



# AYA NEWSLETTER

## Next AYA Meetup

**Date/time:** March 25th  
2021 6-7:30pm

Please email [aya@uhn](mailto:aya@uhn) to register and to receive the meeting link.

## Save the date! Upcoming AYA Symposium

**Date/time:** April 8th 2021  
9-5:30pm

*This symposium will aim to highlight new advances in AYA oncology from both researchers and community partners.*

Register here: <https://www.eventbrite.ca/e/caring-for-the-future-adolescent-and-young-adult-symposium-registration-127076730923>



**The *elephant* in the room is cancer. *Tea* is the relief conversation provides.**

Elephants and Tea is an online blog and magazine written for, and by the AYA community telling their story in their own words. There are stories and experiences written by individuals currently going through treatments for cancer, as well as from individuals after their treatment as they learn how to get back to work or school, and in learning how to be themselves again. Read these stories to find inspiration, and to know that you are not alone. You can find them all here: <https://elephantsandtea.com/>.

### Social Media:

<https://www.instagram.com/elephantsandteamagazine/?hl=en>

<https://www.facebook.com/ElephantsandTea/>

## Looking for more virtual support?

**Young Adult Cancer Canada** offers multiple weekly live chats led by YACC leaders over Zoom. These chats provide a way for young adults aged 18-39 affected by cancer to connect in an easy, safe, and supportive environment. Each chat is themed to offer a variety of opportunities to connect within the young adult cancer experience.

You can register here: <https://www.youngadultcancer.ca/program/yacc-web-chats/>

**Young Adult Cancer Canada** also has a closed Facebook group. You can email [lesley@youngadultcancer.ca](mailto:lesley@youngadultcancer.ca) for an invitation to join.

**Cancer Chat Canada** provides free and professionally-led online support groups for Canadians affected by cancer, including patients and survivors, as well as family members. These chat sessions are text-based and take place in real time (there is no voice/audio). Groups meet online once a week for 90 minutes, for about 10-12 weeks.

You can register here: <https://cancerchat.desouzainstitute.com/pages/learnMore>

The **Canadian Cancer Society** offers an online community services locator to help find services and programs for those living with cancer and their families. Simply type in whatever you are looking for, into the search engine here: <https://csl.cancer.ca/en>.

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## For one-on-one peer support:

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Not everyone feels comfortable opening up in a group setting, and that is OKAY. If you would like more personalized attention, **Hope and Cope** can provide you with one-on-one peer support. Their coordinator will do their best to match you with a volunteer who is of a similar age, gender, and when possible - with someone who speaks your native language. Please call **514-340-8222, ext. 25531** or email: [hgoodman@jgh.mcgill.ca](mailto:hgoodman@jgh.mcgill.ca).





# AYA STUDY

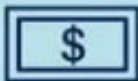
**Participants needed for a study on the experiences of adolescents and young adults following cancer treatment**

## Who can participate?

- ★ Adolescent and young adult cancer survivors diagnosed between 15 and 39 years of age

## What is involved?

- ★ A 30-minute survey measuring body image, social support, and physical activity



**In appreciation for your time you will be entered into a draw to win one of twenty \$25 gift cards.**

To participate in this study please visit  
<https://redcap.utoronto.ca/surveys/?s=D3R8JHFT44>  
or for more information please contact Madison Vani:  
[madison.vani@mail.utoronto.ca](mailto:madison.vani@mail.utoronto.ca)