

# AYA NEWSLETTER



Adolescent and  
Young Adult Program

## JUNE 2022

### NEXT AYA MEET-UP

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

**THURSDAY JUNE 23 2022**

### WANT TO REGISTER?

Please email [aya@uhn.ca](mailto:aya@uhn.ca) for  
registration and to receive the  
Meeting Link for MTeams!

**IMPORTANT NOTE:**

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



### CHECK OUT OUR SOCIAL MEDIA PAGES



@ayaprogram



@ayaprogram



ayaprogram

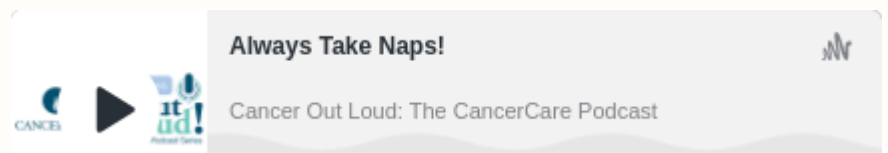
### THIS MONTH'S THEME IS:



# SCHOOL RESOURCES



### SPECIAL LISTEN



Alice talks with her CancerCare social worker Marlee about her road to diagnosis and treatment for lymphoma. As a young adult in the throes of medical school, Alice shares how she has navigated her diagnosis and her unique perspective of being both a medical student and a patient



## PODCAST

## HELPFUL RESOURCES

# RESEARCH OPPORTUNITY HIMALAYAS PILOT STUDY

Looking for participants needed for a research study on exercise & cardiovascular health in young adult cancer survivors



### WHO SHOULD PARTICIPATE?

- Are a cancer survivor;
- Were diagnosed with cancer before age 40;
- received treatment in the last 5 years; and
- are currently cancer free

### WHAT THE STUDY INVOLVE?

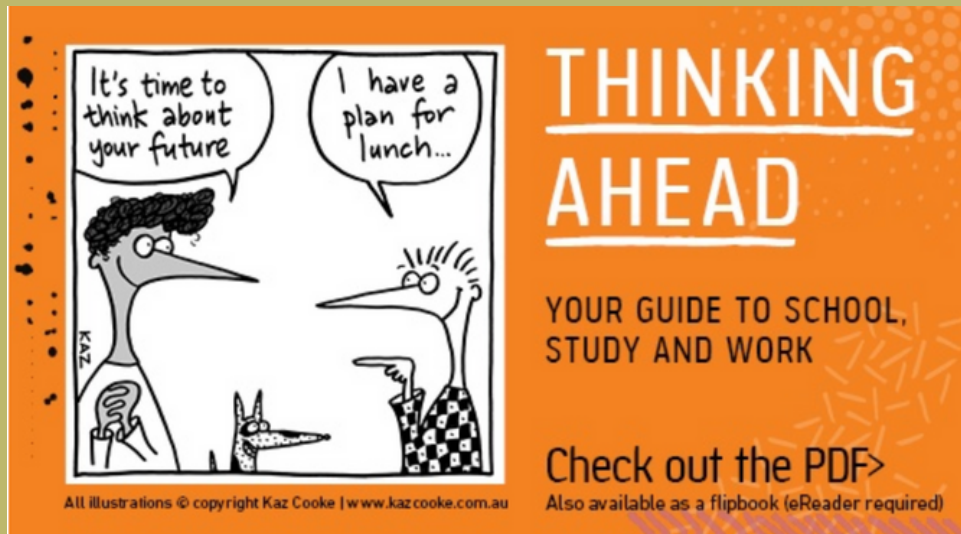
Eligible individuals can participate in (1) a cardiac rehabilitation program designed for young cancer survivors or (2) observation group for 3 months. Depending on your group, you will also attend 2-7 visits to the UHN sites over 3 months to complete:

- Exercise Tests
- Heart Scans
- Blood Work
- Questionnaires and Interviews

<https://himalayastrial.ca/>

[More Info](#)

# HELPFUL RESOURCES



**Thinking Ahead:** Your guide to school, study and work has been developed with young people and is informed by research and practice wisdom. It aims to provide young people with the information they require to make informed choices regarding education and vocation planning, both during treatment and in the years beyond.

## Psychosocial Services Resource Guide for Adolescent and Young Adult Survivors of Cancer



Children's Hospital  
of Philadelphia®

Cancer Center

[www.chop.edu/cancer](http://www.chop.edu/cancer)

# POGO

PEDIATRIC ONCOLOGY GROUP OF ONTARIO

Survivors of brain tumours and other childhood cancers can develop learning difficulties resulting from their disease or treatment. This can impact their ability to achieve their educational and career goals. The POGO Transitions Program facilitates a smoother transition from high school to appropriate school and work opportunities.

<https://media.chop.edu/data/files/pdfs/oncology-aya-survivorship-manual.pdf>

# UPCOMING EVENTS

## DR. MUNA ALKHAIFI'S BREAST CANCER SURVIVORSHIP CARE WEBSITE & EVENTS

### Breast Cancer Survivorship Care with Dr. Muna Alkhaifi

#### June Events

8 ASK DR. ALKHAIFI  
Wed. June 8 at 5pm EST

27 JOURNALING WORKSHOP  
Mon. June 27 at 7pm EST

29 PEER SUPPORT HANGOUT  
Wed. June 29 at 1pm EST



visit our website  
[breastcancersurvivorship.net](http://breastcancersurvivorship.net)



RSVP: [support@breastcancersurvivorship.net](mailto:support@breastcancersurvivorship.net)

Dr. Muna Al-Khaifi is a family physician with specialized fellowship training in Women's Health and Breast Diseases. She provides clinical care in the CIBC Breast Centre at St. Michael's Hospital in Toronto. She created a new website that launched in May to provide breast cancer patients with trusted health information and connect them with others going through a similar experience.

To RSVP to any upcoming events email, [support@breastcancersurvivorship.net](mailto:support@breastcancersurvivorship.net)



JUNE 30TH 2022

Perkatory – Dear Cancer Letters  
Brewing Tough Conversations to Help  
Each Other Face Cancer.

This year we are hosting 7 Perkatory events. The start time will be 7:00pm EDT – 8:30pm EDT. We invite anyone that would like to join within the AYA cancer community!

<https://us02web.zoom.us/join/zoom-join-link>  
[https://us02web.zoom.us/meeting/register/tZclcuusqjMvEtFdVL1ixK6UBRhaEoxHKmZ5](https://us02web.zoom.us/join/zoom-join-link)