About STEPS

STEPS, or “Success Through Education, Psychosocial support, and Socialization,” is a support program that holds monthly events for adolescent and young adult brain tumor survivors and their caregivers. Organized by survivorship experts from Dana-Farber, these activities offer attendees a chance to connect with one another, learn new skills, and have fun.

Activities for survivors include:
- Arts and crafts
- Board games
- Ceramics
- Yoga
- Video games

Activities for parents and caregivers include:
- Guest speakers
- Social interaction
- Discussions with survivorship experts

“I’ve probably learned more about my daughter and survivorship in four months of going to the meetings than I learned in the last five years.”

– Parent of a STEPS participant

Learn More

To learn more about the STEPS program, including upcoming events, please visit www.dana-farber.org/STEPS.

If you have questions about STEPS, call 617-632-6080 or email STEPS@dfci.harvard.edu.

Stop & Shop Family Pediatric Neuro-Oncology Outcomes Clinic

STEPS program
617-632-6080
www.dana-farber.org/STEPS

The STEPS program is made possible with the help of donations from the Ronald McDonald House Charities, STEPS 4 Survivors from the Boston Marathon® Jimmy Fund Walk, and the Team Xaverian cycling team from the Pan-Massachusetts Challenge bike-a-thon.

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What happens at STEPS?

The STEPS program holds monthly events for brain tumor survivors and their parents. The frequency of the activities provides a consistent source of help and guidance that differs from traditional support group formats.

Each STEPS event offers three main components.

- **Education**: Parents and other caregivers have the chance to learn more about available resources and talk with each other about common concerns. Speakers at each event address topics that are relevant to brain tumor survivorship, such as the late effects of treatment, managing finances, job seeking, college planning, and social functioning.

- **Support**: Every STEPS event gives brain tumor survivors the chance to meet and talk with other adolescents and young adult survivors. The events also provide opportunities for group discussions where parents and survivors can share and discuss psychosocial concerns.

- **Social activities**: STEPS events are designed to promote self-confidence, communication, and the ability to work with others. For parents and caregivers, the events offer a chance to talk with experts, attend presentations, and interact with other parents. It’s a chance to gather valuable resources that help address the challenges of brain tumor survivorship.

Who can come to STEPS events?

The STEPS program is for adolescent and young adult brain tumor survivors and their parents or caregivers. The program is for survivors who:

- Have been off cancer treatment for at least two years
- Are age 13 or older
- Are currently being followed in the Stop & Shop Family Pediatric Neuro-Oncology Outcomes Clinic at Dana-Farber

Eligible survivors are welcome to attend STEPS events with or without their parent or caregiver. Similarly, parents and other caregivers are welcome to attend STEPS events even if the survivor does not.

“STEPS has given me a place where I can open up, be myself, have a ton more friends, and be comfortable talking about everything I’ve gone through. There’s no one else who truly understands what we brain tumor survivors go through.”

Why should you come to STEPS?

For adolescent and young adult cancer survivors, social support is important in helping develop a sense of self, feel part of a community, and improve quality of life. Events like STEPS are a way to help brain tumor survivors have a regular resource for talking with others, making new friends, and learning new strategies for living well.

For parents and caregivers, the events offer a chance to talk with survivorship experts, share their experiences, and learn tips for improving quality of life for themselves and their children.

Where and when are the events held?

STEPS events are held at Dana-Farber on the last Thursday of every month, from 5:45 to 7:30 p.m. Attendees can park at no cost in Dana-Farber’s parking garage. For maps and more, visit [www.dana-farber.org/directions](http://www.dana-farber.org/directions).