMMER KICK-OFF

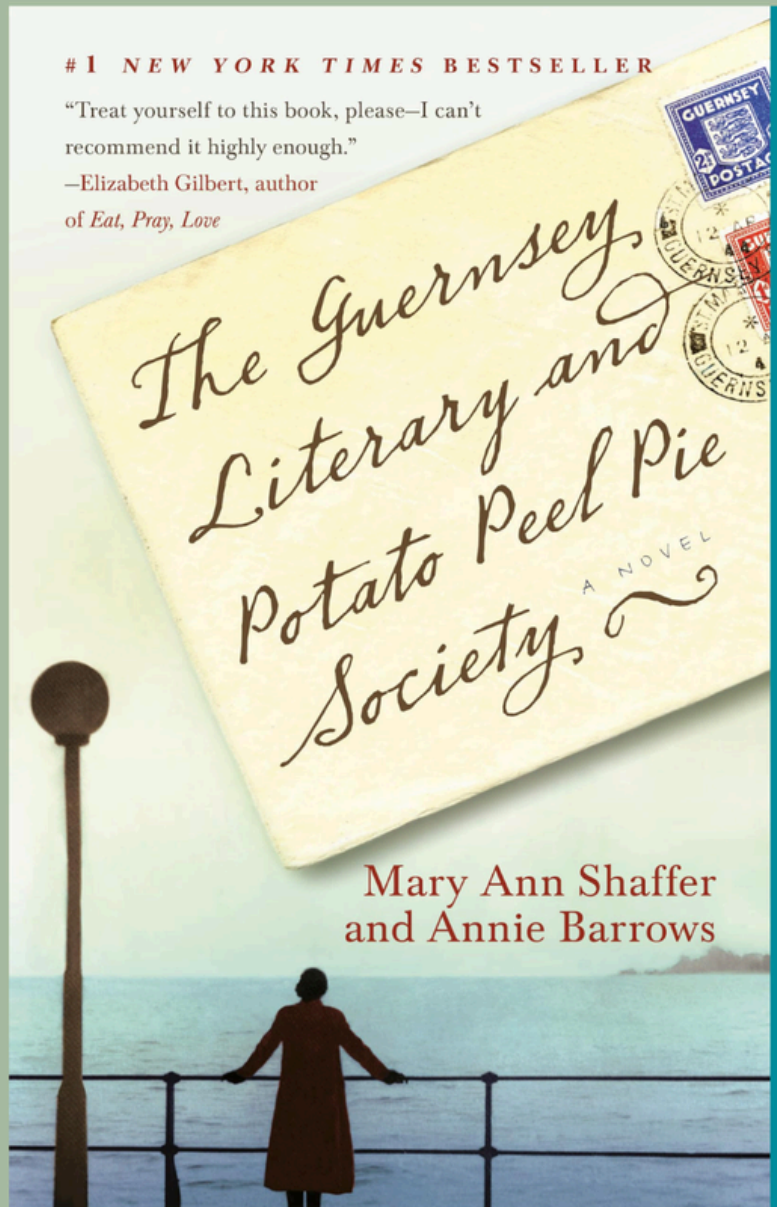
JULY 19TH 2025

10AM-2PM

CENTRE ISLAND TORONTO

EMAIL AYA@UHN.CA TO JOIN US!

AYA BOOK CLUB READ JULY



A HISTORY LESSON,
EVOCATIVELY GIVEN

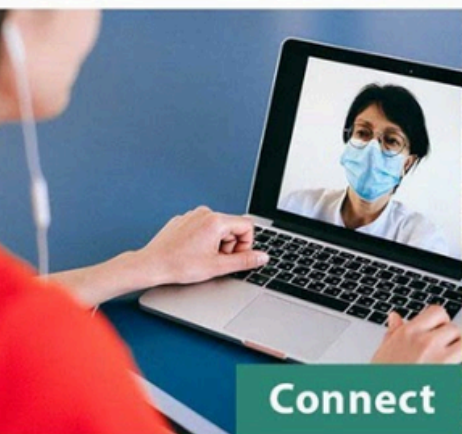
A GEM OF A BOOK!

BOOK LOVER'S
DELIGHT

DATE: JULY 16TH @ 6PM

Community Connections

July 17th 2025



Connect



Learn



Move

Watch us on



Live in 13 days
July 17 at 12:00 PM



Notify me

youtube.com/ellicsrkitchen

Join us for another delicious cooking & nutrition demonstration.

In this month's Community Connections, we are very excited to be collaborating with the Adolescent & Young Adult (AYA) Oncology Program and the Princess Margaret Cancer Centre. We will be focusing on tips to make delicious and nutritious, budget friendly recipes.

Join us in person or online from 12pm to 1pm EST.

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

YACC July Calendar

< > Today July 2025 ▾

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2 8:00 pm - 9:30 pm 🎧 YACC Chats: Coping with Change & Uncertainty	3	4	5
6	7	8	9 8:00 pm - 9:30 pm 🎧 YACC Chats: Living in the Moment	10	11	12 1:30 pm - 7:00 pm 📍 Localife Vancouver: Bard on the Beach + Pub Hang-out! 🍻
13	14	15 8:00 pm - 9:30 pm 🎧 YACC Chats: Finding Your People (Advanced and Metastatic Chat)	16 8:00 pm - 9:30 pm 🎧 YACC Chats: Renewing Your Confidence	17	18	19
20	21	22 8:00 pm - 9:30 pm 🎧 YACC Chats: Finding Your People (Post-Treatment Survivorship Chat)	23 8:00 pm - 9:30 pm 🎧 YACC Chats: Reconnecting with Your Body	24 8:00 pm - 9:30 pm 🎧 YACC Chats: Finding Your People (2SLGBTQIA+ Chat)	25	26
27	28	29	30 8:00 pm - 9:30 pm 🎧 YACC Chats: Taking Chances	31	1	2

<https://youngadultcancer.ca/events/>

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 want you to know 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**

g 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.