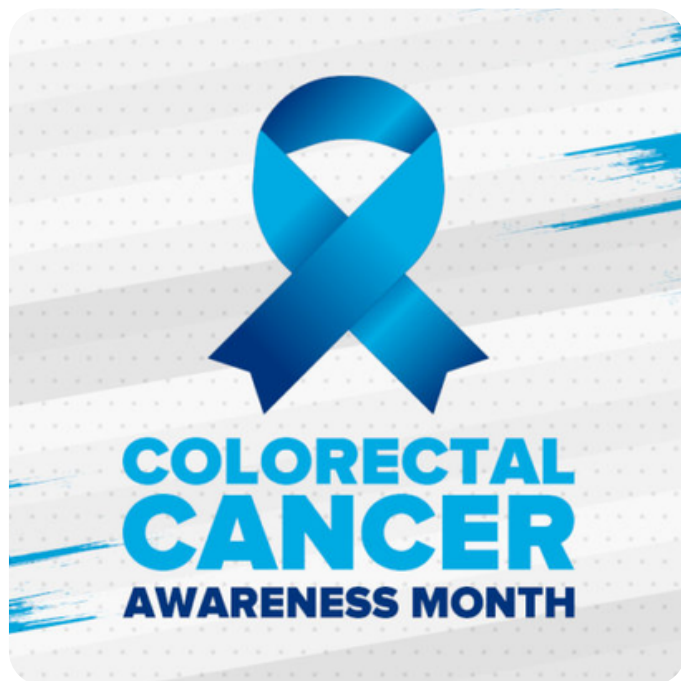




Adolescent and Young Adult Program

AYA Newsletter



PROMO CODE



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

CALENDAR

MARCH 2025

WEDNESDAY 5

AYA SEXUAL
HEALTH WEBINAR



TUESDAY 11

AYA CANCER
MEET UP



THURSDAY 13

AYA
CAREER/RESUME
WORKSHOP



WEDNESDAY 19

AYA
BOOK CLUB



THURSDAY 20

AYA
ART THERAPY



WEDNESDAY 26

AYA EXERCISE
WEBINAR



THURSDAY 27

AYA CANCER
MEET UP

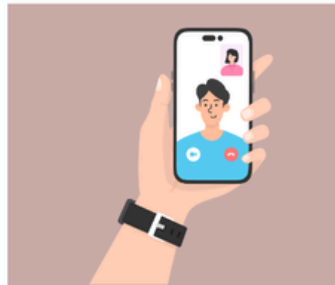


Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP

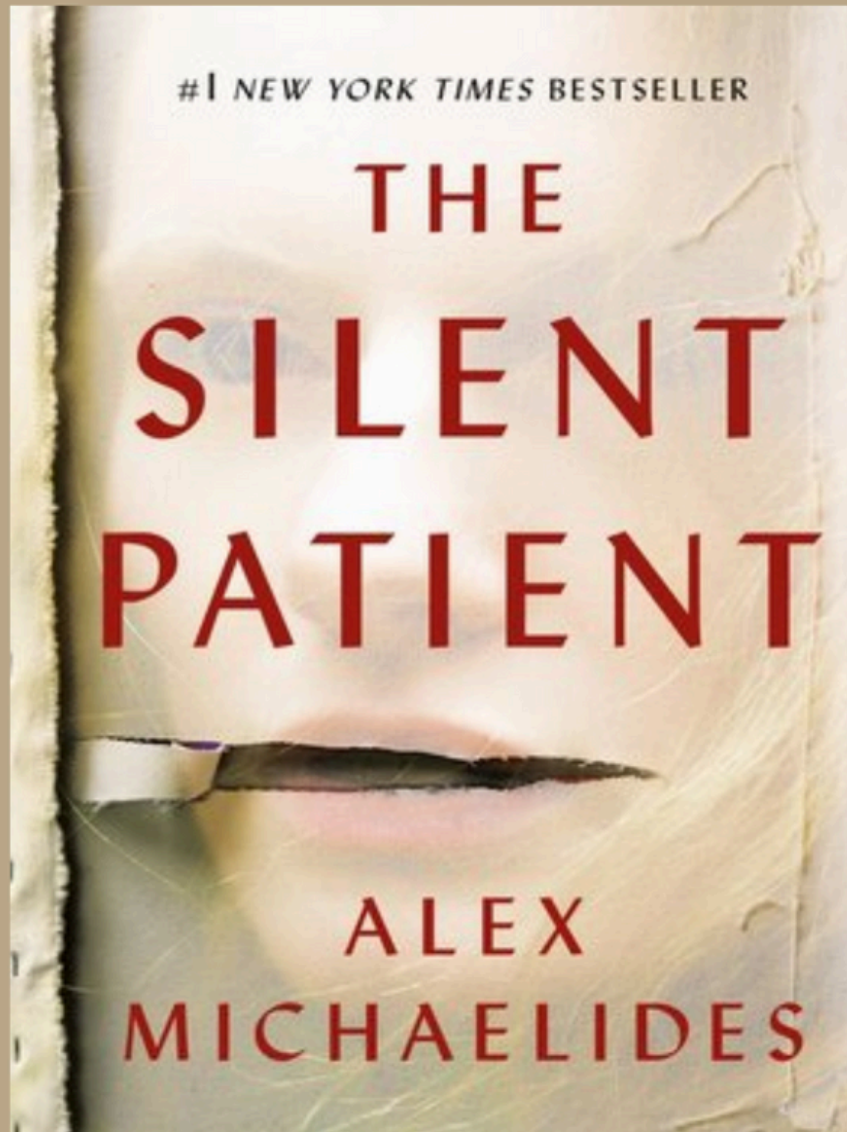


TUESDAY MARCH 11TH 6-7:30PM
THURSDAY MARCH 27TH 6-7:30PM

MICROSOFT TEAMS

AYA BOOK CLUB READ

March



**NEW YORK TIMES
BESTSELLER**

**DARK, EDGY, AND
COMPULSIVELY
READABLE**

**ENDING WORTHY
OF A CLASSIC
AGATHA CHRISTIE
MYSTERY**

DATE: MARCH 19TH @ 6PM

Scholarship



Apply for 2025-2026

MICHAEL KAMIN HART SCHOLARSHIP

ELIGIBILITY CRITERIA:

- Diagnosed with cancer above age 18
- Be an Ontario resident enrolled in a post-secondary institution
- Enrolled in part-time or full-time studies in the 2025-2026 full academic year

**SEND YOUR APPLICATION TO AYA@UHN.CA BY
MARCH 28TH 2025**

https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_Adult_Oncology/Pages/michael_kamin_hart_scholarship.aspx



AYA PROGRAM
**TRIVIA
NIGHT**

Tease Your Brain &
Win Prizes

Thursday,
April 3rd

464 Bathurst Street
Toronto, ON M5T 2S6
Doors open at: 06:00pm
Game starts at: 6:30pm

Food and
drinks will
be
provided!



For registration & further information
email aya@uhn.ca

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

Sexual Health Study

Sexual Health Education Video Study

To evaluate a sexual health educational video for AYA female cancer patients through an **anonymous** survey. The goal of the study is to help determine how to best support adolescents and young adults with cancer learn and manage their sexual health.

The study consists of a pre-video survey, watching a 13-minute video and a post-video survey. **By watching the video and completing both surveys, your name will be entered into a draw to win one of three Visa gift cards.**

Criteria:

Patients will be eligible to participate if they meet the following inclusion criteria:

- Are 18-39 years old with a cancer diagnosis
- Are assigned female at birth
- Are comfortable using the internet
- Able to read and speak English

Patients will be ineligible to participate if they meet the following exclusion criteria:

- Less than 1 month since diagnosis of cancer

To participate in the study, [fill out this form](#). For more information, please contact natalie.pitch@uhn.ca or anjali.sachdeva@uhn.ca.

** Please note that communication via e-mail is not absolutely secure. Please do not communicate personal sensitive information via e-mail.*

AYA Program | Princess Margaret Cancer Centre

The logo for Pink Pearl Canada, featuring three stylized, overlapping hand-like shapes in pink, blue, and orange.

LOCAL SOCIAL LONDON

Pottery Painting

A smaller version of the Pink Pearl Canada logo, featuring three stylized, overlapping hand-like shapes in pink, blue, and orange.


Join Pink Pearl Canada for their next Local Social!

Grab a paintbrush, pick your pottery, and let your creativity flow—all while connecting with an incredible community of young women facing cancer.

RSVP to programs@pinkpearlcanada.org by March 15.

20TH MARCH | 6PM
CROCK A DOODLE LONDON, ON

This program is free to attend & is open to self-identifying women who are 18+ facing any type of cancer. Please note, space is limited.

A smaller version of the Pink Pearl Canada logo, featuring three stylized, overlapping hand-like shapes in pink, blue, and orange.



BEST HEALTH FOR BLACK WOMEN 2025

Digital Storytelling Workshop

Volunteer to create a short film about your experience with cancer!

Your story matters. Your experience, be it one of support or isolation, can help others.

The Canadian Cancer Society (CCS) is looking to create a digital story with an individual directly affected by cancer. Digital Storytelling is a way to capture the impact and burden of cancer on the lives of people in Canada in a meaningful way by using their own voice, images and music in a two-four-minute mini-movie that you will create yourself.

Watch past participants, [Natoya's](#) and [Nadia's](#) digital stories.

Best Health for Black Women Event

The Best Health for Black Women Event is hosted by the Peter Gilgan Centre for Women's Cancers at Women's College Hospital in partnership with the Canadian Cancer Society. Further event partners include University Health Network, Rethink Breast Cancer, and The Olive Branch of Hope.

One of the event's primary objectives is to offer a platform for learning from individuals with firsthand experience.

About creating a Digital Story

The process will be facilitated by CCS's Digital Storytelling specialists Jenni Haggie and Lacey Horta. It will take place on Zoom and over the course of 5 sessions, they will help you:

1. Find meaningful moments in your life experience related to cancer
2. Write and record a voiceover
3. Craft your own story using basic video editing techniques
4. Explore how to share your finished story

No previous experience is required, and all software is provided. There is no cost to participate in this project.



Young Adult Brain Fog

Having trouble thinking clearly? Is it sometimes hard to find the right words? You may have brain fog.

Brain fog, sometimes called “chemo brain,” refers to cognitive difficulties that affect the clarity of thinking, memory, and concentration.

Join this free, eight-week online program for individuals ages 18 – 39, to learn ways to address and improve these symptoms.
Licensed from Maximum Capacity.



Date and Time

Starting Monday, Feb 24
7:00 – 8:30 pm ET



Location

Online



For more information or to register, visit:
wellspring.ca/YoungAdultBrainFog

Wellspring offers professional programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.



wellspring.ca | 1-877-499-9904

WINTER GRAND EXPEDITION

MARCH 15 TO 23, 2025



GROULX MOUNTAINS | MANICOUAGAN RESERVOIR | QUEBEC

For youth 19 to 29 years old in remission of a cancer for less than 5 years



Are you ready?

ON
THE
TIP
OF THE
TOES

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.