




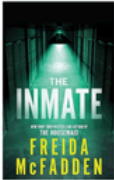





ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

HELLO SEPTEMBER!



SEPTEMBER 2025

TUESDAY 9 AYA CANCER MEET UP 	WEDNESDAY 17 AYA BOOK CLUB 	THURSDAY 25 AYA CANCER MEET UP 
SATURDAY 27 AYA REMEMBERS 	SUNDAY 28 HAIR CARE SESSION 	



aya@uhn.ca



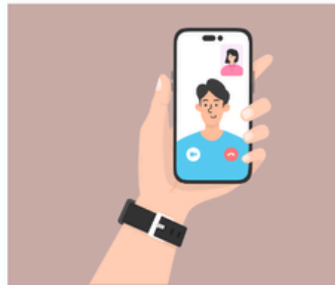
@ayaprogram

Monthly Meet-Up



Adolescent and
Young Adult Program

VIRTUAL MEET-UP

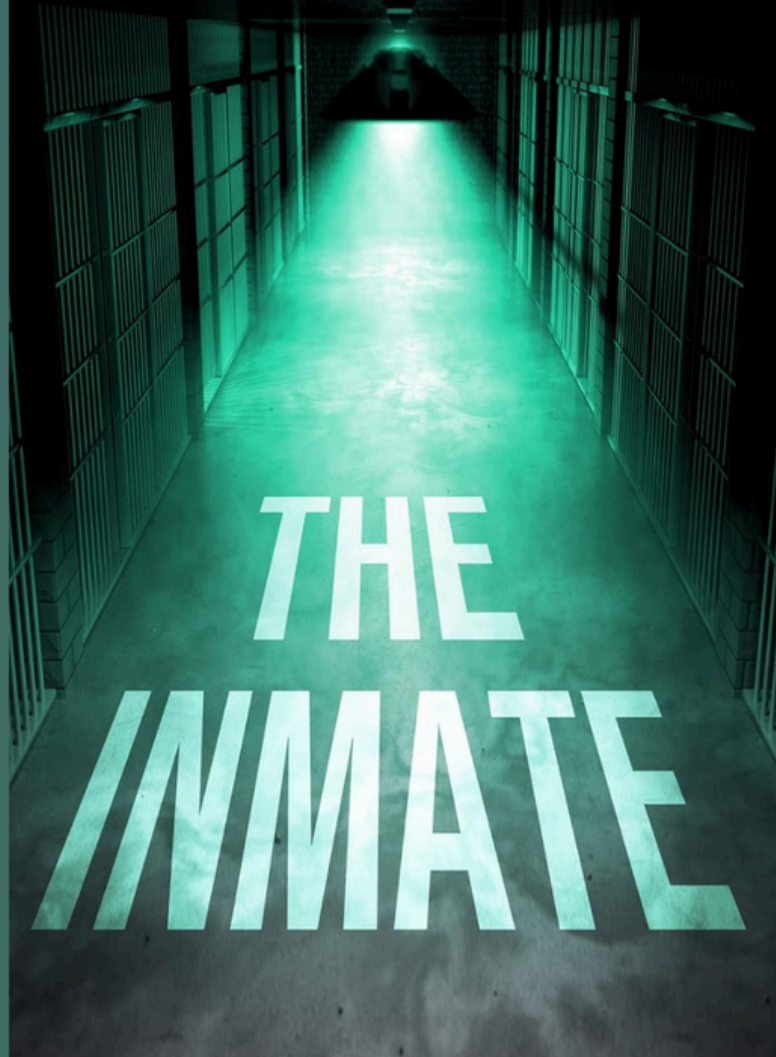


TUESDAY SEPTEMBER 9TH
THURSDAY SEPTEMBER 25TH
6-7:30PM

MICROSOFT TEAMS

AYA BOOK CLUB READ SEPTEMBER

NEW YORK TIMES BESTSELLING AUTHOR
FREIDA McFADDEN



**TWISTY AND
SHOCKING!**

**COULDN'T PUT IT
DOWN!**

**AMAZING
PLOT TWISTS**

DATE: SEPTEMBER 17TH @ 6PM

AYA Hair Session Day



Complimentary Hair Session

Our amazing friends over at Hair Gone Rogue are offering you a complimentary hair care session! Join us at Hair Gone Rogue (2518 Yonge Street, 2nd Floor) from 10 am - 4pm for scalp care, head shaving, tutorials on styling new curly hair and new hair growth trims.

28 SUNDAY SEPTEMBER 2025

Please use this google link to sign up.
You will need to request access to which
you will then be granted access within 24
hours to sign up.

2518 YONGE STREET, 2nd FLOOR
TORONTO, ON | M4P 2H7

[HTTPS://WWW.HAIRGONEROGUE.COM/](https://www.hairgonerogue.com/)

The Adolescent and Young Adult Program of Princess Margaret Cancer Center
invites you to

AYA

REMEMBERS

On behalf of the Adolescent and Young Adult Program of Princess Margaret Cancer Centre, we would like to invite you to AYA Remembers. At this service, your loved one will be remembered, along with other AYA patients, who have passed away. We understand that receiving this invitation may be difficult for you; so please do reach out if you have any questions or concerns.

You are invited to bring any number of relatives and friends with you to this service to this Service of Remembrance. Children are welcome to join. Please share this invitation with others who may want to support one another and appreciate the opportunity to attend. RSVP to this service by August 31st 2025 to aya@uhn.ca.

DATE

Saturday, 27th of September 2025
11am-1pm

LOCATION

Beaches Park
Toronto, Ontario



Details regarding the specific picnic site location will be provided upon receipt of your RSVP.

Join us! WELLNESS RETREAT

You're invited to attend Pink Pearl Canada's Wellness Retreat! Through meaningful conversations, light movement, and heartfelt connections their retreats are designed for self-identifying young women to feel supported while facing a cancer diagnosis.

SATURDAY, NOVEMBER 15, 2025
Langdon Hall Country House & Spa
Cambridge, ON

APPLY TODAY
bit.ly/langdonhall-retreat-2025

Questions? Contact Melaina at programs@pinkpearlcanada.org.
This Retreat is open to self-identifying young women facing any type of cancer between the ages of 18-40.

— JOIN OUR —

CANSARCC SARCOMA COMMUNITY MEET-UP

INAUGURAL VIRTUAL MEET-UP FOR
SARCOMA SURVIVORS, PATIENTS &
FAMILIES MODERATED BY DR. JON HUNTER

DR. HUNTER IS A PSYCHIATRIST WHO WORKS AT MOUNT SINAI WITH A
FOCUS AND EXPERTISE IN PSYCHOSOCIAL CARE OF PATIENTS WITH
SARCOMA.



22 October 2025



6:00 - 8:00 PM

LOCATION:

VIRTUAL – A LINK WILL BE SENT OUT AFTER
REGISTRATION

PLEASE REGISTER BY OCTOBER 15TH

<https://www.cansarcc.ca/sarcomameetup>

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.

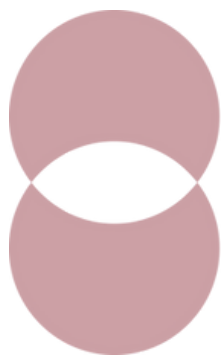
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

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 ~~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**

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.