



Adolescent and Young Adult Program

AYA Newsletter



Did you know...

**September
Is Childhood
Cancer
Awareness
Month.**

SPECIAL LISTEN



JT, a Cancer Patient who has been actively Battling since October 18, 2013. JT will share insight on how to overcome the Challenges of Cancer & will offer tools & tips for creating the right Battle plan.

<https://podcasts.apple.com/us/podcast/cancer-and-chill/id1497518143>



In-Person AYA Event



Helpful Resources



12
SEP

GUIDED YOGA NIDRA MEDITATION FOR SELF-CARE WITH MAMMA G ●

🕒 Local Time: Sep 12 2022 | 8:00 pm – 9:00 pm
8:00 pm – 9:00 pm

Angie Giallourakis (aka Mamma G) will be leading a guided yoga nidra meditation class with a focus of self-care and mental health.

We hope you join us for this opportunity to focus on yourself in a relaxing, safe setting. See you there!

<https://us02web.zoom.us/meeting/register/tZAsdOmtqz4iG9QN79ap22iAC5QmJYB4ctZ0>

Helpful Resources



GILDA'S CLUB **GREATER TORONTO**

An Affiliate of the
CANCER SUPPORT COMMUNITY

📅 Date:

September 13 @ 6:00 pm - 6:45 pm
|Recurring Event (See all)

🕒 Time: 6:00 pm - 6:45 pm

Mindfulness Meditation

This program is offered virtually. Members can register through our weekly newsletter.

Join us in the practice of taking a pause, breathing deeply, and leaning into the present moment. This 45-minute class offers a safe space to explore stillness and awareness through guided meditation and mindfulness practices. Together we will use our breath and senses to practice arriving in the present, cultivating compassion, and tuning into the wisdom of our bodies and each other.

Experiences of Racially, Sexually and Gender Diverse Adolescents and Young Adults with Cancer in Canada

Were you diagnosed with cancer between the age of 15 to 39 years and are now \geq 18 years old living in Canada and identify as any of the following:

- Person of colour
- Indigenous
- 2SLGBTQIA+

We want to learn about your experiences in health care system to improve the cancer care delivery !

Tell us about your experience !

Participation involves a 60–90 minute phone interview

An honorarium will be provided to each participant

Interested in participating or have questions?

Email: hansonk1@myumanitoba.ca
Phone: 204-787-1400 (Katrina)



Participation is voluntary and all data will be kept confidential.

This study has been reviewed and approved by the University of Manitoba Health Research Ethics Board (UM REB No. HS25436) and by the Research Resource Impact Committee at CancerCare Manitoba (RRIC No. 2022-15).

Upcoming Events



Mark your calendars and get ready to join us on Sunday, September 11, 2022, as we lead the way towards a brighter future for people living with and at risk of ovarian cancer.

https://secure2.convio.net/noca/site/TRR/2022WalkofHope/General/1676118926?pg=utype&fr_id=1768



We all have a reason to run. Join us on Sunday, October 2, for this year's CIBC Run for the Cure. Help fund research and support Canadians affected by breast cancer.

https://support.cancer.ca/site/SPageServer/?pagename=RFTC_NW_locations&s_locale=en_CA

Next AYA Meet-Up

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

September 22, 2022

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