

Adolescent and Young Adult

Program

AJA Newsletter

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## SEPTEMBER 2022

Did you know...

September Is Childhood Cancer Awareness Month.

## SPECIAL LISTEN



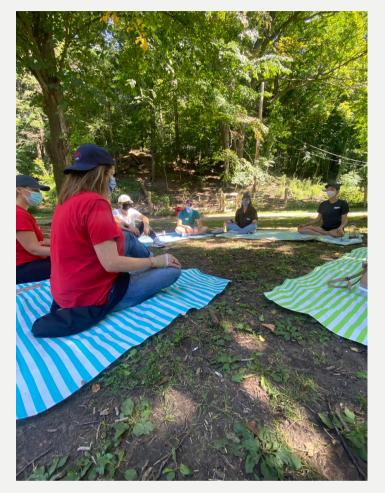


JT, a Cancer Patient who has been actively Battling since October 18, 2013. JT will share insight on how to overcome the Challenges of Cancer & will offer tools & tips for creating the right Battle plan.

### https://podcasts.apple.com/us/podcast/cancer-andchill/id1497518143

In-Person alla Event







Helpful Resources





Angie Giallourakis (aka Mamma G) will be leading a guided yoga nidra meditation class with a focus of selfcare 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/tZAsdOmtq z4iG9QN79ap22iAC5QmJYB4ctZ0

Helpful Resources





An Affiliate of the CANCER SUPPORT COMMUNITY

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

① 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 ≥ 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/1 676118926?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 <u>AYA</u> Meet-Up

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

# September 22, 2022

Want To Register?



<u>aya@uhn.ca</u>

Check Out Our Social Media Pages



@ayaprogram



<u>@ayaprogram</u>



<u>ayaprogram</u>

Please email <u>aya@uhn.ca</u> 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