



ADOLESCENT  
& YOUNG ADULT  
PROGRAM  
OF ONTARIO

# HELLO NOVEMBER!

**AYA**

**NOVEMBER**

**TUE 11**

AYA MEET-UP



**WED 19**

BOOK CLUB



**THU 27**

MOVEMBER MEET-UP



[aya@uhn.ca](mailto:aya@uhn.ca)



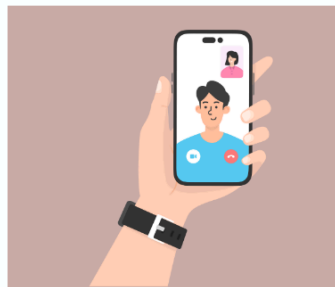
[@ayaprogram](https://www.instagram.com/ayaprogram)

# Monthly Meet-Up



Adolescent and  
Young Adult Program

## VIRTUAL MEET-UP



TUESDAY NOVEMBER 11TH

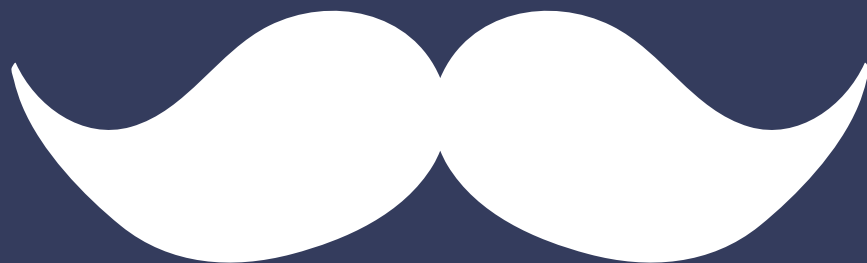
6-7:30PM

MICROSOFT TEAMS



ADOLESCENT  
& YOUNG ADULT  
PROGRAM  
OF ONTARIO

# MOVEMBER MEET-UP



**NOVEMBER 27TH**

**6:00 PM - 7:30 PM**

**MS TEAMS**

**FOR THOSE WHO IDENTIFY AS MEN**

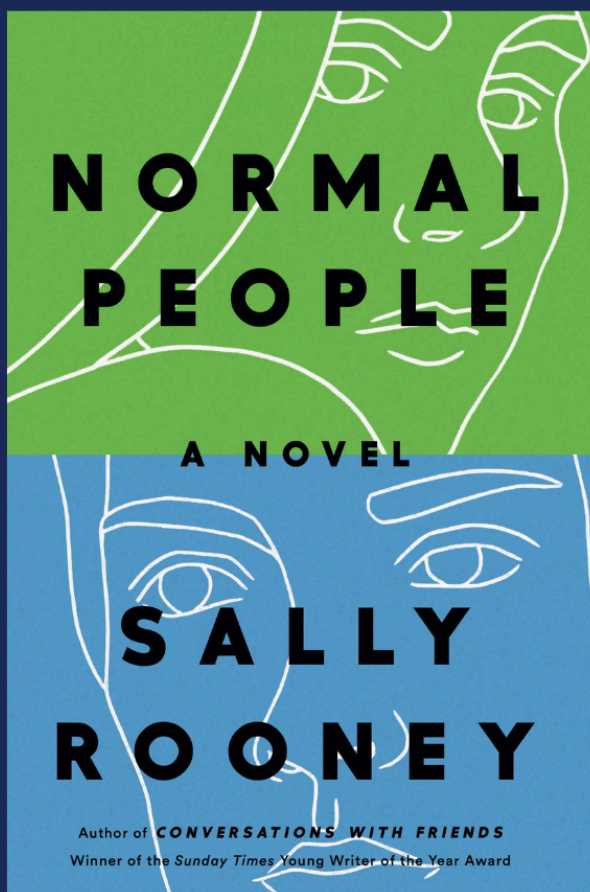
NOVEMBER

# Book Club

Normal People by  
Sally Rooney

Wed November 19th 6-7pm

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# ART SHOWCASE:

## POSTCARDS FOR FELLOW TRAVELLERS

***‘Step into a gallery where every brush stroke tells a story of healing’***

You're invited to Postcards for Fellow Travellers, an inspiring art showcase born from the Adolescent and Young Adult (AYA) Mindfulness Art Therapy program at PMH. This one-of-a-kind evening features deeply personal, patient-created works that transform therapy into artistic expression.

Experience the Art Wander through a relaxed, gallery-style setting. Connect with the artists — not as patients, but as creators — and witness their journeys of imagination, resilience, and hope.

Support the Cause Your presence helps sustain Alli's Journey and the Mindfulness Art Therapy Program. Every contribution funds art supplies, therapy sessions, and ongoing participation — ensuring more patients can find healing through creativity.

### **Can't Attend?**

You Can Still Make an Impact Support our year-end campaign to provide Comfort Bags for patients starting treatment and keep the Art Therapy program thriving. Your gift creates comfort, inspires creativity, and fuels hope.

Let's come together to celebrate courage, creativity, and connection.

**Donate Now**

**Event Details**

**5.00PM-  
8.30PM**

The Princess Margaret Foundation - Social Cafe  
700 University Ave. 4th Floor Toronto,  
ON M5G 1Z5

**4 DEC 2025**

**FREE ENTRANCE**

FOLLOW US ON:



ALLISJOURNEY.CA



ALLI'S JOURNEY ALLIS.JOURNEY



**FREE!**

**MARCH 6 TO 14, 2026**

For people aged 19 to 29 years old  
In remission of cancer

**ON  
THE  
TIP  
OF THE  
TOES**

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# WINTER EXPEDITION

Hok Ski and winter camping in the Monts-Valin, Qc



"I am so glad that I participated in this Winter Exp 2025. There was so much kindness, laughter and support throughout the expedition. The challenges in the adventure pushed me in the best way and helped me realized how strong I am. This experience reminded me of my strength and bought a sense of peace I didn't know that I was missing.

There was no judgement, only support, encouragement, guidance and shared experiences. I felt a real sense of belonging"

Chandralekha R.J., participant, 2025 winter expedition

This expedition will be possible  
thanks to the generosity of



More info and  
application 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

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.

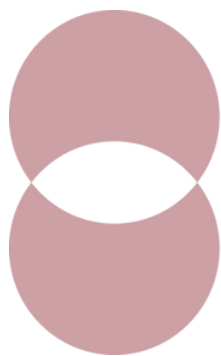
To watch live from home, and for more recipes  
and videos go to [ELLICSRkitchen.ca](https://ELLICSRkitchen.ca)

# 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 ~~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](mailto: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](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.