



AYA Newsletter



Happy
holidays

SPECIAL LISTEN



Coping with Cancer During the Holidays

Lymphoma survivor, Dexter Neal shares how he dealt with a cancer diagnosis right before the holidays.

 Lymphoma Research Foundation

Dealing with a cancer diagnosis is hard, but during the holidays it can feel even more burdensome. Lymphoma survivor, Dexter Neal sits down with hosts, Victor Gonzalez and Izumi Nakano on the inaugural episode of, Living with Lymphoma to talk about how he dealt with a cancer diagnosis right before the holidays. Clinical Social Worker, Kristie Redfield of Memorial Sloan Kettering Cancer Center gave us advice about how to ask for help and how caregivers can offer the best support to their loved ones.

<https://lymphoma.org/podcast/coping-with-cancer-during-the-holidays/>



AYA COOKING CLASS EVENT

In collaboration with ELLICSR kitchen, through the Cancer Rehabilitation and Survivorship program, we hosted our first hybrid cooking event. If you would like to join an event in the future, please email aya@uhn.ca!





A Y A
Y O G A

VIRTUAL SESSIONS

Thursday
December 15
Time: 3-3:30 pm



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca

UPCOMING EVENTS



Enjoy a fun night of skating with some live music, or come hang out and grab a hot chocolate!



DATE: TBD



Email aya@uhn.ca to RSVP, as we will be renting skates for attendees!

UPCOMING EVENTS

Find your community at our
Winter **DMUs**

TUES NOV 22	FOR THE GUYS Hosted by Tyler T. 9 PM ET
WED DEC 7	LGBTQ+ Hosted by Chelsea D. 6 PM ET
TUES DEC 13	METASTATIC PATIENTS Hosted by Carrie T. 9 PM ET
TUES DEC 20	PEDIATRIC SURVIVORS Hosted by Alyssa S. 8 PM ET
WED DEC 21	CAREGIVERS Hosted by Lori M. 8 PM ET
WED DEC 28	BIPOC Hosted by Kris S. 8 PM ET

FOR MORE EVENT INFORMATION VISIT
[STUPIDCANCER.ORG/EVENT](https://stupidcancer.org/event)



Connect with your AYA community this season with Stupid Cancer

The best part is you can join in from the comfort of your home, so get cozy, put on your favorite holiday lounge wear, pour yourself a drink, and log into chat with your friends.

<https://stupidcancer.org/event/>

GIVE A MILE PROGRAM



Give A Mile

Visit giveamile.org to learn more

Being with a loved one at the end of life is one of the most meaningful experiences.

Give A Mile provides flights for those who do not have the means to make that trip. If you or a loved one is in need of a flight, please email info@giveamile.org to apply.

The application process is simple because we know you are dealing with enough. Our priority is to connect immediate family members.



Canadian non-profit organization, Give A Mile, that helps cover the costs of flights for families to be with their loved ones with life-limiting illnesses. If you are interested in learning more about this organization, including how to apply for your patients, please visit their website:

<https://giveamile.org/>

Next AYA Meet-Up

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

December 22nd @6pm

Want To
Register?



aya@uhn.ca

Check Out Our
Social Media Pages



[@ayaprogram](https://www.instagram.com/ayaprogram)



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



[ayaprogram](https://www.facebook.com/ayaprogram)

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

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