



# AYA Newsletter



## NEW AYA TEAM MEMBER



**Welcome Sofia  
Canales!**

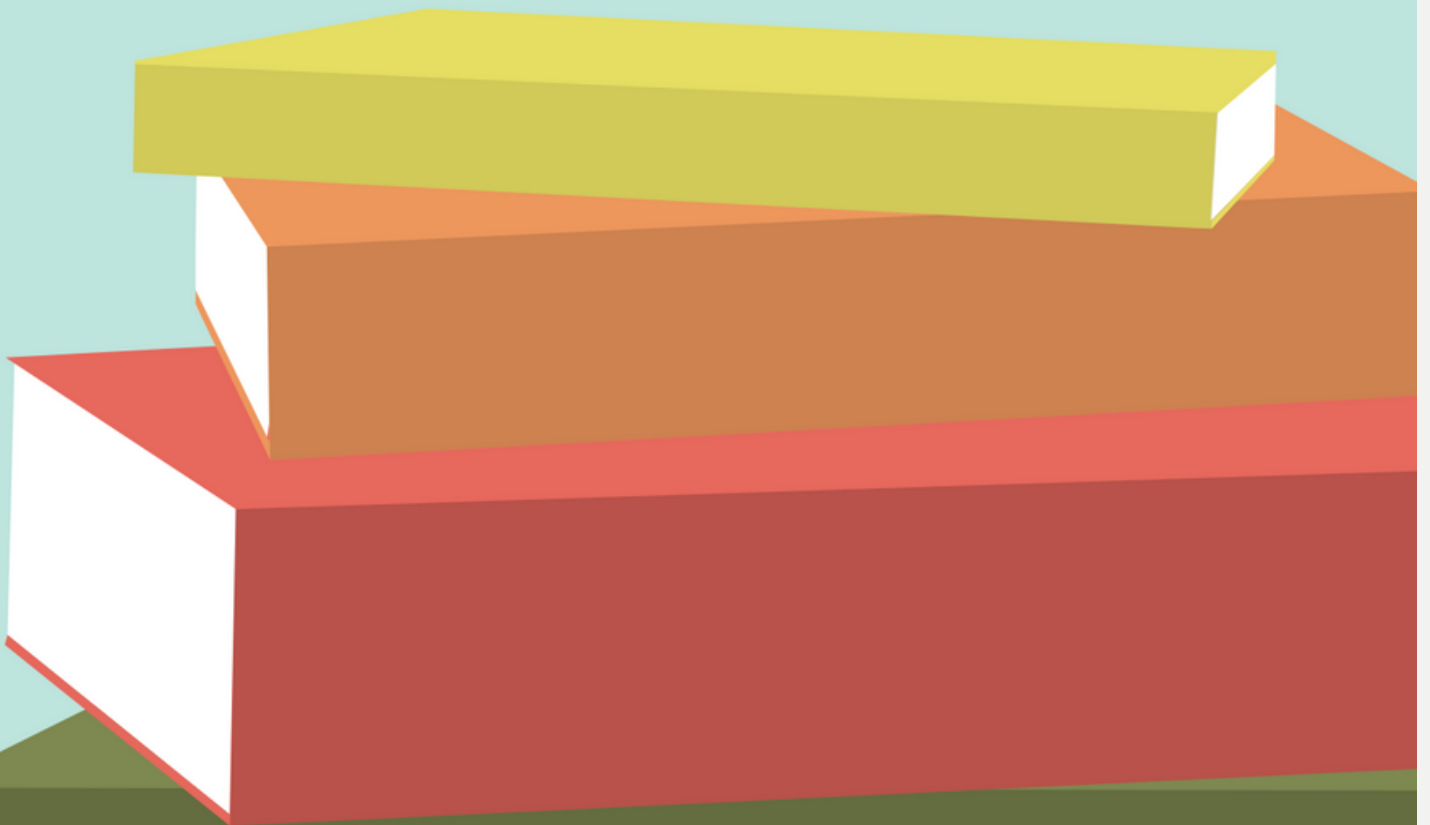
**The AYA Team would  
like to share that we  
have a new AYA  
Fellow!**



Adolescent and  
Young Adult Program

# BOOK CLUB

**COMING SOON**



**Interested In Joining Our Book Club?**

Email [aya@uhn.ca](mailto:aya@uhn.ca) to get on the list, and let us know what genre you would like to read!



**A Y A**  
**Y O G A**  
**VIRTUAL SESSIONS**

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**Thursday**  
**February 17th 2023**  
**Time: 6-6:30 pm**

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

**INTERESTED? EMAIL US AT**

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



## FREE POP-UP GROUP WRITING WORKSHOP

For Canadians diagnosed under 50 who want to learn to write their unique breast cancer story

Tuesday, February 22 at 4:30 - 6PM ET



To reserve your spot:  
[wildfirecommunity.org/workshops](http://wildfirecommunity.org/workshops)



WILDFIRE is a magazine and writing community helping young breast cancer survivors and fighters find meaning and a sense of belonging in their experience of cancer. Our belief is that stories - yours & others - provide the fabric for a much-needed age-specific community and support network.

Join your Canadian WILDFIRE community to learn how to start writing with other women who understand you and find out what your unique story is. Together we'll write away some of our stress - and find some healing in the long run by using writing as a tool to find meaning. You'll make new friends and fill a notebook along the way. No writing experience is necessary to participate.



# WHAT'S COMING UP IN February

## IN-PERSON Meetups

**THURS FEB 9** **ATLANTA**  
Hosted by Chelsea  
6:00 PM ET

**THURS FEB 16** **MINNEAPOLIS**  
Hosted by Bryan  
7:00 PM CT

## Discussion Series

**MON FEB 6** **DISCUSSION**  
**FEB 13** **SERIES:**  
Mental Health  
**FEB 20** After Treatment  
**FEB 27** 5:00 PM ET

## Digital Meetups

**TUES**  
**FEB 7**

**GEN Z**  
Hosted by Angel  
7:30 PM ET

**WED**  
**FEB 8**

**FOR THE GUYS**  
Hosted by Gordon  
8:00 PM ET

**WED**  
**FEB 15**

**CAREGIVERS**  
Hosted by Janelle  
8:00 PM ET

**FRI**  
**FEB 17**

**METASTATIC PATIENTS**  
Hosted by Carrie  
9:00 PM ET

**TUES**  
**FEB 21**

**PEDIATRIC SURVIVORS**  
Hosted by Alyssa  
7:00 PM ET

Monday and Thursday DMUs every week.

stupidcancer®

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

# AYA VALENTINES DAY CARD INSPIRATION



## Seeking research participants!

Are you currently working with women who are attempting to become pregnant or less than a year postpartum after breast cancer treatment?

### Kids After Breast Cancer

#### Why are we interested in this topic?

Young women who have completed breast cancer treatment often express the desire to conceive. However, both women and their providers report a lack of research and resources for guiding their decision-making during this time. This lack of information may lead to increased psychological distress for patients. We hope this research will help inform the development of a widely accessible, online educational resource that will address women's questions and concerns during this time and improve patient-provider communication.

#### Interested in participating?

Principal Investigator is Dr. Karen ~~Fergusson~~  
Sunnybrook Odette Cancer Centre.

To learn more about this study please contact the study coordinator, Ruth Vanstone, at:  
ruth.vanstone@sunnybrook.ca or 416-480-6100 ext. 81447

#### What will participation involve?

We are interested in hearing healthcare providers' and community partners' perspectives about their current knowledge, questions, and concerns regarding pregnancy after breast cancer (e.g., increased risks of recurrence, breast feeding, community resources). We are asking that participants complete an online demographics questionnaire and participate in a focus group conversation. Both components will total approximately 90 minutes of your time. Interested participants may remain involved in the study in order to give feedback on the content to be included in an online educational resource that both patients and providers will be able to access.

#### Who is eligible to participate?

- Licensed health care providers currently practicing in Canada working in for example, oncology, obstetrics/gynecology, fertility, nursing
- Individuals working with Community organizations that support young women (45 years or younger) with a history of cancer
- Individuals who are English speaking in order to complete questionnaires



# Next AYA Meet-Up

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

## February 23rd @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 MSTeams!

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