



## AYA Newsletter



### PROMO CODE



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# MAY 2025

**WEDNESDAY 7**

**AYA SEXUAL HEALTH WEBINAR**



**TUESDAY 13**

**AYA MOTHERS DAY MEET-UP**



**WEDNESDAY 14**

**AYA BOOK CLUB**



**WEDNESDAY 21**

**MONEY MATTERS WEBINAR**



**THURSDAY 22**

**AYA ART THERAPY**



**THURSDAY 22**

**AYA CANCER MEET UP**



**AYA PROGRAM PRESENTS**

# "Sexy State of Mind"

*Webinar with Dr. Andrew Matthews*

*May 7<sup>th</sup> 2025- 6-7pm*

- SEXUAL DYSFUNCTION IN THE CANCER CONTEXT
- SEXUAL PERFORMANCE ANXIETY
- BODY IMAGE
- FEMININITY AND MASCULINITY
- GRIEF/LOSS
- IMPACT ON THE PARTNER AND COUPLE
- DATING AND DISCLOSURE



<https://forms.gle/DkDdJj5ZZ3MAXxmLA>





# AYA MOTHER'S DAY MEET-UP

**MAY 13 2025  
12-1:30PM MS TEAMS**

THIS IS FOR ANYONE WHO IS A MOTHER OR PARENT  
(INCLUSIVE OF FOLKS WHO ARE WOMAN-IDENTIFYING,  
TRANS OR NON-BINARY) NAVIGATING THEIR CANCER  
EXPERIENCE AND CARING FOR THEIR CHILDREN.

<https://docs.google.com/forms/d/e/1FAIpQLScKRxdkC5vqpGcVo338OdsFAFff1HAOFGkc2fVqLYTteDTyCQ/viewform?usp=header>

AYA Program x Wellspring Canada

# MONEY MATTERS

WEBINAR

**MAY 21 2025**  
**12-1PM MS TEAMS**

**INTERESTED?**

Email [aya@uhn.ca](mailto:aya@uhn.ca) to  
sign up!



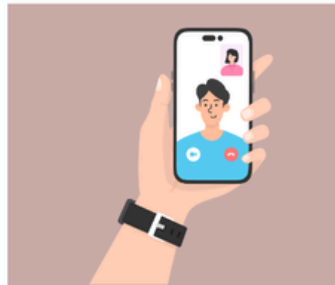
<https://forms.gle/yRPcUsitFXgJAuCN6>

# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



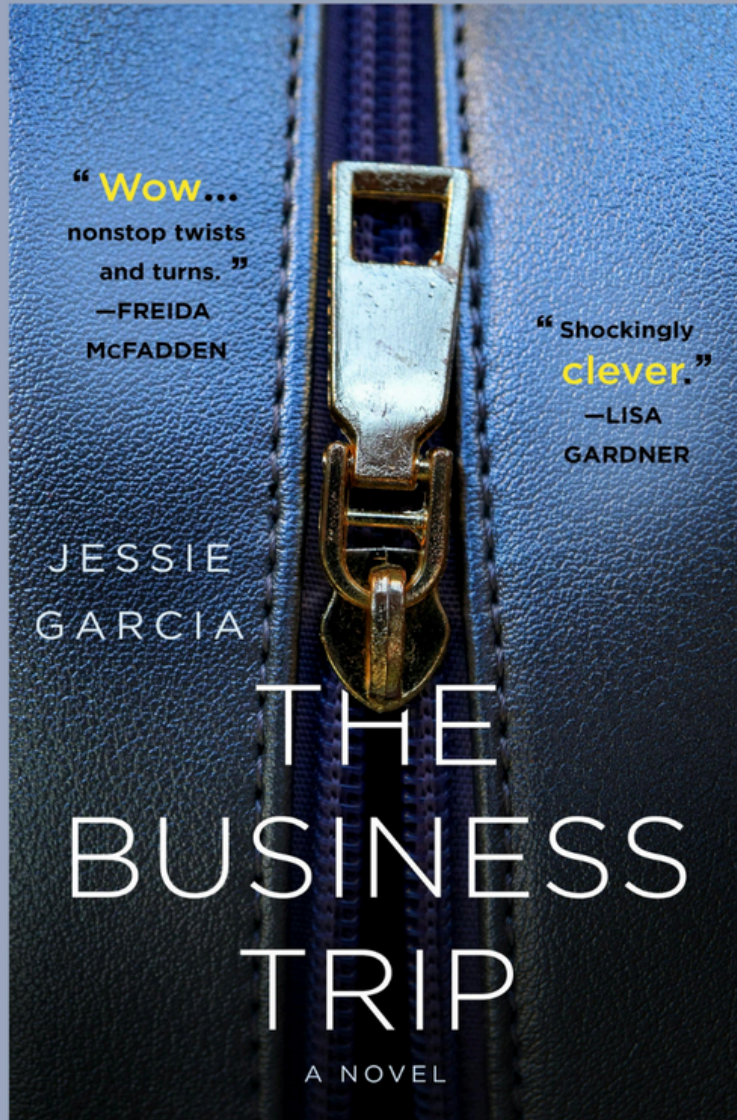
THURSDAY MAY 22ND 6-7:30PM

MICROSOFT TEAMS



# AYA BOOK CLUB READ

## May



NONSTOP TWISTS  
AND TURNS

WICKEDLY  
ENTERTAINING

ADDICTIVE  
STORYLINE

DATE: MAY 14TH @ 6PM



**GILDA'S CLUB**  
**GREATER TORONTO**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

# **BALANCED CAREGIVING: PRACTICAL TOOLS AND SUPPORTS FOR CAREGIVERS**

## **EDUCATION SESSION**

Caregiving for individuals living with cancer can present significant challenges.

Whether you're providing emotional support or hands-on care, this webinar will equip you with the knowledge and skills to better manage the challenges of caregiving.



**MAY 7TH, 2025**  
**1:00 PM - 2:00 PM**

**REGISTER HERE!**



# 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

**JOIN US FOR**

# Rethink + Rewild

Rethink Breast Cancer presents a day retreat full of community connection, sound therapy and mindful movement in nature.

**Saturday, May 31, 2025 from 9am-4pm**

**Tranquility Trails Farm, near Uxbridge/Pickering, ON**

**Free of charge to the breast cancer community**

**SCAN TO LEARN MORE  
+ SAVE YOUR SPOT**



**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.org](mailto: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](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.