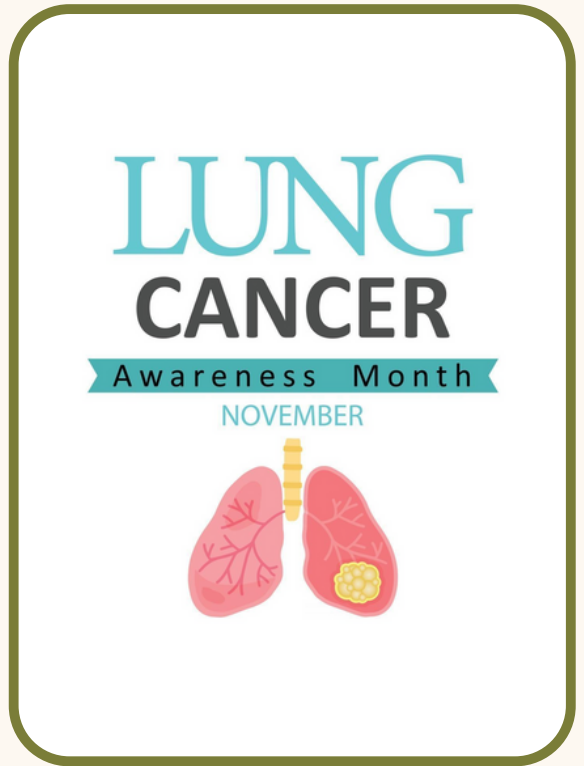




# Adolescent and Young Adult Program

## AYA Newsletter



### WHATS NEW



**Our New AYA Yoga Instructor Kelly Warmington will be joining us every month to host in-person yoga classes at PMH!**

# CALENDAR



# NOVEMBER 2023

TUESDAY 7

AYA VIRTUAL  
MEET-UP



WEDNESDAY 8

AYA BOOK CLUB



THURSDAY 23

AYA DANCE MOVE  
CLASS



THURSDAY 23

AYA VIRTUAL  
MEET-UP



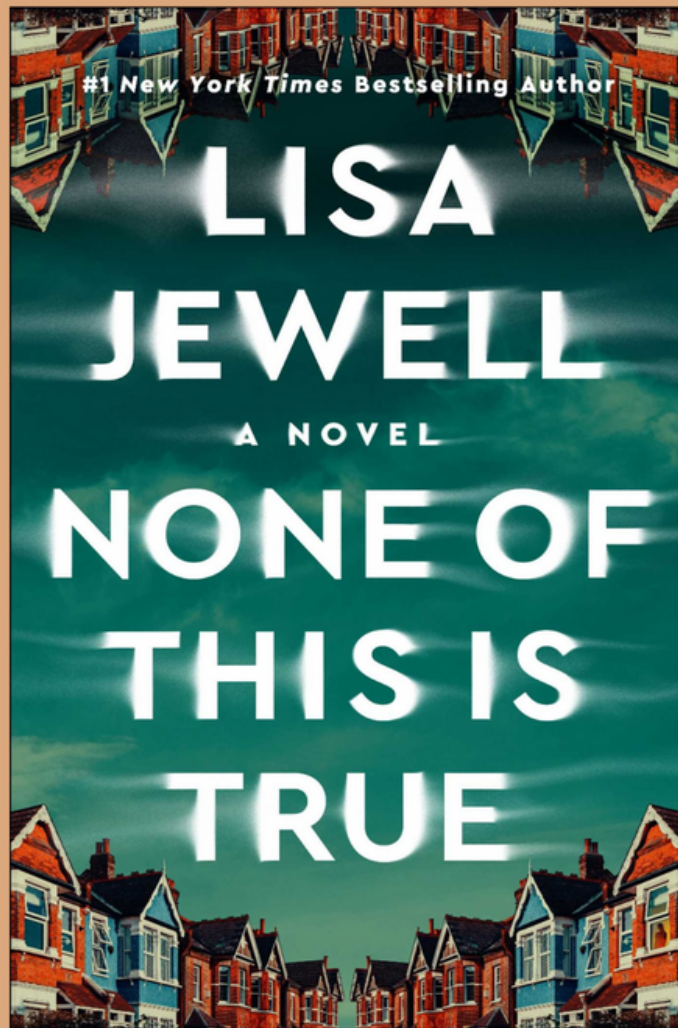
THURSDAY 30

AYA YOGA



**AYA BOOK CLUB READ**  
*November*

**NONE OF THIS IS TRUE BY LISA JEWELL**



**PITCH BLACK  
FEVER DREAM**

**DEVILISHLY  
TWISTY PLOT**

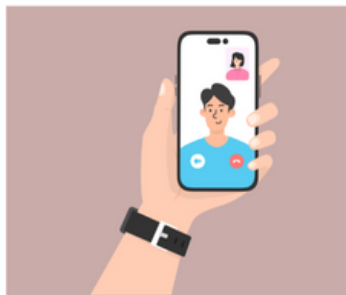
**UTTERLY IRRESISTABLE**

**DATE: NOVEMBER 8TH 6PM**



Adolescent and  
Young Adult Program

# VIRTUAL MEET-UP



NOVEMBER 7TH -6-7:30 PM  
NOVEMBER 23RD- 6-7:30PM

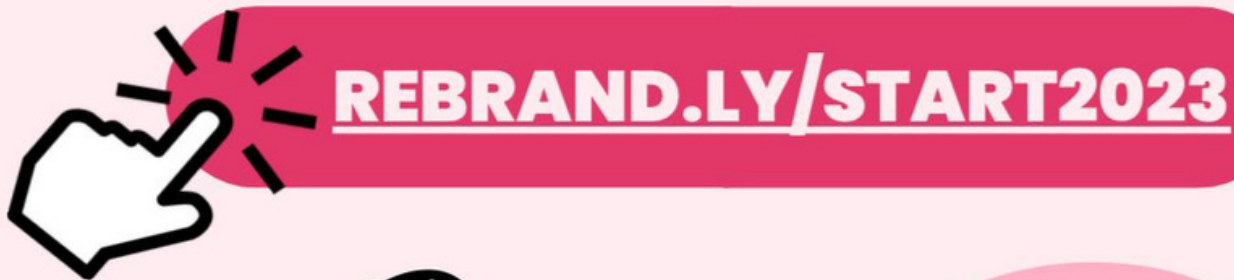


# RESEARCH PARTICIPANTS NEEDED

**SEEKING CANADIAN WOMEN WHO  
HAVE EXPERIENCED BREAST CANCER**

- ✓ Online survey
- ✓ Optional interview

**LEARN MORE:**



 [start@uwo.ca](mailto:start@uwo.ca)



**SURVEY  
IS LIVE!**

## Help set the priorities for Adolescent and Young Adult (AYA) cancer research in Canada

What research do you want to be done on  
AYA cancer?



**Start the online survey now: [tinyurl.com/AYACancerSurvey](https://tinyurl.com/AYACancerSurvey)**

[www.AYACancerPSP.ca](https://www.AYACancerPSP.ca)

[#AYACancerPSP](https://twitter.com/AYACancerPSP)



## FREE POP-UP WRITING WORKSHOP



### **Staying Grounded During the Holidays**

Tues, Nov 14  
12:30p PT / 3:30p ET

To reserve your spot:  
[wildfirecommunity.org/shop/p/freepopup](http://wildfirecommunity.org/shop/p/freepopup)



WILDFIRE is a magazine and writing community helping young breast cancer survivors and thrivers 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.

If you were diagnosed young with breast cancer, join WILDFIRE's November Pop-Up Writing Workshop and learn how to use writing as a way to stay grounded during the Holidays and write with others who understand you. 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.

# 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



# 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.

