

AYA NEWSLETTER

Next AYA Meetup

Date/time: December
23rd, 2021 6-7:30pm

Join us on the 4th
Thursday of every month
to chat and connect with
other AYAs!

Please email aya@uhn.ca
to register and to receive
the meeting link.

(Meeting link will be sent
a few days before).

Let's stay connected!

Follow us on our social
media accounts:

@ayaprogram



The month of 'Movember' is a time to raise awareness (and funds) for men's health - specifically prostate and testicular cancer, as well as mental health and suicide prevention. Show your support by growing a 'stache, and/or raising funds!

Check out the link below to see how you can get involved:

ca.movember.com

And, if you're looking for more support as a young man with cancer, check out:

cancerdudes.org

Fear of Cancer Recurrence for Family Caregivers - Research Study

- Do you worry about your loved one's cancer coming back or progressing, or about anyone else in your family getting cancer?
- Do you worry before your loved one's follow-up appointments?
- Do your worries about cancer cause you distress or affect your daily life?

If so, we are conducting a focus group study to better understand & address these worries.

Who can participate? A family member of an adult cancer patient at PM & who completed treatment.

What's involved? Family members 18+ will be invited to complete a demographic questionnaire & take part in a virtual focus group that will last approximately 90 minutes.

If interested, please contact Jonathan Avery at:
jonathan.avery@uhnresearch.ca

Please note that communication via email is not absolutely secure. Please do not communicate personal sensitive information via email.

Welcome Marlie, our new AYA CNS!



With our wonderful Jennifer going on maternity leave soon, we would like to extend a warm welcome to Marlie!

Marlie recently completed her Masters of Nursing from the University of Toronto. Prior to that, Marlie completed two undergraduate programs at Queen's University (Biology & Nursing) before beginning her nursing career at SickKids in the Hematological Oncology Department, where she had worked for 6 years.

Marlie has a cat named Pumpkin, enjoys exploring new restaurants, and loves backcountry camping.

Marlie will be located at OPG 7W-035 and can be paged at 416-713-4850.

Remembrance Day 2021

On **Thursday, November 11th, 2021** we remembered and honoured those that served (and continue to serve) our country, and sacrificed their lives for us to enjoy the freedom that we have today.

For more information, to support our veterans, and/or to join a ceremony next year please visit:

<https://legion.ca/remembrance/remembrance-day>

UPCOMING



FREE POP-UP GROUP WRITING WORKSHOP

For AYAs who have a genetic mutation, variant of unknown significance or a strong family history of breast cancer

Tuesday, November 30 at 4:30 - 6PM ET



To reserve your spot:
wildfirecommunity.org/workshops

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Wildfire is a magazine and writing community helping young breast cancer survivors and fighters find meaning and a sense of belonging in their experience of cancer.

Join your Wildfire community who have been diagnosed under 50 with a genetic mutation, VUS or have a strong family history of breast cancer to learn how to start writing with other women who understand you. Together we'll write away some of our stress — and find some healing in the long run by using writing as a tool to find meaning. You'll make new friends and fill a notebook along the way, even if you don't consider yourself a writer! No writing experience is necessary to participate.