



HELLO FEBRUARY!

FEBRUARY EVENT CALENDAR



FEB 8TH	FEB 10TH	FEB 12TH	FEB 12TH	FEB 18TH	FEB 25TH	FEB 26TH
						
HAIR SESSION	MEET-UP	LGFB WORKSHOP	WRITING WORKSHOP	BOOK CLUB	COOKING CLASS	MEET-UP
Our next complimentary hair session on Sunday, February 8 th from 10am-4pm! All services are approximately 30 minutes! They will be offering free scalp care, head shaving, tutorials on styling new curly hair and new hair growth trims!	AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer.	This workshop is designed to help manage the appearance-related impacts of cancer and its treatments. Receive a complimentary kit!	Legacy & Light is an immersive, supportive workshop designed to help participants reflect on their life stories, memories, and values—and transform them into a meaningful legacy piece.	Join as we discuss this month's book club book: <i>Before We Were Strangers</i> by Renee Carlino	In collaboration with ELLICSR, the AYA program will be having our first cooking class of the year, where we will learn to make dishes that are budget friendly and delicious!	AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer.
HAIR GONE ROGUE	VIRTUAL	PMH - IN PERSON	VIRTUAL	VIRTUAL	TGH- IN PERSON	VIRTUAL
10:00 AM - 4:00 PM	6:00 - 7:30 PM	10:00 AM - 12:00 PM	6:00 - 8:00 PM	6:00 - 7:00 PM	6:00 - 8:00 PM	6:00 - 7:30 PM


aya@uhn.ca

[@ayaprogram](#)

FEBRUARY

MEET-UP

Tuesday February 10th , 6-7:30pm

Thursday February 26th , 6-7:30pm

AYA Meet-Ups are facilitated online
meet-up sessions for young adults
under 39 with any type of cancer.

MS TEAMS

FEBRUARY

HAIR GONE ROGUE

Sunday February 8th , 10:00 am-4:00pm

Our next complimentary hair session on Sunday, February 8th from 10am-4pm!

All services are approximately 30 minutes! They will be offering free scalp care, head shaving, tutorials on styling new curly hair and new hair growth trims!

HAIR GONE ROGUE



FEBRUARY

WORKSHOP

Thursday February 12th , 10am-12pm

This workshop is designed to help manage the appearance-related impacts of cancer and its treatments. Receive a complimentary kit!

PRINCESS MARGARET HOSPITAL

FEBRUARY

WORKSHOP

Thursday February 12th , 6-8pm

Legacy & Light is an immersive, supportive workshop designed to help participants reflect on their life stories, memories, and values—and transform them into a meaningful legacy piece.

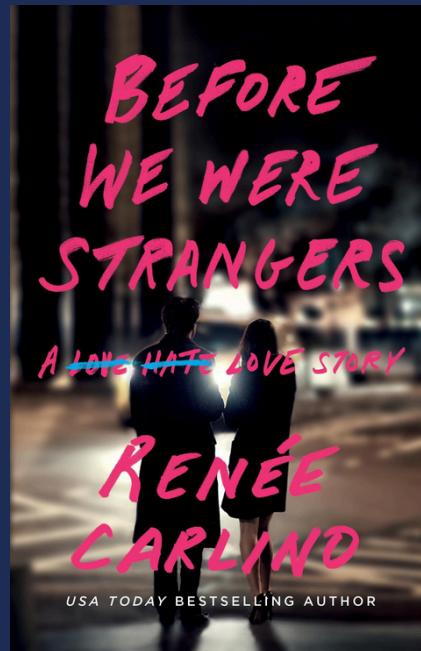
MS TEAMS

FEBRUARY

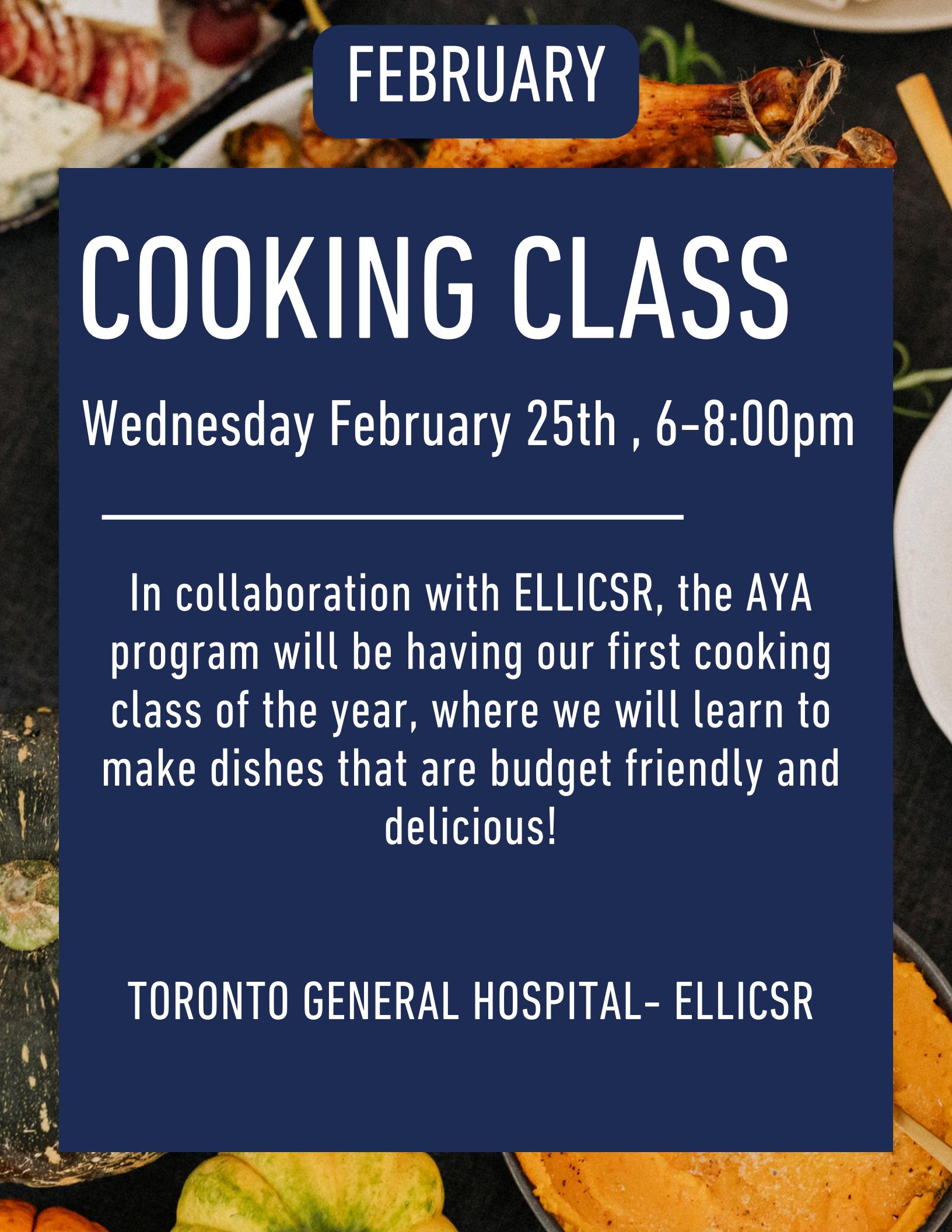
BOOK CLUB

Wednesday February 18th , 6-7:00pm

Before We Were Strangers by Renee Carlino



MS TEAMS



FEBRUARY

COOKING CLASS

Wednesday February 25th , 6-8:00pm

In collaboration with ELLICSR, the AYA program will be having our first cooking class of the year, where we will learn to make dishes that are budget friendly and delicious!

TORONTO GENERAL HOSPITAL- ELLICSR

Accepting Your Body After Cancer Group Support



Are you struggling to come to terms with your body following treatment for breast (chest)* cancer?

Do you avoid certain activities and behaviours because you feel unhappy with or anxious about your appearance?

Do you feel like your body has let you down?

We invite you to join a 7-week group programme which aims to help you feel more accepting and appreciative of your body.

Who: This group is currently offered to patients who have a cancer diagnosis in the breast (chest)* area.

Where: Online virtually, through Microsoft Teams

Session dates: Tuesdays from March 24th to May 5th, 2026 (7 sessions) 1-3pm

If you are viewing this flyer after the session dates have passed, please contact us for the next session date.

How to register: Call Patient and Family Support Desk at 705-728-9090 x43520

The program is based on Cognitive Behavioural Therapy. It covers a range of different topics each week, including self-care, intimacy, self-worth, pressures from the media and others, relaxation, and physical activity. You will be invited to contribute to group discussions and activities in a friendly and welcoming environment. You will also be encouraged to complete activities at home between the sessions.

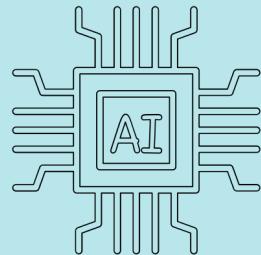
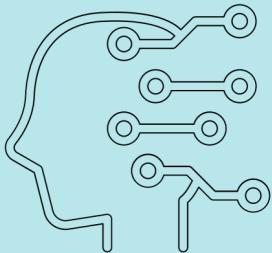
"We understand that everyone identifies their bodies and body parts in different ways and are including the names of body parts for clarity. We strive to provide an inclusive, supportive, and safe space for everyone. If you are not a patient who has a cancer diagnosis in the breast (chest) area but would like support, please reach out to us at 705-728-9090 x43520.



Ethical Artificial Intelligence Study

Call for Research Participants!

We are looking for patients or caregivers to join an interview to share their thoughts on using artificial intelligence to understand clinical trial options.



You may qualify for this study if you:

1. Are a patient over 18 years of age with a cancer diagnosis

OR

Are a caregiver, over 18 years of age, helping a patient through their cancer journey.

2. Can read, write and understand English well enough to provide informed consent.

Participation involves a 1.5 hour online interview. You will receive a gift card upon study completion

For more information, please contact

natalie.yeh@uhn.ca

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



AYA

ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

VOLUNTEER OPPORTUNITIES FOR AYAs



**VOLUNTEER TORONTO WILL BE HOSTING
AN INFO SESSION ABOUT HOW THEY CAN
HELP AYAs FIND MEANINGFUL
OPPORTUNITIES IN THE COMMUNITY.**

MARCH 4TH | 12:00 PM | MS TEAMS

JOIN OUR VIRTUAL BREAST RECONSTRUCTION SURGERY WORKSHOP



MARCH 9, 2026

9:00a.m. - 2:00p.m. ET

Learn. Ask. Connect.

Scan the QR code or visit: womenscollegehospital.ca/breast-reconstruction-surgery-workshop

**THE
PETER GILGAN
CENTRE
FOR WOMEN'S
CANCERS**



Canadian
Cancer
Society

To sign up for the event, please email:

luana.pereira@wchospital.ca



THE
PETER GILGAN
CENTRE
FOR WOMEN'S
CANCERS



Breast Reconstruction Surgery Virtual Workshop

You are invited to attend a workshop for those who are contemplating or scheduled to receive breast reconstruction surgery.

Health professionals will present on the areas of surgical options for breast reconstruction, post-surgical care, stress management/relaxation, exercise, body image, and emotional health.

WHEN: Monday, March 9, 2026. 9:00 a.m. - 2:00 p.m. ET

WHERE: Virtual | Zoom

AGENDA

9:00 a.m. - 9:15 a.m. Introductions	11:30 a.m. - 12:10 p.m. OP/PT*
9:15 a.m. - 9:45 a.m. Surgical Oncology	12:10 p.m. - 12:40 p.m. Lunch
9:45 a.m. - 10:45 a.m. Plastic Surgery	12:40 p.m. - 1:05 p.m. Social Worker
10:45 a.m. - 11:00 a.m. Break	1:05 p.m. - 1:45 p.m. Patient Perspective
11:00 a.m. - 11:30 a.m. Nursing	1:45 p.m. - 2:00 p.m. Wrap Up

* Please wear comfortable clothing for the OT/PT session.

For any questions you may have, please contact:

Luana Pereira | luana.pereira@wchospital.ca

www.womenscollegehospital.ca/breast-reconstruction-surgery-workshop

FREE!

MARCH 6 TO 14, 2026

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

ON
THE
TIP
OF THE
TOES

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



Rethink Local Meetups

Rethink Local Meetups are hosted by breast cancer community members in different cities across Canada.

Come hang out!

rethinkbreastcancer.com/meetups



NAVIGATING CANCER CAN BE A REAL CHALLENGE.

EXPERIENCED PEER NAVIGATORS CAN LEAD THE WAY.



Are you a young person (18-40 years old) diagnosed with lymphoma, sarcoma, breast or testicular cancer? Would you like to connect with someone with a similar experience?

Visit the PeerNav program website (peernavigation.ca) or email us for more information (peer.navigation@uhn.ca).

PeerNav
Cancer Navigation Program

 **UHN** Princess
Margaret
Cancer Centre

 **UNIVERSITY OF
TORONTO**

 **Canadian
Cancer
Society**

 **yacc**
YOUNG ADULT
CANCER CANADA

The security of social media is not guaranteed. Contact us about the study. Don't post if concerned about privacy.

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

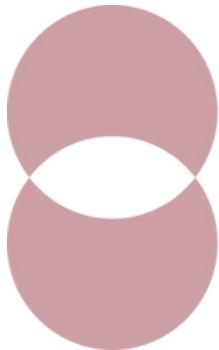
Peer Support Program



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~~ 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.