A special thank you to our supporting partners for their contributions to this year’s conference.

DANA-FARBER/BRIGHAM AND WOMEN’S CANCER CENTER

LEUKEMIA & LYMPHOMA SOCIETY* fighting blood cancers

Young Adult Program

Schedule
8:30 a.m.  Breakfast, Registration, and Group Art Project
9:15 a.m.  Welcome
9:30 a.m.  Opening Session: Patient Highlight
10:45 a.m.  Morning Workshops
12:15 p.m.  Lunch & Music
1:30 p.m.  Afternoon Workshops
3:00 p.m.  Program Concludes

Follow us on Twitter and Snapchat @DanaFarberYAP, and take part in the social media conversation throughout the day using the hashtag #YAcancer17.

Registration is appreciated by March 17. For more information or to register, contact:

Young Adult Program
Dana-Farber Cancer Institute
617-632-6819
yap@dfci.harvard.edu

Or register via the YAP website: www.dana-farber-yap.org

The conference location is accessible by public transportation (www.mbta.com). Free parking is available in Dana-Farber’s Yawkey garage on Jimmy Fund Way, underneath the Yawkey Center. Find directions online at www.dana-farber.org/directions.

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Abby Morgan had just finished her first year working as an art teacher when she was diagnosed with metastatic synovial sarcoma at 28. Cancer caused many disruptions, but with the support of family and friends, she has adapted to these changes and found great joy in a new role as mother to her young daughter. She will share her journey and cancer’s impact on her professional, personal, and creative lives. There will be time for interaction and reflections on living as a young adult with cancer.

Morning Workshops
10:45 a.m. – 12:15 p.m.
Please choose ONE of the following five sessions:

There’s an App for That
Technology can be a useful tool to cope with emotions. Explore popular emotional support apps and learn about the development of our own Young Adult Program (YAP) app.

Straight Talk with the Team: Having the Conversations You Need with Your Oncologist
All too often, young adults feel reluctant or unsure how to participate fully in critical conversations with their medical team. Join a Dana-Farber oncologist, social worker, and young adult patient in an interactive workshop that will focus on helping you develop the dialogue you need during treatment and beyond.

Caregiving & Parenting: How to Strike a Balance for parents of young adults
For many parents of young adults with cancer, there exists a fine line between supporting your adult son or daughter in continuing to establish his or her independence, and providing assistance during treatment. Come discuss this challenging balance of knowing when to step-in and out, as well as how to communicate effectively with your young adult.

What to Say…and Not to Say
Sometimes people have the best intentions, but don’t always know what to say. Help us generate the top 10 most and least supportive statements that have been said to you. These will contribute to our next YAP educational video!

Breathe Now Yoga Session
Join us for a beginner’s yoga and meditation session, and experience ways these activities can help you cope with cancer. The session is hosted by the Dear Jack Foundation.

Afternoon Workshops
1:30 – 3:00 p.m.
Please choose ONE of the following four sessions:

Keep Calm: Cast On and Stitch Away Stress
Once learned, knitting can be an effective stress-reduction activity. Join others to stitch and discuss ways knitting has helped you cope with the various challenges of living with cancer as a young adult. Any level of experience – including none – is welcome. We will have some expert knitters to help!

Planning for the “What Ifs”
Being diagnosed with cancer as a young adult may provoke difficult questions about planning for the unknown and confronting your fears. What if I’m not able to return to work or school during treatment? What if my treatment stops working? Join us for an exploration around these issues and learn about resources available to help address your specific concerns.

When a Young Adult You Love Has Cancer for spouses/partners
A cancer diagnosis can have profound effects on young adult patients and their partners. Shifts in responsibilities and a focus on treatment can lead to challenging changes for couples, but can also present opportunities for discovery and growth. Join this discussion with other spouses and partners, and learn ways to increase and maintain connection.

Dancing through Cancer
Movement can create a therapeutic space for your self-care while dealing with the many challenges of living with cancer as a young adult. Join this peer-led workshop to experience the joy of dance and hear how others used movement to cope. You do not need prior dance experience to attend. The movement will be gentle and adaptable to your individual needs.