



ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

HAPPY OCTOBER!

OCTOBER EVENT CALENDAR

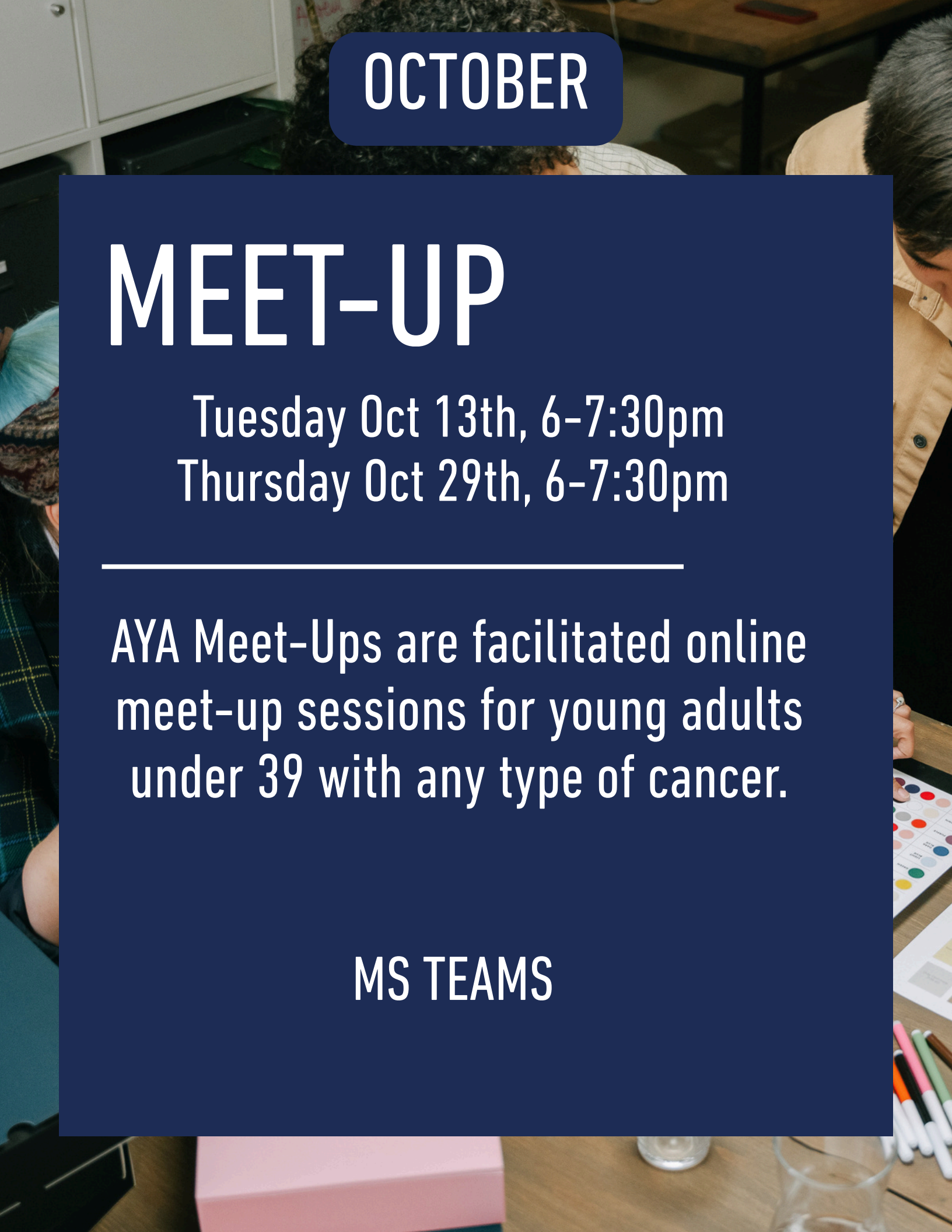
OCT 13TH	OCT 14TH	OCT 28TH	OCT 29TH	OCT 29TH
				
MEET-UP	BOOK CLUB	MOVIE NIGHT	MEET-UP	ART THERAPY
AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer.	Join us for our September book club session where we will be discussing "Don't Let Him In" by Lisa Jewells. Come out and discuss the book with other book lovers!	Come out to our annual AYA Halloween Movie night on October 28th in the Bob Bell Auditorium at the Princess Margaret Hospital. A night with treats and watching your favorite classic Halloween movie.	AYA Meet-Ups are facilitated online meet-up sessions for young adults under 39 with any type of cancer.	Join us for our bi-monthly Alli's Journey Art Therapy sessions. No art experience is necessary.
VIRTUAL	VIRTUAL	BOB BELL AUDITORIUM	VIRTUAL	18 TH FLOOR PENCER CENTRE
6:00 - 7:30 PM	6:00 - 7:00 PM	6:00 PM	6:00 - 7:30 PM	6:00 - 8:00 PM



aya@uhn.ca



@ayaprogram

The background of the entire image shows a group of people sitting around a wooden table. On the table, there are various items including a pink box, a glass, and several colorful markers. One person is visible on the right side, wearing a tan shirt, and another person with curly hair is visible at the top. The scene appears to be a creative or collaborative meeting.

OCTOBER

MEET-UP

Tuesday Oct 13th, 6-7:30pm
Thursday Oct 29th, 6-7:30pm

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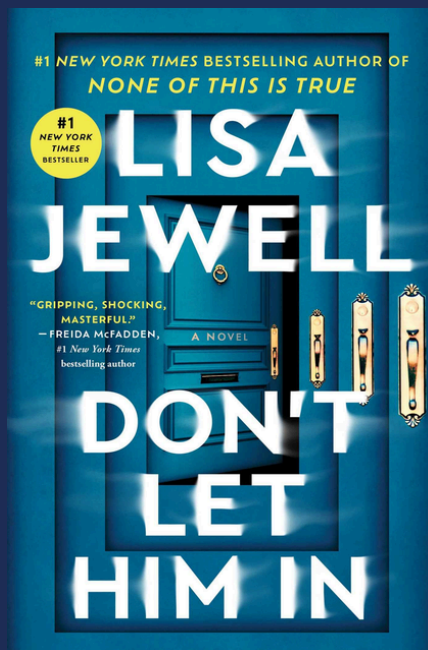
MS TEAMS

OCTOBER

BOOK CLUB

Wednesday October 14th, 6-7:00pm

Don't Let Him In - Lisa Jewell



MS TEAMS



Art Therapy

Thursday October 29th 2026

Princess Margaret Hospital

18th Floor Gerry & Nancy Pencer Centre

See you there!



THE AYA' PROGRAM

HALLOWEEN MOVIE NIGHT

Use QR Code to fill out this form



SNACKS AND SCARY MOVIES

28 OCTOBER AT 6PM

6TH FLOOR AUDITORIUM PRINCESS MARGARET





AYA PROGRAM

TALENT SHOW

NOVEMBER 12TH 2026

Categories:

Singing

Dancing

Magic

Comedy

Music

Poetry

WANT TO SHOW OFF YOUR TALENT?
SIGN UP USING THE QR CODE BELOW!



PRINCESS MARGARET HOSPITAL
6TH FLOOR AUDITORIUM





The Princess Margaret
Cancer Foundation • UHN

JOURNEY

Presented by

Starlight

AYA

ADOLESCENT
& YOUNG ADULT
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JOIN THE AYA JOURNEY

WALK OR RUN 1 KM, 3 KM, OR 5 KM

**SUPPORT OUR JOURNEY — SUPPORTING
YOUNG ADULTS THROUGH CANCER**

Please sponsor our team and help us Carry The Fire for AYA. Your support can help make a meaningful difference in the lives of young adults navigating cancer and contribute to a future free from the fear of cancer.

SUNDAY, JUNE 20, 2027

TO REGISTER

1. SCAN QR CODE OR USE WEBSITE
([HTTPS://SUPPORTTHEP
MCF.CA/UI/JOURNEY27/
T/AYAPROGRAM](https://supportthepmcf.ca/ui/journey27/t/ayaprogram))
2. USE PROMO CODE
(**UHN27**) FOR FREE
REGISTRATION
3. SAY **YES** TO I
UNDERSTAND I HAVE TO
RAISE \$125



THE PYNK PROGRAM FOR YOUNG WOMEN
WITH BREAST CANCER AT SUNNYBROOK
PRESENTS:

Coming Together

SEXUAL HEALTH

A webinar to help breast cancer patients and
their partners connect

Dr Kim Cullen, c.Psych

- How Breast Cancer affects sex & intimacy
- Available Interventions and supports
- Practical tips, tools and techniques to use at home

21 October 2026, 7:00 PM

Register at:

https://zoom.us/webinar/register/WN_aSShYg4bTIm9I0hpSi87Og



- while this webinar is designed for couples to attend together, solo attendance is still beneficial
- in a webinar, attendees are not visible to each other



PINK PEARL CANADA'S

2026/2027 Scholarship

The logo for Pink Pearl Canada, featuring two overlapping circles in shades of pink and red.

IT'S TIME TO DREAM BIG.

Pink Pearl Canada invites self-identifying young women facing cancer to apply to their \$1,000 post-secondary education scholarship to help alleviate the financial stresses you face while navigating a cancer diagnosis as a student.

APPLY NOW
bit.ly/ppscholarship-26

The application process closes March 2, 2027. Pink Pearl invites Canadians who are self-identifying young women facing any type of cancer between the ages of 18-40 to apply.

Questions? Email us at
scholarship@pinkpearlcanada.org

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





ST. FRANCIS XAVIER
UNIVERSITY

AYA CANCER SURVIVORSHIP: A RESEARCH STUDY



SEEKING PARTICIPANTS!

IF YOU ARE:

**18 years of age or older, were diagnosed
with cancer between the ages of 15–39, and
have completed active cancer treatment in
Canada within the last 10 years.**

**WE WANT TO HEAR ABOUT
YOUR EXPERIENCE!**

**FOR MORE INFORMATION, OR TO REQUEST PARTICIPATION
EMAIL:**

x2023apa@stfx.ca



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.

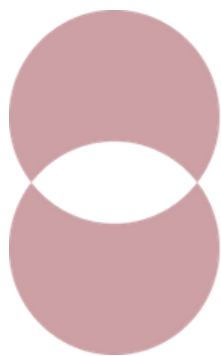
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

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.