



ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

HAPPY JULY!

JULY EVENT CALENDAR

JULY EVENT CALENDAR



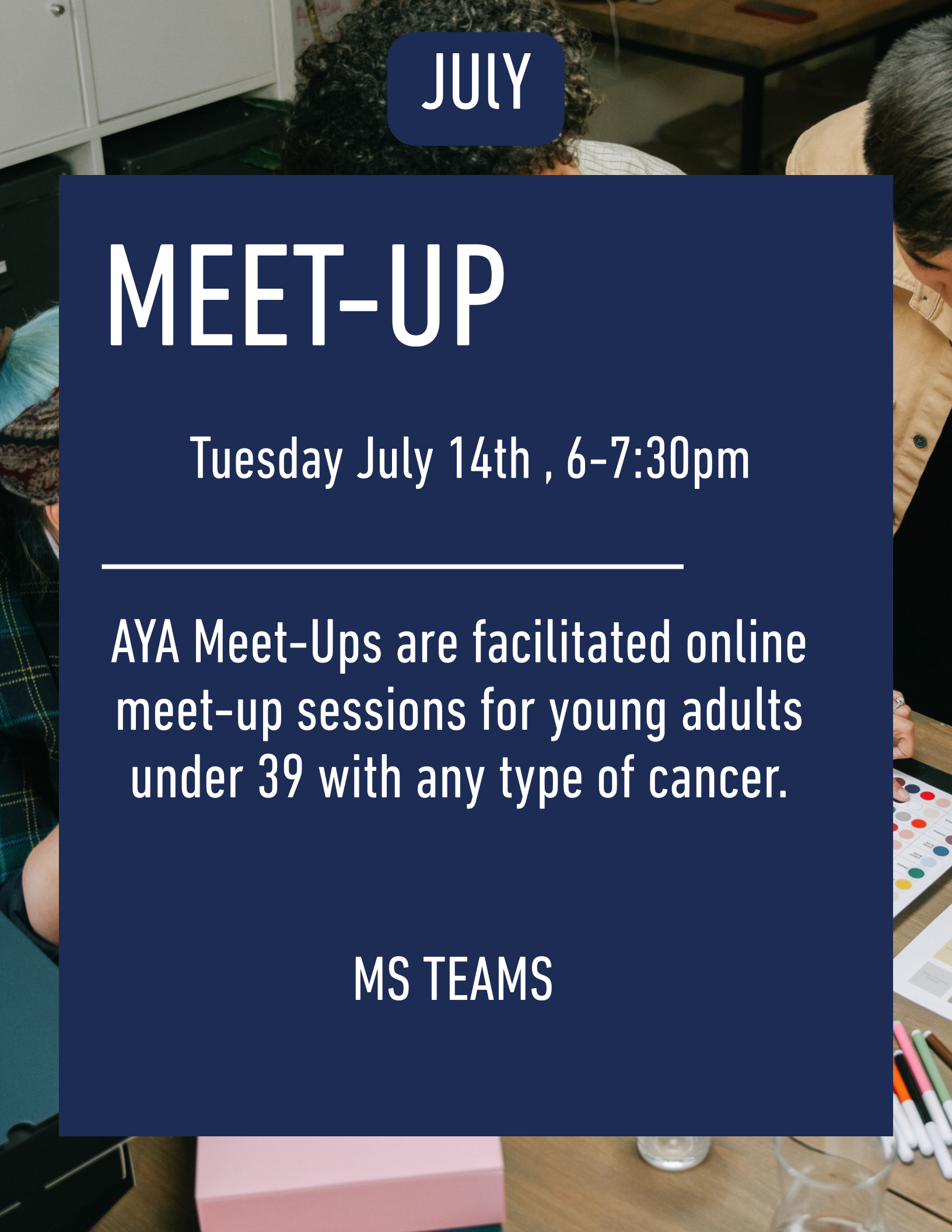
JUL 14TH	JUL 15TH	JUL 16TH	JUL 18TH
			
MEET-UP	BOOK CLUB	ART THERAPY	ISLAND DAY
AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer. VIRTUAL	Join us for our June book club session where will be discussing "People We Meet On Vacation" by Emily Henry. Come out and discuss the book with other book lovers! VIRTUAL	Join us for our bi-monthly Alli's Journey Art Therapy Night on July 16th! No art experience is required to join! PENCER CENTRE	Our AYA Annual Island Day is happening on July 18th! Come out with your friends/family for a day at Centre Island to connect with other AYA's! CENTRE ISLAND
6:00 - 7:30 PM	6:00 - 7:00 PM	6:00 - 8:00 PM	6:00 - 7:30 PM



aya@uhn.ca



@ayaprogram

The background of the image shows a group of people sitting around a wooden table in what appears to be a workshop or meeting environment. A large, semi-transparent dark blue rectangle is overlaid on the center of the image, containing the text. In the top right corner of this rectangle, the word 'JULY' is written in white, uppercase letters inside a smaller, rounded dark blue box. Below this, the word 'MEET-UP' is written in large, white, uppercase letters. Underneath that, the date and time 'Tuesday July 14th , 6-7:30pm' are written in a smaller white font. A thin white horizontal line separates this date information from the paragraph below. The paragraph, also in white text, explains that 'AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer.' At the bottom of the blue rectangle, the words 'MS TEAMS' are written in white, uppercase letters. The background image includes details like a person's curly hair, a person's arm in a tan shirt, and various items on the table like a color calibration chart, pens, and a pink box.

JULY

MEET-UP

Tuesday July 14th , 6-7:30pm

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

MS TEAMS

JULY

BOOK CLUB

Wednesday July 15th , 6-7:00pm

People We Meet On Vacation by Emily Henry



MS TEAMS



Art Therapy

Thursday July 16th 2026

Princess Margaret Hospital

18th Floor Gerry & Nancy Pencer Centre

See you there!

AYA

ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

AYA ISLAND DAY 2026



DATE:

Saturday July 18th 2026.



MEETING LOCATION:

Tiki Taxi Dock – 437 Queens Quay W,
Toronto, ON M5V 3T1



TIME:

Please arrive by **10:00 AM** sharp.
If you are running late, you will need
to find your own way to the island!



WHAT TO BRING:

- Sunscreen, hat, water bottle, towel/blanket, and anything else to enjoy a chill day outdoors
- Optional: Swimsuit, games, or a book to relax with if you plan to stay on the island after the event!
- Light layers – it can be breezy on the island



TRANSPORTATION INFO:

- We are only covering your one-way boat ride to the island with Tiki Taxi Toronto
- You will need to arrange your own way back (you can take the free Toronto Island Ferry, or purchase a ticket for another water taxi)



FOOD:

- Lunch will be catered, so please let us know of any allergies.
- You are more than welcome to purchase your own lunch or bring your own food!



ACCESSIBILITY NOTES:

- Strollers, bikes, and pets are welcome on the Tiki Taxi boat
- ⚠️ Please note: unfortunately, the water taxi is not wheelchair accessible due to the infrastructure of the docks.



QUESTIONS? Please email aya@uhn.ca



REAL CONNECTIONS



CHILL VIBES



GOOD MEMORIES





ADOLESCENT & YOUNG ADULTS SYMPOSIUM

SEPTEMBER 23, 2026

FREE | IN-PERSON & VIRTUAL | OPEN TO ALL

**OPEN REGISTRATION
UNTIL 16 SEPT**

For Patients (18- 39 years) &
Families



SickKids Patient Support
Centre, Toronto



8:30 AM - 2:30 PM

TO REGISTER

VISIT:  www.ayasymposium.com



ADOLESCENT
& YOUNG ADULT
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OF ONTARIO

Young Adults Cancer Support Group

For young adults 19-40 with cancer

Monday, July 27
6:30 to 8pm | Hybrid



This monthly support group addresses the unique concerns of young adults who have been diagnosed with cancer. Topics include dating and relationships, body image, returning to work, fertility, putting life on hold, and more.

WE ARE WORKING WITH YOUNG PEOPLE AND CAREGIVERS TO IMPROVE THE TRANSITION FROM CHILD TO ADULT CANCER CARE

We want to hear your story!

Who Can Participate:

- ✓ Childhood cancer survivor
- ✓ Age 18-25
- ✓ Transitioned to an adult hospital
- ✓ Diagnosed or received treatment after age 13
- ✓ Parents/caregivers of eligible young people who went through this move

What you'll do:

- ✓ Meet online for up to 60 minutes to share your experience with our research team
- ✓ Receive a \$25 giftcard for your time!

Interested?



<https://external.redcap.uhn.ca/surveys/?s=X3TNK9E3YRCJYEJM>

For more information scan the QR code or email:

chana.korenblum@uhn.ca



UHN

Princess
Margaret
Cancer Centre





5th Annual Young Adult Cancer Camp

Young Adult Cancer Camp 2026

Registration is officially open! Once we reach 100 campers, we will open up a waitlist.

[Click Here to Register](#)

OVERVIEW

YASU and Elephants and Tea are excited to announce we are back for the 5th annual YA Cancer Camp!

The YA Cancer Camp is an opportunity to unite our communities at a sleep-away style camp for a fun and relaxing weekend getaway.

You can make the weekend as activity-filled or as relaxing as you want it to be! A day at YA Cancer Camp can look like breakfast, activities/chill time, lunch, activities/chill time, dinner, and a bonfire each night! The fees include all main meals, snacks, linens, lodging, all activities, and a weekend you'll never forget!

After registering, we will send you a confirmation email. As camp approaches, we will send you a FAQ and checklist of what to bring to camp. We can't wait to see you!





GILDA'S CLUB GREATER TORONTO

An Affiliate of the
CANCER SUPPORT COMMUNITY

Event	Category	Date
Writing With Grief	Social Connections	January 13, 2026 & February 3, 2026 & March 3, 2026 & April 7, 2026 & May 5, 2026 & June 2, 2026 & August 4, 2026 & September 1, 2026 & October 6, 2026 & November 3, 2026 & December 1, 2026
Qi Gong - Spring 2026	Healthy Lifestyles	April 1, 2026 & April 8, 2026 & April 15, 2026 & April 22, 2026 & April 29, 2026 & May 6, 2026 & May 13, 2026 & May 20, 2026 & May 27, 2026 & June 3, 2026 & June 10, 2026 & June 17, 2026 & June 24, 2026
Neuromovement - Spring 2026	Healthy Lifestyles	April 1, 2026 & April 8, 2026 & April 15, 2026 & April 22, 2026 & April 29, 2026 & May 6, 2026 & May 13, 2026 & May 20, 2026 & May 27, 2026 & June 3, 2026 & June 10, 2026 & June 17, 2026 & June 24, 2026
Zumba - Spring 2026	Healthy Lifestyles	April 2, 2026 & April 9, 2026 & April 16, 2026 & April 23, 2026 & April 30, 2026 & May 7, 2026 & May 14, 2026 & May 21, 2026 & May 28, 2026 & June 4, 2026 & June 11, 2026 & June 18, 2026 & June 25, 2026
Mindfulness Meditation - Spring 2026	Healthy Lifestyles	April 2, 2026 & April 9, 2026 & April 16, 2026 & April 23, 2026 & April 30, 2026 & May 7, 2026 & May 14, 2026 & May 21, 2026 & May 28, 2026 & June 4, 2026 & June 11, 2026 & June 18, 2026 & June 25, 2026
Yoga Nidra - Spring 2026	Healthy Lifestyles	April 7, 2026 & April 14, 2026 & April 21, 2026 & April 28, 2026 & May 5, 2026 & May 12, 2026 & May 19, 2026 & May 26, 2026 & June 2, 2026 & June 9, 2026 & June 16, 2026 & June 23, 2026 & June 30, 2026
Yoga - Spring 2026	Healthy Lifestyles	April 7, 2026 & April 21, 2026 & May 5, 2026 & May 19, 2026 & June 2, 2026 & June 16, 2026 & June 30, 2026
Fear of Recurrence Therapy (FORT)- Spring 2026	Support Group	April 13, 2026 & April 20, 2026 & April 27, 2026 & May 4, 2026 & May 11, 2026 & May 25, 2026
Distance Reiki - Spring 2026	Healthy Lifestyles	April 13, 2026 & May 4, 2026 & June 1, 2026
20s & 30s Support Group - Spring 2026	Support Group	April 14, 2026 & April 21, 2026 & April 28, 2026 & May 5, 2026 & May 12, 2026 & May 19, 2026 & May 26, 2026 & June 2, 2026



UHN

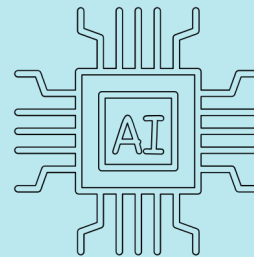
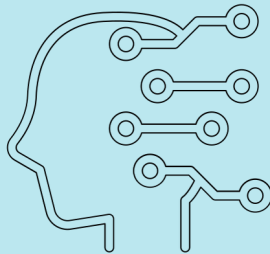
Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute



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.



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.

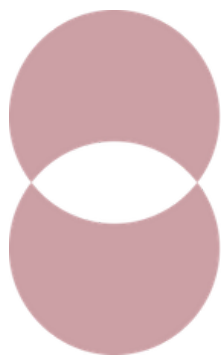
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

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.