



Adolescent and Young Adult Program

AYA Newsletter



ROM March 13th



Email aya@uhn.ca to get tickets
for this Month's ROM Passes

CALENDAR



Adolescent and Young Adult Program

MARCH 2024

TUESDAY 12

AYA MOVE



TUESDAY 12

AYA VIRTUAL MEET-UP



WEDNESDAY 13

AYA BOOK CLUB



THURSDAY 14

AYA YOGA



THURSDAY 25

HAIR GONE ROGUE



WEDNESDAY 27

FERTILITY WEBINAR



THURSDAY 28

AYA VIRTUAL MEET-UP



AYA BOOK CLUB READ

March

From behind closed doors,
she sees everything.



THE
HOUSEMAID

FREIDA McFADDEN

An absolutely addictive psychological thriller with a jaw-dropping twist

**ABSOLUTELY
ADDICTIVE**

JAW DROPPING

**PSYCHOLOGICAL
THRILLER**

DATE: MARCH 13TH @ 6PM

Meet-Ups



Adolescent and
Young Adult Program

VIRTUAL MEET-UP



TUESDAY MARCH 12 6-7:30PM
THURSDAY MARCH 28 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



LOCAL SOCIALS

MARCH 18TH ~ SNAKES AND LATTES AT 7PM
APRIL 9TH ~ SNAKES AND LATTES AT 7PM
MAY 8TH ~ WALK IN HIGH PARK AT 7PM

You're invited to attend our Local Socials in Toronto this Spring! Join us to connect with other incredible young women who understand the journey of facing cancer – they promise laughter, connection and forever friendships!

Here's what's coming up:
March 18th ~ Snakes and Lattes at 7pm
April 9th ~ Snakes and Lattes at 7pm
May 8th ~ Walk in High Park at 7pm

RSVP to community@pinkpearlcanada.org at least one week prior to the Local Social. This program is free to attend, and is open to self-identifying women facing any type of cancer between the ages 18-40+.

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



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

