



# Adolescent and Young Adult Program

## AYA Newsletter



Help us find a name for our new  
AYA Podcast, launching this fall!

Send name suggestions to  
[aya@uhn.ca](mailto:aya@uhn.ca)



# 2023-2024 MICHAEL KAMIN HART SCHOLARSHIP RECIPIENTS



Toronto  
Metropolitan  
University

LILIANA  
AO ZHANG



Western

ELIZABETH  
YANTCHEVSKII



The CREATE Institute

MARY-ELIZABETH  
WILLCOTT



McMaster  
University

SARA  
JAFARI



GEORGE  
BROWN  
COLLEGE

JONATHAN  
LOUIS



UNIVERSITY  
OF ALBERTA

ZHAIRA  
PELAYO

LUCA LOFRANCO- TRENT UNIVERSITY  
EDISON HONG- YORK UNIVERSITY  
LUBNA SALAMA- MCMASTER UNIVERSITY



**UHN** Princess  
Margaret  
Cancer Cen

# AUGUST

## 2023

**THURSDAY** 3

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**AYA MOVE WITH CHRISTY**



**TUESDAY** 8

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**AYA VIRTUAL MEET-UP**



**SUNDAY** 13

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**AYA BEACH DAY**



**THURSDAY** 17

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**AYA YOGA**



**THURSDAY** 17

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**AYA ART THERAPY**



**THURSDAY** 24

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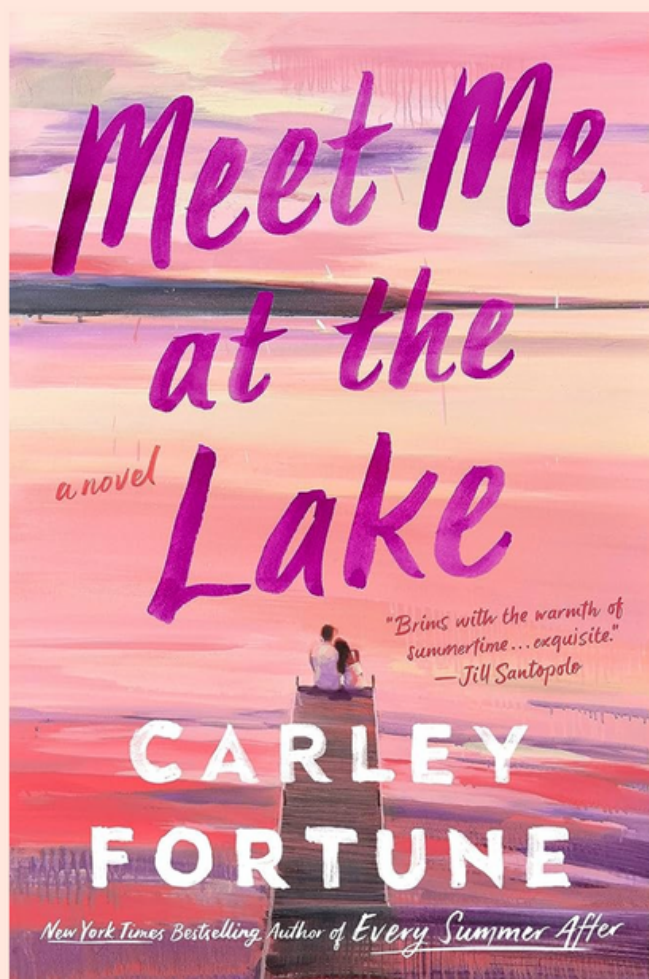
**AYA VIRTUAL MEET-UP**



# AYA Book Club Read

## September

### Meet Me At The Lake by Carlie Fortune



book of the  
summer

exquisite, emotional read

nostalgic

Book Club Save The Date: September 14 6-7pm



**A Y A**  
**Y O G A**  
**HYBRID**  
**YOGA SESSION**

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**August 17th**  
**18th Floor**  
**Princess Margaret**  
**12:30-1pm**



**ENJOY YOGA IN THE COMFORT OF YOUR HOME**

**INTERESTED? EMAIL US AT**

**[aya@uhn.ca](mailto:aya@uhn.ca)**



# Share your experience. Become a Peer Navigator.

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Are you a young lymphoma, sarcoma, breast or testicular cancer survivor?

We are looking for 18-44 year old cancer survivors to join a study on peer navigation and help other young Canadians navigate their cancer journey.



CONTACT [BOJANA.PETROVIC@UHN.CA](mailto:BOJANA.PETROVIC@UHN.CA) FOR MORE  
INFO AND TO APPLY.

Scan the QR code below to email.



# OVERNIGHT RETREAT

*with pink pearl.*

OCTOBER 14 - 15 AT THE PILLAR AND POST  
NIAGARA-ON-THE-LAKE

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**You're invited to attend Pink Pearl Canada's Overnight Retreat! Through meaningful peer-led conversations, light movement, heartfelt connections, and expert discussions our retreats are designed for you to feel supported while facing a cancer diagnosis.**

**October 14 - 15, 2023  
The Pillar & Post Inn & Spa  
Niagara-on-the-Lake, ON**

**Apply by July 13 to [bit.ly/notl-pp-retreat](https://bit.ly/notl-pp-retreat).**

**Pink Pearl's retreats are free to attend + are open to self-identifying women facing any type of cancer or anyone with a cancer of gynecological origin between the ages 18-40. Please note, if an application is received after July 13, the participant will automatically be placed on our waitlist.**

# Next aya Meet-Up

Join us every 2nd Tuesday  
and 4th Thursday for our  
monthly-meetups!

**Tuesday August 8th @6pm**  
**Thursday August 24th @6PM**

Want To  
Register?



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

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