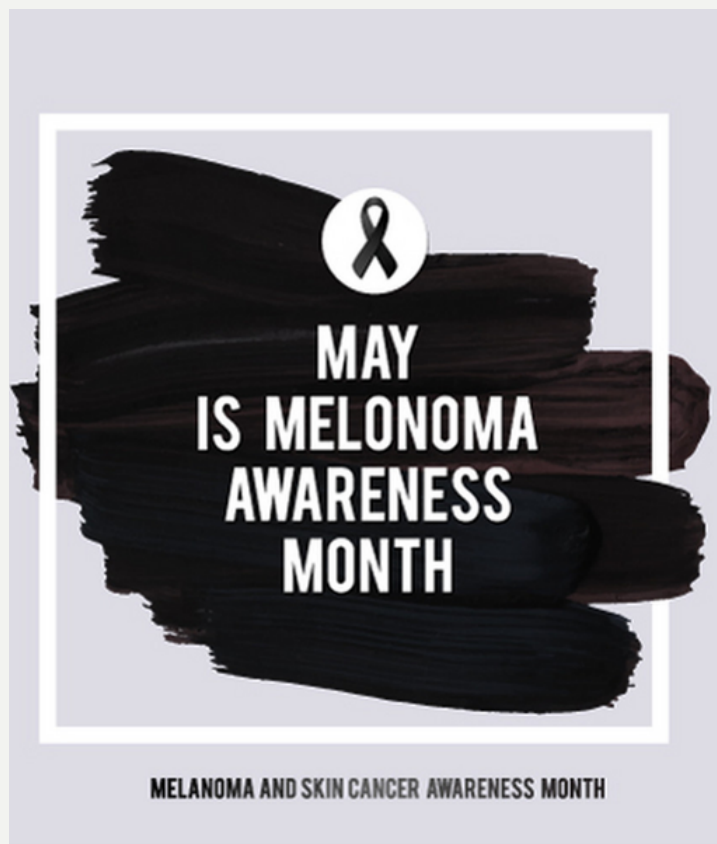
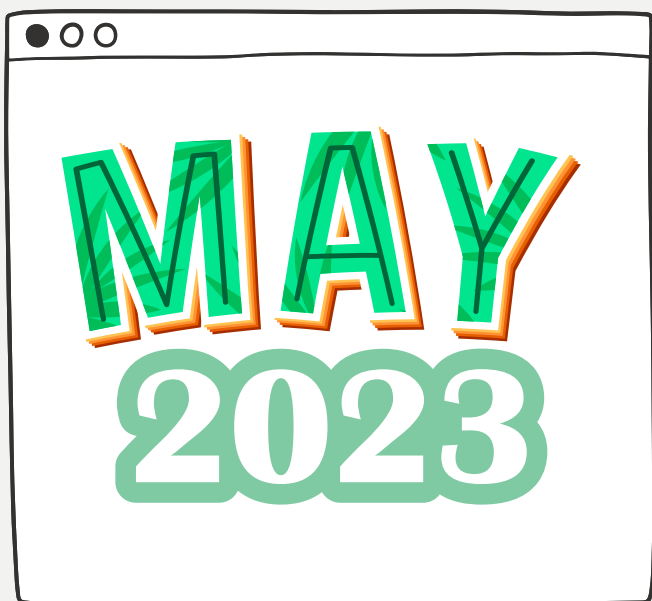




AYA Newsletter



Hello May

- Maybe life isn't going upward
- As you wish, but if you can learn from
- Yesterday, you can win tomorrow



MAY

2023

THURSDAY 18

AYA VIRTUAL YOGA



THURSDAY 25

AYA MONTHLY MEET-UP



SUNDAY 28

AYA SUMMER KICKOFF BBQ



AYA PROGRAM PRESENTS

SUMMER

Kick-Off Barbecue



EMAIL AYA@UHN.CA TO RSVP YOUR SPOT

28

May 2023

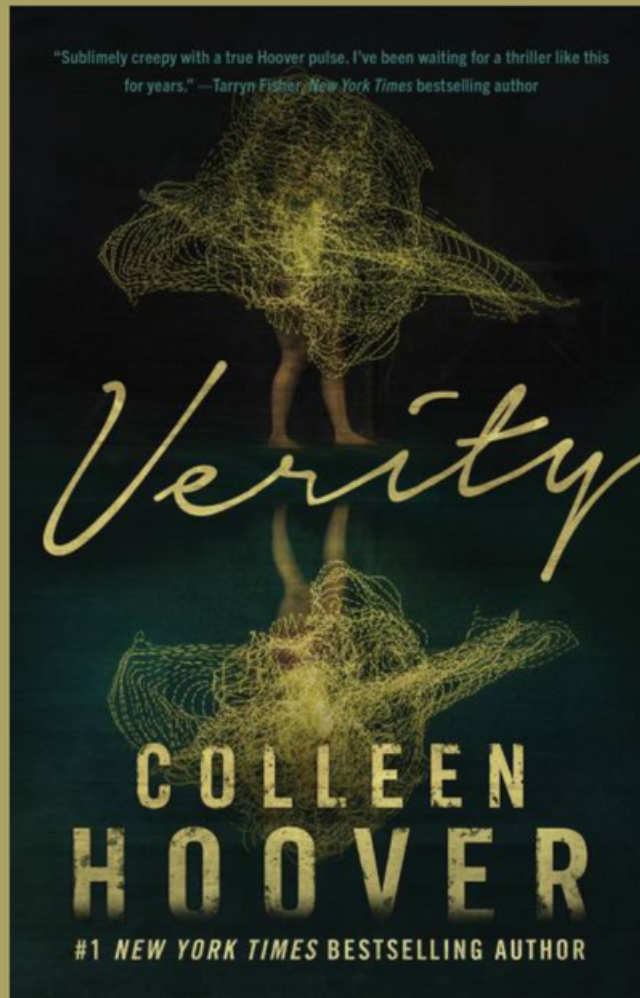
11-3PM

**Sherwood Park (190 Sherwood Avenue)
MEET AT THE PAVILLION AT THE BOTTOM OF THE HILL**

AYA Book Club Read

MAY

Verity By Colleen Hoover



insane twists

mystery-thriller

page-turner

Book Club Save The Date: May 11th 6–7pm



A Y A
Y O G A

VIRTUAL SESSIONS

**Virtual Recorded
Session**



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca



ACROSS THE WIRES

Virtual Podcast Club



Weekly from May 11 – June 15
4:30 – 6:00 p.m.
via Zoom



Pink Pearl Canada's Across The Wires Podcast Club is a time for us to connect, reflect, grow and support each other – as individuals and as a community. In the comfort of your own home, join us to chat about podcasts on different topics that give you pause and push reflection on your experience as a young person with a cancer experience. Think of this like a virtual book club, where you have the opportunity to listen to some great podcasts.

Weekly from May 11 – June 15 from 4:30 – 6:00 p.m. via Zoom
RSVP to programs@pinkpearlcanada.org by May 8

Sessions are open to self-identifying young women ages 18-40 who have an experience of any type of cancer diagnosis, at any stage and at any point in treatment/post-treatment.

Share your experience. Become a Peer Navigator.

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 FOR MORE
INFO AND TO APPLY.

Scan the QR code below to email.



Want to be a **Queer cancer change-maker?**

We are looking for 2SLGBTQIA+ patients and caregivers at the Princess Margaret to provide feedback which will shape our Sexual and Gender Diversity in Cancer Program (SGDc).

We would like to discuss some questions about your thoughts, experiences, and preferences in receiving care at the Princess Margaret. We want to hear from 2SLGBTQIA+ patients and caregivers, to better understand what the best support and services would be.

What is involved:

- Participate in a one hour discussion
- Complete a 15 minute electronic survey

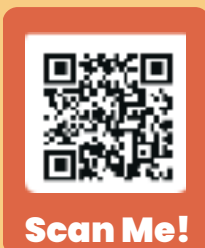


Your valuable input will have an impact on changing cancer care

**If you are interested,
please contact us for
more information at:**

Phone: (416)-946-4501

Email: x4728 SGDc@uhn.ca



\$10 Tim Hortons Gift Card provided to all who participate

All participants will be entered into a draw for a \$100 Amazon gift card



Check us out on twitter and
instagram @PMChosenFamily



@PMChosenFamily
Sexual and Gender Diversity in Cancer Care

YACC



May 2023

Monday - May 1
Starting at 8pm ET or 5pm PT
My Mental Health
with Cenny

Wednesday - May 3
Starting at 8pm ET or 5pm PT
My Caregiver's Mental Health
with Jason



Monday - May 8
Starting at 8pm ET or 5pm PT
Motivation
with Cenny

Wednesday - May 10
Starting at 8pm ET or 5pm PT
Hope & Harm in Health Care
with Jill

Tuesday - May 16
Starting at 8pm ET or 5pm PT
**Advanced & Metastatic
Our Unique Needs**
with Kat
For community members with advanced or metastatic cancer.

Monday - May 15
Starting at 8pm ET or 5pm PT
Physical Pain
with Jason

Wednesday - May 17
Starting at 8pm ET or 5pm PT
Mindfulness
with Greet



Wednesday - May 24
Starting at 8pm ET or 5pm PT
Life & Death
with Greet

Tuesday - May 30
Starting at 8pm ET or 5pm PT
**2SLGBTQIA+
Safety**
with Kat
For community members identifying as 2SLGBTQIA+



Monday - May 29
Starting at 8pm ET or 5pm PT
Body Image
with Dani

Wednesday - May 31
Starting at 8pm ET or 5pm PT
Substance Use
with Jason



YACC Chats registration opens at the beginning of the month.
Registration form: <https://www.youngadultcancer.ca/program/yacc-web-chats/>

<https://www.youngadultcancer.ca/program/yacc-web-chats/>

Next aya Meet-Up

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

May 25th @6pm

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