



Adolescent and Young Adult Program

AYA Newsletter



Welcome!



The AYA Team would like to welcome our new AYA Social Worker Simone Kurrup! Simone has developed and facilitated psychosocial programs to help children, adolescents, young adults, and families affected by chronic and life-threatening illnesses cope and manage the multifaceted demands. Simone also has a background in grief therapy, supporting individuals and families understand and manage their loss related to illness.

SEPTEMBER

2023

THURSDAY 7

AYA ART THERAPY



TUESDAY 12

AYA VIRTUAL MEET-UP



THURSDAY 21

AYA YOGA



THURSDAY 21

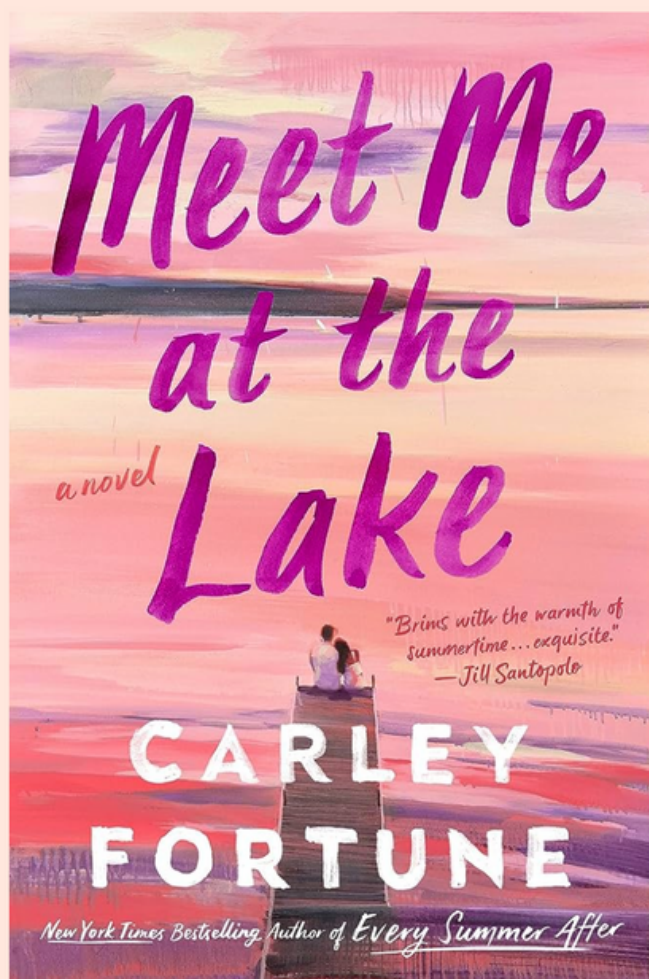
AYA VIRTUAL MEET-UP



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

The PYNK program at Sunnybrook
presents:

Passion for Pynk

Four talks about Sexual Health,
Intimacy and Breast Cancer

Dr. Michelle Jacobson

MD, MHSc, FRCSC, OBGyn and Menopause Specialist

Chana Ross

Pelvic Health Physiotherapist and Clinic Director, Vital Physiotherapy

Dr. Kimberly Cullen

Clinical Psychologist specializing in supporting couples impacted by illness

Lisa and Chason

Worker/Owners, Come as You Are

For patients and health care providers

Wednesday, October 25 2023

Doors open: 6pm Program starts: 6:30pm

Wellspring Westerkirk House at Sunnybrook
105 Wellness Way
and on Zoom



Register at: <http://bit.ly/2023-passion-for-pynk>

for more information, email
sandy.vuong@sunnybrook.ca

THE PYNK PROGRAM AT SUNNYBROOK
PRESENTS:

YOUNG AND METASTATIC

An online support group for young women
with metastatic breast cancer

FACILITATED BY:

SANDY VUONG, CCPA, PYNK PHYSICIAN ASSISTANT
BROOKE MACDONALD, MSW, RSW

Don't go it alone.

Share experiences with other young women.

Ask questions to our experts.

Register at: <https://bit.ly/pynk-support-groups>



FOR MORE INFORMATION EMAIL
sandy.vuong@sunnybrook.ca

PYNK x Wildfire Workshop

Give yourself the gift of writing in a community of others who understand being diagnosed with breast cancer younger.



The **PYNK Program** is dedicated to supporting the psychosocial needs of young women diagnosed with breast cancer.

This is a prompt style narrative writing workshop hosted by **April Sterns** and **Emily Piercell** from **Wildfire Magazine** offered to patients in the PYNK program.

Wellspring Westekirk House



Saturday,
September 23, 2023
1 PM - 3 PM

Bring your own pen and journal



Scan this code to RSVP

This event is open to patients in the PYNK Program (young breast cancer patients diagnosed at age 45 and under). This is a great event to meet others who are receiving treatment in Ontario. If you are not in a PYNK Program and wish to participate in this workshop, please email Sandy.

Feel free to contact sandy.vuong@sunnybrook.ca if you have any questions

The PYNK program at Sunnybrook presents:

IN THE PYNK

Group for
with areas A
e

peer supported cancer

women diagnosed aged 40 and under with

MODERATORS:

Sandy Vuong, CCPA, PYNK Physician Assistant
Brooke MacDonald, MSW, RSW

Monthly Peer support groups

Wellspring Westerkirk House at Sunnybrook
105 Wellness Way

Register at: <https://bit.ly/pynk-support-groups>



For more information, email:
sandy.vuong@sunnybrook.ca



YACC EVENTS

September 2023

yacc



CHATS

Wednesday - September 6

Starting at 8pm ET or 5pm PT
Grief & Gratitude
with Cenny & Dani

Wednesday - September 13

Starting at 8pm ET or 5pm PT
Navigating Change
with Heather & Jason

Wednesday - September 20

Starting at 8pm ET or 5pm PT
Trust
with Greet & Kat

Wednesday - September 27

Starting at 8pm ET or 5pm PT
Friendship
with Ainsley & Cenny

Monday - September 18

Starting at 8pm ET or 5pm PT
2SLGBTQIA+ Chat!
Heteronormativity with Dani



Monday - September 25

Starting at 8pm ET or 5pm PT
ADVANCED & METASTATIC Chat!
Hard Conversations with Jason

For community members with advanced or metastatic cancer.

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

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



A Y A
Y O G A
HYBRID
YOGA SESSION

September 21st
18th Floor
Princess Margaret
12:30-1pm



ENJOY YOGA IN THE COMFORT OF YOUR HOME

INTERESTED? EMAIL US AT

aya@uhn.ca

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.



OVERNIGHT RETREAT

with pink pearl.

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

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.

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 September 12th @6pm
Thursday September 21st @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 MStTeams!

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