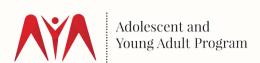
AYA NEWSLETTER



APRIL 2022

NEXT AYA MEET-UP

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

THURSDAY APRIL 28 2022

WANT TO REGISTER?

Please email aya@uhn.ca for registration and to receive the Meeting Link for MSTeams!

MS Teams link will be sent out a few days prior to the meet-up



CHECK OUT OUR SOCIAL MEDIA PAGES







THIS MONTH'S THEME IS:

Flooming Friendships





Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

CELEANOR ROOSEVELT

In the cookie of life, friends are the chocolate chips. A good friend is like a four-leaf clover: hard to find and lucky to have.

> X IRISH PROVERB

SPECIAL READ



WILDFIRE is a magazine specifically designed by the young breast cancer survivor and fighter, in mind. Our belief is that reading the stories of others diagnosed young provides a much needed community and support network for today's young breast cancer survivor. We go further than that, though, and help you learn to tell your own story to the survivors coming up behind you. This has the dramatic effect of turning a traumatic cancer experience into an empowering one!

https://www.wildfirecommunity.org/shop/printcan22

UPCOMING EVENTS



TORONTO INTERNATIONAL DRAGON BOAT FESTIVAL









FOCUS ON THE FUTURE STARTING APRIL 20, 5:30 P.M. TO 7:30 P.M.

For those who have completed active cancer treatment, this is a series of six consecutive sessions for participants who wish to set achievable goals to promote healing and health. This program will offer helpful suggestions for living well, and help you find coping strategies that work for you.



APRIL 25TH:
RELATIONSHIPS- FRIENDSHIPS

Register for YACC Web Chats https://www.youngadultcancer.ca/

UPCOMING EVENTS









A SUPPORT GROUP FOR PEOPLE IN THEIR 20S & 30S LIVING WITH OR SURVIVING A CANCER DIAGNOSIS.

FOR INDIVIDUALS RECENTLY
DIAGNOSED TO 5 YEARS OUT OF



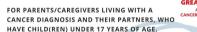
20s & 30s
CANCER
SUPPORT
GROUP
8 WEEK VIRTUAL SUPPORT GROUP

8 WEEK VIRTUAL SUPPORT GROUP SPRING 2022 TUESDAY'S APRIL 5 TO MAY 24 7:00 P.M. TO 8:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - <u>www.gildasclubtoronto.org/become-a-member</u>

A SUPPORT GROUP FOR PARENTS/CAREGIVERS
WHO ARE CONCERNED ABOUT THE IMPACT THAT
THEIR CANCER DIAGNOSIS AND TREATMENT
MAY HAVE ON THEIR CHILD(REN).





8 WEEK VIRTUAL SUPPORT GROUP SPRING 2022 THURSDAYS'S APRIL 7 TO MAY 26 8:00 P.M. TO 9:00 P.M.

GILDA'S CLUB

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - <u>www.gildasclubtoronto.org/become-a-member</u>

A SUPPORT GROUP FOR CHILDREN AGES 4-12 YEARS WHO ARE SUPPORTING AN IMMEDIATE FAMILY MEMBER LIVING WITH



KID'S TALK OUT SUPPORT GROUP

> 8 WEEK VIRTUAL SUPPORT GROUP SPRING 2022 TUESDAY'S APRIL 5 TO MAY 24 4:30 P.M. TO 5:30 P.M.

Virtual support groups run through Zoom. We require participants to have access to a computer, tablet or phone with a camera. The group is 8-10 people maximum and led by a mental health professional

To register please visit - www.gildasclubtoronto.org/become-a-member





Gilda's Club is a cancer support community where individuals impacted by cancer - adults, children and teens as well as their families & friends become part of a welcoming community of support. Our vast array of programs are designed to meet the emotional, social & practical needs of individuals with cancer related stress. Membership and all programs are offered at no charge