

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

January 2018

SURVIVE & THRIVE PROGRAM

Can you picture yourself kayaking class III rapids through incredible 3,000-foot deep painted canyons? How about paddling a 14-person voyageur canoe while exploring the isolated islands of Lake Superior? Or feeling the warm alpine breeze on your face while climbing a mountain in the Canadian Rockies? Now imagine doing those things with some of the coolest people you'll ever meet; a crew of young adults who know exactly what it's like to hear the words "You have cancer".

Sounds pretty mind-blowing, right?! Well don't just dream about it, join us!

Taking calculated risks and rediscovering our sense of adventure is what we do best at Survive & Thrive. Our entire team is composed of cancer survivors, so we know firsthand the challenges of living with cancer, and living beyond it. Let's be blunt: We've been through an experience that most of our friends and family can't fully understand no matter how supportive and informed they are. Even when treatment is finished, we can be left feeling confused, alone, angry or disappointed. Everyone expects us to be happy and jump right back into our old lives, but it's just not that simple. That's where Survive & Thrive Programs can help.

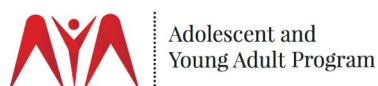
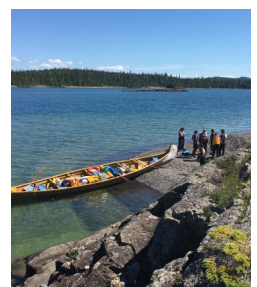
Over the past 8 years, we have taken hundreds of young adult cancer survivors aged 19-40 on wilderness expeditions in Canada and the US. Each expedition gives participants countless opportunities to try something new and to shed their old "cancer skin" by stepping out of their comfort zone. We know that the call to adventure is a powerful one, but learning to kayak, canoe and rock-climb is just the tip of the iceberg. During our time together, we also spend time reflecting on our personal journeys, refocusing on who we've become, and asking ourselves where we want to go from here. After spending a week in some of the most beautiful places on earth, not only will you have had the experience of a lifetime and forged new connections, you will also head home with a renewed outlook on what the future holds for you.

Applications are open for our 2018 Expeditions (www.survivethrive.org) and we are stoked that people are already signing up! Unlike some other organizations, our trips aren't free because we believe that people need to put a little skin in the game in order to get the most out of it. However, we do provide financial assistance to those who otherwise wouldn't have the opportunity to join us.

We also encourage you to bring a supporter, like your best friend, sibling or partner. Someone who has stood by your side through some rough times and has been your greatest cheerleader along the way. Cancer affects the people we love in so many ways, and they often focus all their energy on helping us get through each day, so we believe that they deserve a break too!




"Over the past 8 years, we have taken hundreds of young adult cancer survivors aged 19-40 on wilderness expeditions in Canada and the US. Each expedition gives participants countless opportunities to try something new and to shed their old "cancer skin" by stepping out of their comfort zone."



aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579

 [ayaprogram_uhn](https://www.instagram.com/ayaprogram_uhn)

 [AYA Program at Princess Margaret](https://www.facebook.com/AYAProgramatPrincessMargaret)

 [@ayaprogram](https://twitter.com/ayaprogram)

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON



www.gildasclubtoronto.org
416 214 9898

Living with Cancer

This support group is run by mental health professionals who have a strong understanding of the unique needs of individuals who have been impacted with cancer.

Jan 9, 16, 23, 30, 6:30—8 PM

Writing through Cancer

An expressive writing program for people living with cancer. This program is run by Sharon Bray and allows you to write together in a supportive environment for 8-sessions.

Jan 17, 24, 31, 1 - 3 PM



WELLSPRING

4 Charles St E
Toronto, ON
www.wellspring.ca
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdv>

AYA PROGRAM UPDATES

JAN 25—ADOLESCENT & YOUNG ADULT CANCER MEET UP

Happy new year, everyone! Our AYA meet-ups have been changed to **every 4th Thursday of the month from 6 to 7:30 PM. This month's meet-up will be on Thursday, January 25, 2018.** It will take place on the 16th floor, Room 726, at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca beforehand if they are planning to attend. Pizza will be provided.

MICHAEL KAMIN HART (MKH) AWARD NOMINATIONS

Have you nominated someone yet for our 2018 MKH Award? This is your opportunity to acknowledge the hard work of a volunteer or healthcare provider from Princess Margaret who has had an exceptional impact on the care of an adolescent and young adult (AYA) patient, defined as those between the ages of 15 to 39. Nominations are due every year on **March 31**.

For more information on how to submit a nomination, email us at aya@uhn.ca

COMMUNITY EVENTS & UPDATES

CANADIAN CANCER SOCIETY: GUY'S NIGHT IN WEBCAST



Canadian
Cancer
Society

Check out Canadian Cancer Society's webcast "Guy's Night In: Talking about Men's Cancers" at www.cancerconnection.ca/webcasts. Join them for a conversation about men's cancers and the psychosocial aspects of living with challenges brought on by diagnosis and treatment.

UPCOMING PINK PEARL RETREAT - MARCH 2018

Pink Pearl is hosting an exciting two-day retreat at the Princes of Wales Hotel at Niagara-on-the-Lake from March 2-4. Come to connect, self-reflect, and share experiences in a safe, peer-supported environment. The retreat is open to young women facing cancer between the ages of 18 to 40, at no cost. Spots are limited and selected attendees will be notified through email by January 8th, 2018. Please email any questions to RSVP@pinkpearlretreat.org. To attend, please REGISTER by **November 20, 2017** here: <http://bit.ly/2zqrZ5l>



ON THE TIP OF THE TOES - Dog Sledding in Algonquin Park

Around you between the ages of 14 to 18? If you are, sign up to attend **On the Tip of the Toes' Grand Expedition Dog Sledding in Algonquin Park** from **March 3 to 11, 2018**. This expedition offers 14 teenagers in cancer remission to experience a dog sled expedition with other participants their age living a similar reality. To be eligible you must have been diagnosed with cancer and needed treatments and medical interventions but have ideally completed this and is currently in remission for less than 5 years. **Applications are due on February 4, 2018.** To register and learn more, visit: <http://bit.ly/2hLfRIY>

PARTICIPATE IN A STUDY!

Give us your feedback!

We are interested in understanding the informational and supportive care needs of adolescents and young adult (AYA) cancer patients and their caregivers. If you are interested in this study, you will be asked to fill out a one-time online survey. Feedback gathered from the survey will be used to develop resources to help meet the needs of future patients and family members.

For more information, email the AYA Program at aya@uhn.ca or call **416-946-4501 ext 5579**. Please note that communication via email is not absolutely secure. Please do not communicate personal sensitive information via email.

The ball's in your court! Are you a testicular cancer survivor? Get involved today!

Who? Testicular cancer survivors who are interested in participating in individual interviews and discussing supportive care programming!

Why? To help in the development of sport-specific supportive care program for men like YOU!

Where? Interviews will be held at the University of Toronto (St. George Campus) or by telephone at your convenience.

To participate, contact the study team (Anika) directly at anika.gentile@mail.utoronto.ca



UNIVERSITY OF
TORONTO