



ADOLESCENT & YOUNG ADULT PROGRAM OF ONTARIO

HELLO JANUARY!

JAN 13TH



MEET-UP

AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer. Supporters (friends, family and partners) are welcome.

VIRTUAL

6:00 - 7:30 PM

JAN 14TH



BOOK CLUB

Join as we discuss this month's book club book:

Yellow Face by R.F Kuang

VIRTUAL

6:00 - 7:00 PM

JAN 28TH



EXERCISE WEBINAR

Join us with Dr. Santa Mina as we learn everything AYA related to exercise/prehab! Learn about building strength, energy, and resilience before, during, and after cancer treatment

VIRTUAL

6:00 - 7:30 PM

JAN 29TH



MEET-UP

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VIRTUAL

6:00 - 7:30 PM



aya@uhn.ca



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

The background of the image shows a workshop or meeting environment. In the upper left, there are white storage cabinets. In the center, a person with dark curly hair is seen from the back. To the right, a person with grey hair is partially visible. The bottom of the image shows a wooden table with various items: a pink box, a glass, and several colorful markers (pink, green, orange, black, white) lying on the surface. A color calibration chart is also visible on the right side of the table.

JANUARY

MEET-UP

Tuesday January 13th , 6-7:30pm

AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer. Supporters (friends, family and partners) are welcome.

JANUARY

BOOK CLUB

Wednesday January 14th , 6-7:00pm

Yellow Face by R.F Kuang



JANUARY

WEBINAR

Wednesday January 28th , 6-7:30pm

Join us with Dr. Santa Mina as we learn everything AYA related to exercise/prehab! Learn about building strength, energy, and resilience before, during, and after cancer treatment



A background image showing a group of people in a meeting or workshop. On the left, a person with light blue hair and a patterned headband is visible. In the center, a person with dark curly hair is looking down. On the right, a person in a tan shirt is also looking down. They appear to be working on a table with various items, including a color calibration chart and several colored markers (orange, pink, green, black, white).

JANUARY

MEET-UP

Thursday January 29th , 6-7:30pm

AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer. Supporters (friends, family and partners) are welcome.

REGISTER HERE!



**GILDA'S CLUB
GREATER TORONTO**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Bladder Cancer 101

**Wednesday, January 28
1:00 P.M. - 2:00 P.M.**

In partnership with Bladder Cancer Canada, this program is created for adults living with bladder cancer.

This program offers education on the types and stages of bladder cancers, potential treatments and side effects, clinical trials, and the emotional concerns of a bladder cancer diagnosis.

Theresa Blondin



Theresa currently serves as the Director of Volunteers and Programs at Bladder Cancer Canada.

Register and attend to be entered into a drawing for a \$25 Shoppers Gift Card

A free virtual program. Open to the public.



Join us! OVERNIGHT RETREAT



You're invited to attend Pink Pearl Canada's Overnight 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.

January 31 – February 1, 2026

124 on Queen Hotel & Spa
Niagara on the Lake, ON

APPLY TODAY
bit.ly/124-ppretreat

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.
Please apply by December 22, 2025.

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 realize how strong I am. This experience reminded me of my strength and brought 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



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.

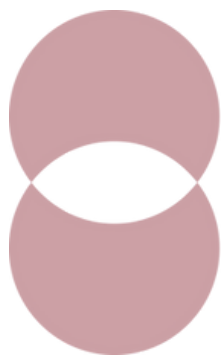
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

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 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.