



ADOLESCENT
& YOUNG ADULT
PROGRAM
OF ONTARIO

HAPPY SEPTEMBER!

SEPTEMBER EVENT CALENDAR

SEP 8TH



MEET-UP

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

VIRTUAL

6:00 - 7:30 PM

SEP 16TH



BOOK CLUB

Join us for our September book club session where we will be discussing "My Friends by Fredrick Backman" Come out and discuss the book with other book lovers!

VIRTUAL

6:00 - 7:00 PM

SEP 23RD



AYA SYMPOSIUM

The AYA patient symposium will feature sessions designed specifically for adolescent and young adult (AYA) cancer patients and their families. Registration is free for patients and families. Participants may choose to attend in person or virtually.

SICK KIDS PATIENT CENTRE

8:30 AM - 2:30 PM

SEP 24TH



MEET-UP

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

VIRTUAL

6:00 - 7:30 PM

SEP 27TH



AYA REMEMBERS

Meaningful gathering of families, friends, and AYA health care providers as we come together in reflection and honor the lives of AYA's who have passed away.

SIR CASIMIR GZOWSKI PARK

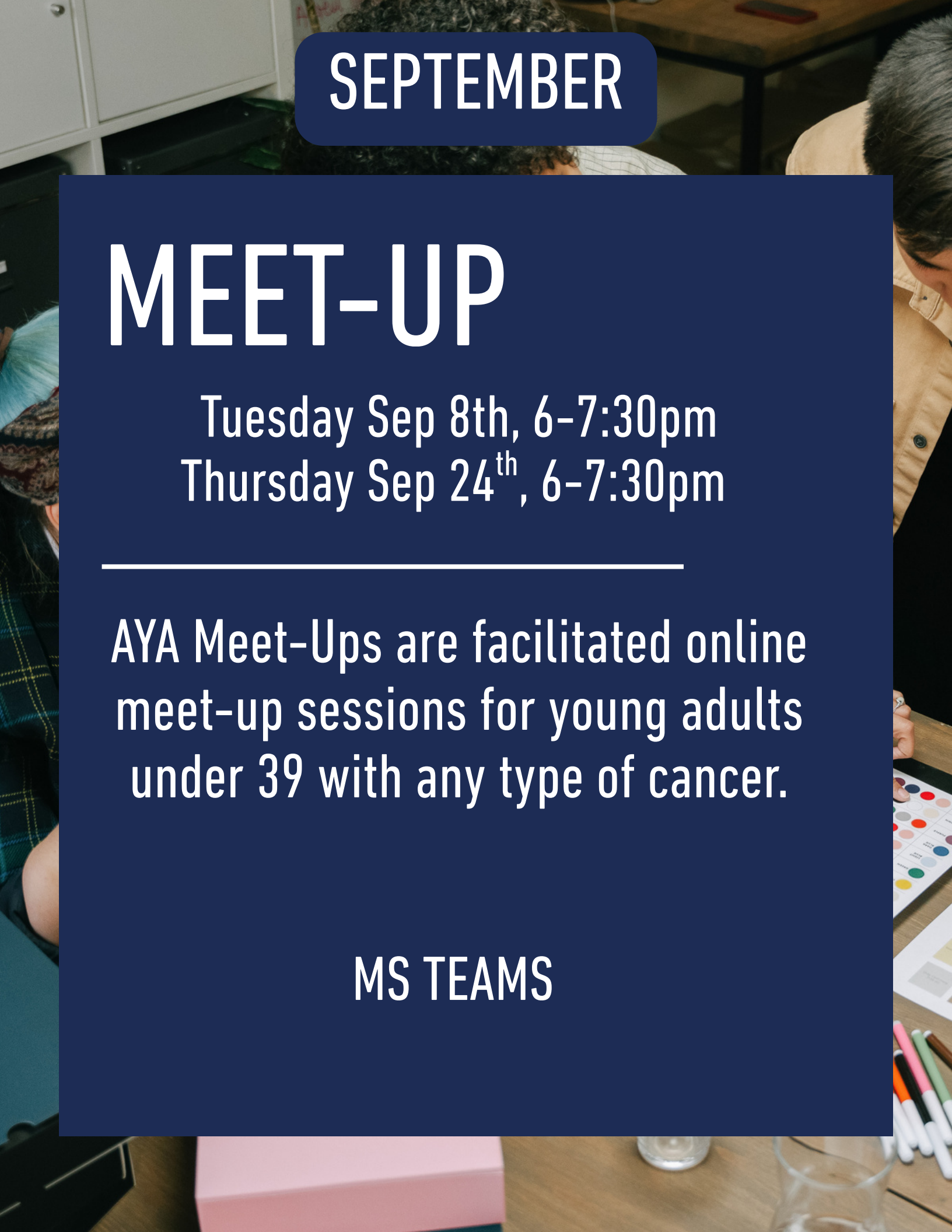
11:00 AM - 1:00 PM



aya@uhn.ca



@ayaprogram

A background image showing a group of people in a meeting or workshop setting. In the foreground, a person with curly hair is seen from the back. To the right, a person in a tan shirt is looking down at a table. On the table, there are various items including a color calibration chart, several colored markers (pink, green, orange, black), and a pink box. The overall scene suggests a collaborative work environment.

SEPTEMBER

MEET-UP

Tuesday Sep 8th, 6-7:30pm
Thursday Sep 24th, 6-7:30pm

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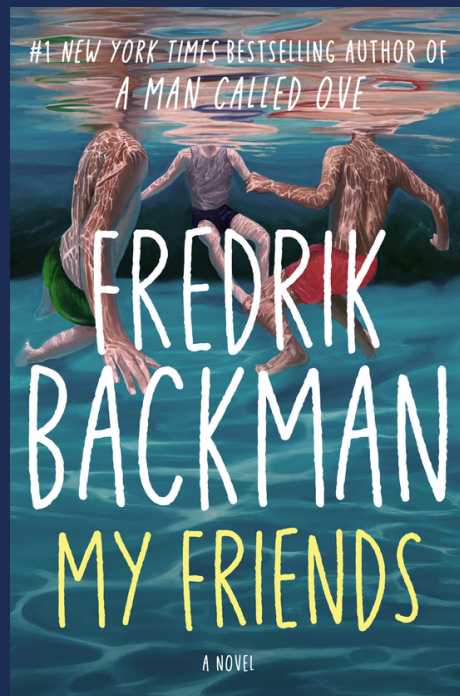
MS TEAMS

SEPTEMBER

BOOK CLUB

Wednesday September 16th , 6-7:00pm

My Friends by Fredrik Backman



MS TEAMS



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



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Back to School Ready? Your Checklist!



Health & Appointments

- ☐ My appointments are in my calendar.
- ☐ I've looked ahead for appointments that may conflict with classes, exams, placements, or deadlines.
- ☐ I know who to contact if an appointment conflicts with class, a test, or an assignment.



Medications & Health Needs

- ☐ I have enough medication and know how to manage refills.
- ☐ I have a safe and accessible place to store medication while at school.
- ☐ I know what I may need to bring with me for longer days on campus.
- ☐ I have a plan for managing fatigue, pain, nausea, brain fog, or other symptoms that may come up during the school day.



Know Where to Get Help

- ☐ I know where the campus health services or nearest medical clinic is.
- ☐ I know what to do if I become unwell while at school.
- ☐ I have my health-care team's contact information saved somewhere easy to find.



Academic Supports

- ☐ I've connected with Accessibility Services
- ☐ My accommodations are in place or I know how to request them.
- ☐ I know who to contact if my health affects attendance, exams, or my course load.
- ☐ I know my school's important academic dates including course drop/withdrawal deadlines



Your Support System

- ☐ I have at least one person I feel comfortable reaching out to.
- ☐ I've thought about how much or how little I want to share about my health.
- ☐ I know I can contact the AYA team if I need help navigating a conversation with a professor, TA, Accessibility Services, or someone else at school.



Mental Health & Well-Being

- ☐ I know what counselling or mental health supports are available at school.
- ☐ I've thought about how I'll build breaks, meals and rest into busy school days.
- ☐ I have a plan for getting enough sleep, even when school gets busy

Questions about going back to school?

Connect with your
AYA School & Work Transitions Counsellor
aya@uhn.ca

*You're invited to
Pink Pearl Canada's*

FALL SOCIAL PASTA PARTY

Good food & great conversation
with people who understand
what it means to hear the words
'you have cancer'. Join us!



**SEPTEMBER 23 @ 5:30 P.M.
CIBO WINE BAR, YORKVILLE**

**RSVP by September 15 to
programs@pinkpearlcanada.org**

This program is open to self-identifying young women facing any type of cancer who are 18+. Your meal is on us, anything outside of that is yours to cover.
Space is limited.



SEPTEMBER 2026

STAFF EVENTS CALENDAR



Childhood Cancer Awareness Month • Sickle Cell Awareness Month

Celebrating the dedicated staff who genuinely make a difference.



Keep an eye open for the tea trolley
making its way to your area!



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Tea Trolley 12:00-12:30 PM and 7:30-8:00 PM 	4	5
6 	7 Labour Day 	8 Paediatric Haematology / Oncology Nurses Day Tea Trolley 12:00-12:30 PM and 7:30-8:00 PM 	9	10	11	12
13	14	15	16 10th Anniversary Photovoice PSC 22nd Floor 3:00 - 4:00 PM 	17	18 Tea Trolley 12:00-12:30 PM and 7:30-8:00 PM 	19
20 	21	22 SickKids Celebration of Excellence Breakfast 	23 Tea Trolley 12:00-12:30 PM and 7:30-8:00 PM 	24 Rooftop Recess Event PSC 22nd Floor 4:00-6:30 PM 	25	26
27 	28 Tea Trolley 12:00-12:30 PM and 7:30-8:00 PM 	29	30 Divisional Breakfast Room 8704 7:15-9:00 AM 			

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





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.

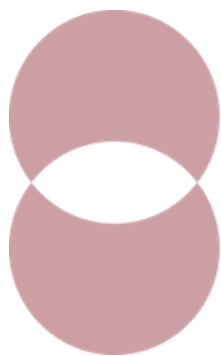
To watch live from home, and for more recipes
and videos go to ELLICSRkitchen.ca

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.