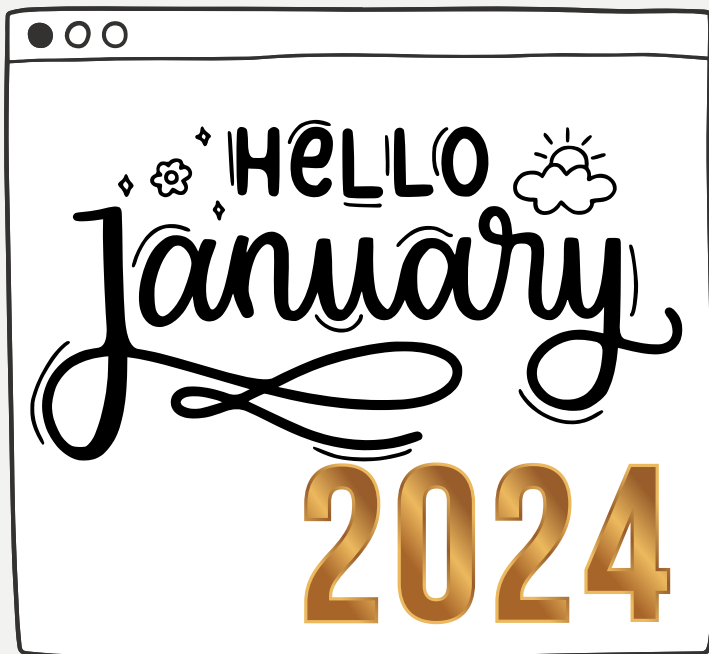




# Adolescent and Young Adult Program

## AYA Newsletter



## New AYA Team Member



**Clinical Nurse  
Specialist**

**Samantha Scimé  
(she/her)**

# CALENDAR



# JANUARY 2024

TUESDAY 9

AYA VIRTUAL  
MEET-UP



WEDNESDAY 17

AYA BOOK CLUB



THURSDAY 11

AYA YOGA



THURSDAY 15

CANCER, ME &  
MY HAIR



THURSDAY 25

AYA VIRTUAL  
MEET-UP



WEDNESDAY 31

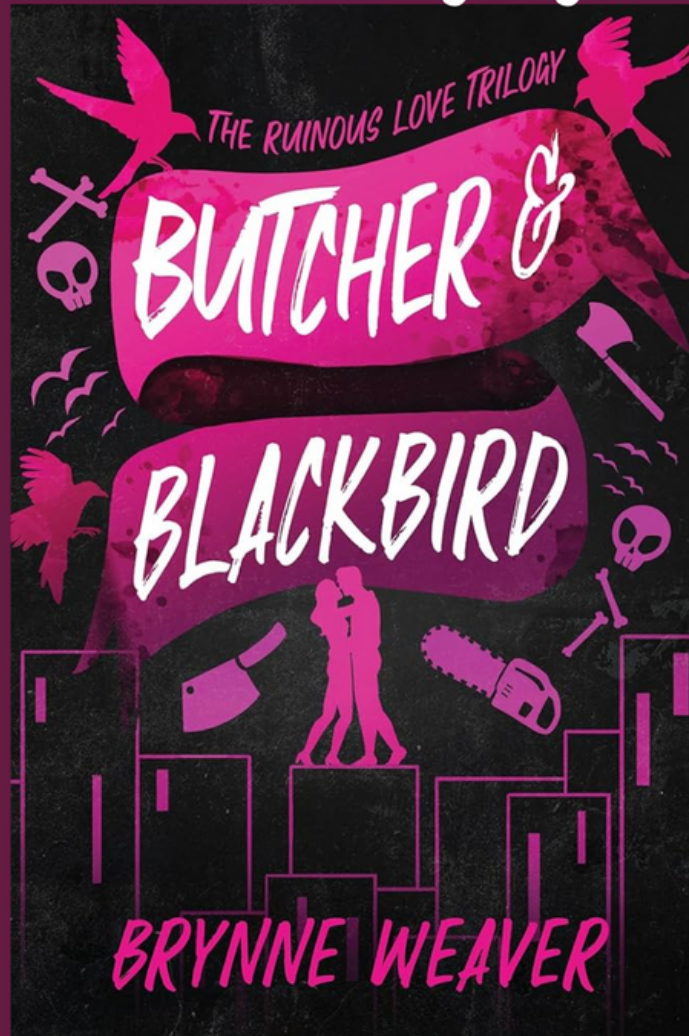
FERTILITY  
WEBINAR



# AYA BOOK CLUB READ

## January

### Butcher & Blackbird By Brynne Weaver



DARK ROM COM

TIK TOK  
SENSATION

HILARIOUS READ

Date: January 17th @ 6pm

# CANCER, ME AND MY HAIR

LEARN EVERYTHING  
**ABOUT YOUR  
HAIR/HAIR  
CARE**

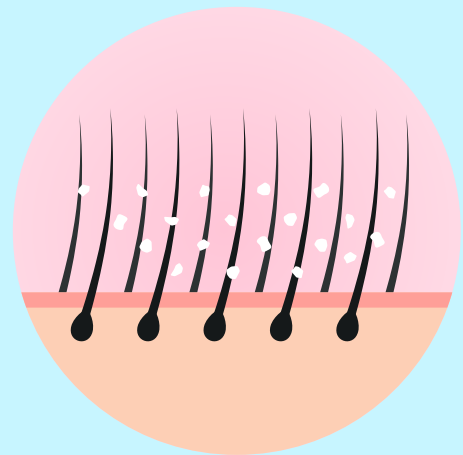


**Am I At Risk For  
Hair Loss?**

**JANUARY 25TH  
12-1PM  
PMH 6TH FLOOR  
AUDITORIUM**



**Why and How Does  
Hair Loss Occur?**



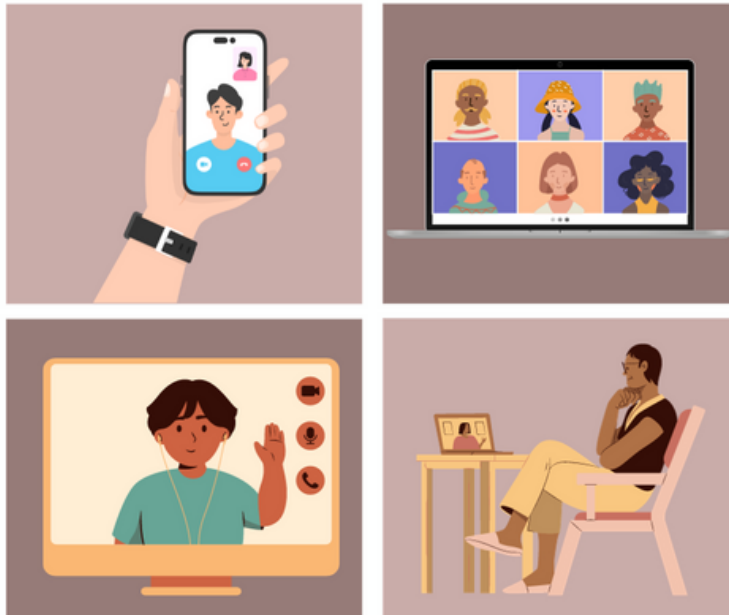
**How Can I Prep My  
Scalp for Regrowth?**

**EMAIL [AYA@UHN.CA](mailto:AYA@UHN.CA)  
TO SIGN UP**



Adolescent and  
Young Adult Program

# VIRTUAL MEET-UP



TUESDAY JANUARY 9TH 6-7:30PM  
THURSDAY JANUARY 25TH 6-7:30PM  
VIRTUAL MS TEAMS



# #Cancer & Fertility: Unfiltered

Hosted by Mount Sinai Fertility, Women's College Hospital, Princess Margaret Cancer Centre's Adolescent and Young Adult and Psychosocial Oncology programs

## Information for New Diagnosis: Those with Testes



*Date*  
**January 31, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Abha Gupta, MD**  
Princess Margaret Cancer Centre  
**Jennia Michaeli, MD**  
Mount Sinai Fertility  
**Leia Spencer, RN**  
Mount Sinai Urology

## Information for New Diagnosis: Those with Ovaries



*Date*  
**February 28, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Abha Gupta, MD**  
Princess Margaret Cancer Centre  
**Jennia Michaeli, MD**  
Mount Sinai Fertility  
**Nicola Farnell, NP**  
Mount Sinai Fertility

## Menopause & Hormones



*Date*  
**March 27, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Iliana Lega, MD**  
Womens College Hospital  
**Jennifer Catsburg, CNS**  
Princess Margaret Cancer Centre

## Managing Uncertainty Around Fertility



*Date*  
**April 24, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Aliza Panjwani, PhD CPsych**  
Princess Margaret Cancer Centre  
**Jennifer Catsburg, CNS**  
Princess Margaret Cancer Centre

## How To Manage Grief/Anticipatory Grief around Fertility



*Date*  
**May 22, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Aliza Panjwani, PhD CPsych**  
Princess Margaret Cancer Centre  
**Simone Kurup, MSW**  
Princess Margaret Cancer Centre  
**Sofi Canales-Albarran, MD**  
Princess Margaret Cancer Centre

## Alternatives for Growing Your Family After Treatment



*Date*  
**June 26, 2024**  
*Time*  
**06:00pm - 07:30pm**

*With*  
**Abha Gupta, MD**  
Princess Margaret Cancer Centre  
**Jodi Goldstein, MSW**  
Mount Sinai Fertility

**MUST ENROLL TO RECEIVE PRIVATE LINK FOR THESE SESSIONS**  
**EMAIL: [aya@uhn.ca](mailto:aya@uhn.ca)**

The PYNK program at Sunnybrook  
presents:

# IN THE PYNK

**A Peer Support Group for  
Women Diagnosed with Breast Cancer  
Aged 40 and under**

## 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](mailto:sandy.vuong@sunnybrook.ca)



PYNK PROGRAM

# Living Well with PYNK

Facilitated by Brooke Macdonald, Social Worker &  
Sandy Vuong, Physician Assistant

An online support group for young women  
living with metastatic breast cancer

Over a set of 6 sessions, we will present  
information on relevant topics followed by  
open peer discussion

6 sessions, biweekly  
Starting on Friday Feb 9, 2024  
12.00–1.00 PM  
ZOOM



Minimum of 5 participants to run



**JOIN US!**

QUESTIONS? EMAIL  
PYNKPROGRAM@SUNNYBROOK.CA





YOU'RE INVITED TO  
**PYNK**  
**Wildfire**  
**Workshop**

X

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 unique needs of young women diagnosed with breast cancer.

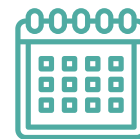
This is a prompt style narrative writing workshop hosted by **April Sterns** and **Emily Piercell** from **Wildfire Magazine** offered to patients in the PYNK program or individuals diagnosed with breast cancer at age 45 and under, in Ontario.

**RSVP here**



**Virtual Workshop**

Wednesday  
January 24, 2024  
7 PM, EST



Have a pen and journal ready

Feel free to contact [pynkprogram@sunnybrook.ca](mailto:pynkprogram@sunnybrook.ca) if you have any questions

# HOSPICE MISSISSAUGA

## Calendar of Upcoming Workshops

### January 2024

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
		Hospice Matters: Making End of Life Care Matter (7:00PM)	Inside Compassion (12:00PM)  Connecting in Grief - Drop In (7:00PM)	
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
	Restoring Yoga (2:00PM)	Gentle Yoga (7:00PM)  Understanding Grief (7:00PM)	Spousal/ Partner Loss (8:30PM)  Hospice Matters: Making End of Life Care Matter (12:00PM)	
Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Monday, January 22	Tuesday, January 23
Inside Compassion (8:30PM)	Music Wellness Workshop (7:00PM)	Guided Meditation - Breath Work (10:00AM)  Caregiver Chat Circle (2:00PM)  Debunking Myths About Hospice Care (7:00PM)	Grief Circle (8:30PM)	Guided Meditation (7:30PM)
Wednesday, January 24	Thursday, January 25	Monday, January 29	Tuesday, January 30	Wednesday, January 31
Debunking Myths About Hospice Care (12:00PM)  Gentle Yoga (7:00PM)	Restoring Yoga with Meditation (9:30AM)	Saying Goodbye (8:30PM)	Saying Goodbye (12:00PM)	Creative Writing /Journaling (8:30PM)

**Registration: <https://www.tickettailor.com/events/hospicemississauga>**