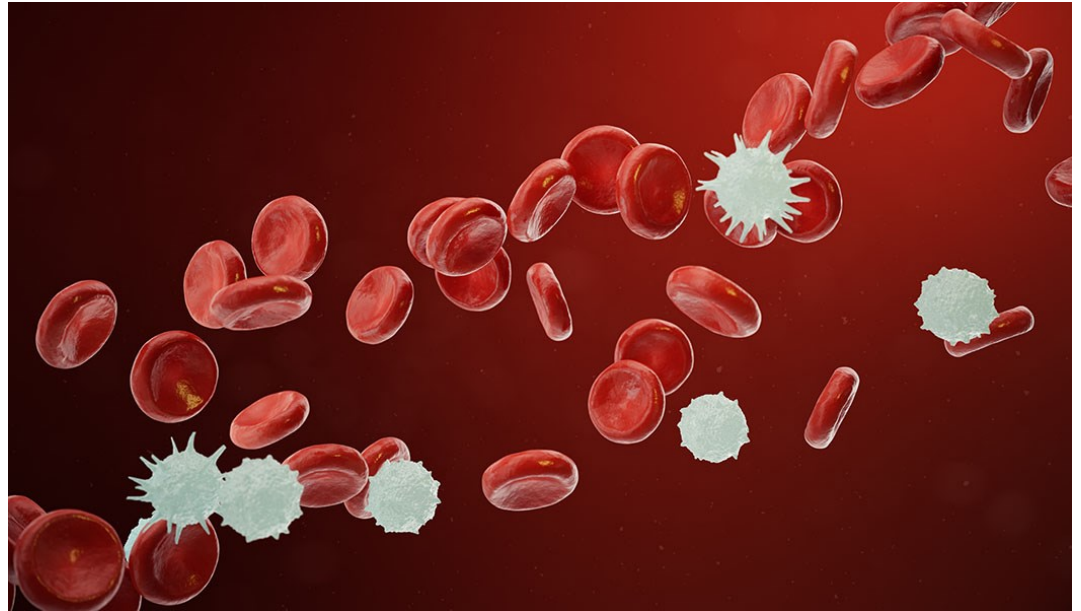


What's coming up:

- #ayacsm twitter chat Oct 6, 8pm EST
- CancerVention Oct 3rd, noon EST
- PMH AYA Virtual Meet-up Oct 22nd, 6pm EST

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September is Blood Cancer Awareness Month

Leukemia and Lymphoma are cancer diagnoses that we hear all too often in adolescents and young adults with cancer. At Princess Margaret, people with these diagnoses represent about 17% of our AYA patient population. Chemotherapy is often a major part of the treatment for both lymphoma and leukemia however, radiation may play a part as well. To learn more about blood cancers, please visit the Leukemia and Lymphoma Society of Canada at <https://www.llscanada.org/>

Winter is coming...

We are headed into the colder months at a time when we are required to physically distance. It is more important than ever to put a plan in place to protect your mental health.

Self-care will likely look different for everyone but should include elements of routines, drinking plenty of water, avoiding drugs and alcohol, getting restful sleep and eating well and exercise.

It's also more important than ever to connect with others.

Setting up Zoom hang-outs, using the 'House party' app, creating a virtual book-club or having Netflix watch parties can be ways to avoid loneliness.

Within the AYA community, there are opportunities for connection, including our monthly AYA meet-up, the 4th Thursday of every month or the YACC weekly web-chats.

Email aya@uhn.ca if you would like help creating your self-care plan.



Artist: [@sophia.joan.short](https://twitter.com/sophia.joan.short)

#boringselfcare



Credit: [@jannerboy62](#)
on Unsplash

**Follow
#ayacsm on
Twitter and
participate in
AYA
discussions
the first
Tuesday of
each month at
8pm EST.**



Credit: [@timmoss-
holder](#) on Unsplash

Survivorship Study Recruitment

Calling young adults (18 to 39 years) currently receiving care at the Princess Margaret Cancer Centre, we are conducting a research study to better understand your experience and needs with post-treatment follow-up care. We are inviting people between the ages of 18-39 to complete a demographic questionnaire and take part in a focus group that will last approximately 90 minutes. The ultimate goal of this study is to help determine ways to better support you once you are done your primary treatment. If interested, please contact Meghan MacMillan (Clinical Nurse Specialist, Adolescent and Young Adult Program, Princess Margaret Cancer Centre) at 416-946-4501 extension 5604 or Email: meghan.macmillan@uhn.ca. Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.



Caregiver Study Recruitment

Do you worry about your loved one's cancer coming back or progressing or about anyone else in your family getting cancer? We are inviting family members 18 years of age or older to complete a demographic questionnaire and take part in a focus group that will last approximately 90 minutes. The ultimate goal of this study is to better understand a family caregiver's experiences with fear of cancer recurrence. If interested, please contact Jonathan Avery at Email: jonathan.avery@uhnresearch.ca. Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.

AYA Meet-up Top 10 Diversions During Social Distancing

- 1) Book: The Magic Toy Shop by Angela Carter
- 2) [Life Magazine Archive](#)
- 3) IGTV Series: [Lily Cornell 'Mind Wide Open'](#)
- 4) [Strong Songs Podcast](#)
- 5) [How did this get made? Podcast](#)
- 6) [The History of England Podcast](#)
- 7) [Grow plants from food scraps](#)
- 8) [Take a virtual vacation](#)
- 9) [Recreate your favorite dishes from past travels](#)
- 10) [Read satirical fake news](#)



Credit to @alyseruriani

AYA Community Events & News



Presenting a free event featuring leading young adult cancer organizations & speakers

Pink Pearl Scholarship

Pink Pearl Canada's annual \$1,000 post-secondary scholarship helps to relieve university or college expenses for a young woman facing cancer.

"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."

-Jean Vanler



KEEP CALM AND JOIN AYA

ADOLESCENT AND YOUNG ADULT PROGRAM
PRINCESS MARGARET CANCER CENTRE

The AYA Program provides personalized, supportive care related to concerns common to young adults with cancer at Princess Margaret. These concerns include fertility, sexual health, school and work concerns, peer support, and wellness. The AYA Program is available to Princess Margaret patients ages 39 and younger. The goals of the AYA Program are to:

- Identify your individual needs
- Provide education and support
- Link you to other community and hospital services and resources

SUPPORT • EDUCATION • COMMUNITY CONNECTIONS



ayaprogram.uhn



AYA Program at Princess Margaret



@ayaprogram



Adolescent and
Young Adult Program

COME AS YOU ARE!

Virtual Adolescent and Young Adult Meet-up

A facilitated meet-up for individuals under 40 with a diagnosis of cancer. Supporters are welcome.

October Meet-up



Adolescent and
Young Adult Program

October 22nd, 2020 | 6:00pm – 7:30pm
RSVP: aya@uhn.ca