



## AYA Newsletter



## PROMO CODE



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next GuessWhere Trip**

# JUNE 2025

WEDNESDAY 4

**BRAIN TUMOUR  
MEET-UP**



THURSDAY 5

**SUN SAFETY  
WEBINAR**



TUESDAY 10

**AYA CANCER  
MEET UP**



FRIDAY 20

**GETTING JOB  
READY WEBINAR**



WEDNESDAY 25

**AYA  
BOOK CLUB**



THURSDAY 26

**AYA CANCER  
MEET UP**



VIRTUAL CONTEST

**PRIDE CARD  
MAKING CONTEST**



# Brain Wave

JUNE 4TH  
6-7PM  
MS TEAMS

USE QR CODE  
TO JOIN



CONNECTION AND SUPPORT FOR AYA  
(ADOLESCENTS AND YOUNG ADULTS,  
AGE 15-39) WITH BRAIN TUMOURS

QUESTIONS? PLEASE EMAIL [AYA@UHN.CA](mailto:AYA@UHN.CA)

MODERATED BY: A TEAM OF NURSES, DOCTORS AND SOCIAL WORKERS FROM  
PRINCESS MARGARET AND SICKKIDS

# AYA PROGRAM X MELANOMA CANADA



## SUN SAFETY WEBINAR

**JUNE 5<sup>TH</sup> 2025**

6-7pm



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

**MELANOMA**  
CANADA

# **AYA'S LETS TALK: GETTING JOB READY**

**JOIN EMMA KING & BERNICE D'SOUZA**

## **TOPICS**

- **BUILDING A STRONG RESUME**
- **ACING INTERVIEWS**
- **TIPS ON DISCLOSURE**
- **POWER OF REFLECTION**
- **NETWORKING**
- **ACCOMODATIONS**
- **AND MUCH MORE!**

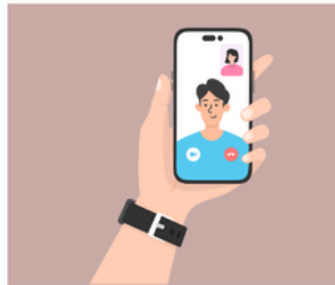
**JUNE 20<sup>TH</sup> 2025 12:00-1:00PM**

# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



TUESDAY JUNE 10<sup>TH</sup> 6-7:30PM  
THURSDAY JUNE 26<sup>TH</sup> 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](mailto:AYA@UHN.CA) TO JOIN US!**

# AYA BOOK CLUB READ

## June



OH SO  
ROMANTIC

ENEMIES-TO-LOVERS  
ROMANCE

LGBTQ+ ROMANCE  
IS DESTINED TO  
LEAVE YOU  
SWOONING

DATE: JUNE 25TH @ 6PM





# GILDA'S CLUB GREATER TORONTO

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

## There are Skills for This: Helping Your Teen Manage Stress and Anxiety

Date & Time Jun 4, 2025 01:00 PM in [America/Toronto](#)

Description This workshop offers practical, relational, evidence-informed strategies you can begin using immediately to support teens through feelings of stress and anxiety. The workshop will cover how to:

- Respond to distress in your teen to promote parent-teen connection
- Navigate common challenges and tensions
- Understand the difference between a temporary feeling of stress and broader mental health issues, and recognising when additional support is needed
- Review of specific resources available
- Opportunity for group Q & A period where more specific questions can be discussed



Presenter: Laura Cooper

Laura Cooper is a social worker in psychiatry working with transitional-aged youth and adults. Through non-profit Common Compass, she also facilitates educational sessions for educators and parents about mental health and effective responses to distress. She has a keen interest in Dialectical Behavioural Therapy (DBT) and believes that life gets richer as we learn how to more effectively communicate and connect with one another.

Canadian Virtual Hospice presents

## Supporting Healthy Ways of Living Through Grief and Loss:

*Indigenous Ceremonies and Practices for Individuals Journeying to the Spirit World*

**Free webinar**

**Jun. 4, 2025 | 6:00 pm - 7:30 pm ET**

**Host**

**Holly Prince, PhD**

Opwaaganisining,  
Senior Advisor,  
Indigenous Voices 3 Project



**Members of the Elders and Knowledge Carriers Circle**

**Ella Paul**

**Kathy MacLeod-Beaver**

**Albert McLeod**



The image represents the social sciences & humanities of the Canadian Partnership Against Cancer.



## Register now: Indigenous Ceremonies and Practices for Individuals Journeying to the Spirit World

Join Holly Prince, PhD and members of the Elders and Knowledge Carriers Circle on June 4, 2025, for the third session in the free webinar series, *Supporting Healthy Ways of Living Through Grief and Loss*. In this session, members of the Elders and Knowledge Carriers Circle will share their experiences and teachings on Indigenous ceremonies and practices, offering wisdom to support Indigenous Peoples in their journey through grief. There will be an opportunity to ask questions during the webinar. There is no charge to attend, and it will be recorded.

***Supporting Healthy Ways of Living Through Grief and Loss:***

***Indigenous Ceremonies and Practices for Individuals Journeying to the Spirit World***

Date: June 4, 2025

Time: 6:00-7:30 pm ET

[Register](#)

Speakers:

Holly Prince, Opwaaganisining, Senior Advisor, Indigenous Voices 3 Project

Ella Paul, Millbrook First Nation, Mi'kma'ki

Kathy MacLeod-Beaver, Alderville First Nation, Ontario

Albert McLeod, Nisichawayasihk Cree Nation, Manitoba

# 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](https://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](https://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.or](mailto:support@pinkpearlcanada.or)**

**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](mailto: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.