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

DANA-FARBER/BRIGHAM AND WOMEN’S CANCER CENTER

Young Adult Program

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

Dana-Farber Cancer Institute
Yawkey Center for Cancer Care
Third Floor Conference Center
450 Brookline Ave., Boston, MA 02215

Schedule

8:15 — Breakfast, Registration, and Group Project
8:45 a.m. Welcome
9 a.m. Opening Session: Patient Highlight
9:15 a.m. Break & Refreshments
10 a.m. Featured Session: Empowerment through Advocacy
10:15 a.m. Morning Workshops
12:30 p.m. Lunch, Music, and YA Resource Expo
1:30 p.m. Afternoon Workshops
3 p.m. Program Concludes

Registration is appreciated by March 23.

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
Opening Session: Patient Highlight

Lauren Leonard
9:15 – 10 a.m.

Lauren was a recent college graduate, working at her first job and starting her adult life in Boston, when she was diagnosed with stage IV primary bone non-Hodgkin lymphoma. Lauren has experienced many losses and changes, but has also found new passions like supporting the adolescent and young adult cancer community. She now works as a clinical research coordinator in the Jimmy Fund Clinic and will matriculate into a nurse practitioner program this Fall — with future hopes of treating patients like herself. Hear Lauren talk about how she has coped with the emotional challenges of a cancer diagnosis, and how she is learning to embrace survivorship.

Featured Session

Kate Yglesias Houghton, President & CEO of Critical Mass: The Young Adult Cancer Alliance
Empowerment Through Advocacy
10:15 – 11 a.m.

Kate is a dedicated policy professional with more than 10 years of experience in federal policy and elections, holding a BA in Political Science and an MA in Public Policy. While serving on President Barack Obama’s re-election campaign, Kate was diagnosed with acute myeloid leukemia (AML) at 27. After successfully completing her treatment, she found herself to be “too young” to connect her personal story with federal policy advocacy work until she joined Critical Mass. Now, Kate lends her unique personal and professional experience to advance care and ensure the unique needs of adolescents and young adults with cancer are recognized at the federal level. Join this special session as Kate shares her story and how she found meaning through her advocacy work.

Morning Workshops
11 a.m. – 12:30 p.m.

Please choose ONE of the following five sessions:

Managing Fatigue as a Young Adult
Fatigue is a common cancer-related side effect and can really disrupt a young adult’s daily activities and relationships. Explore behavioral strategies and how they work to manage fatigue.

When Treatment Ends: How to Navigate Transitions
Resuming life after a treatment is finished can be a difficult transition. Whether you’re returning to work or school or trying to figure out who you are as a person post-diagnosis, join this session to discuss the practical and emotional elements of adjusting to change after cancer.

Accepting Change in What We Can’t Control
Change can bring many feelings, and sometimes, changes as a result of cancer can be hard to accept and integrate into what was expected of life. Learn skills to help make peace with being human.

When Your Young Adult Spouse or Partner Has Cancer
Any cancer experience has a profound impact on patients and their partners – and on the relationship itself. How does a young adult couple manage and survive the emotional tumult that, for a time, becomes a big part of their lives? Join this interactive discussion with other spouses and partners, and learn ways to talk about and navigate these multiple challenges together.

Being the Parent of a Young Adult with Cancer
Walking the fine line of being a parent while supporting independence, while also acting as a caregiver, for your adult son or daughter living with cancer has its unique set of difficult challenges. Come discuss this careful balance with other parents and learn ways to communicate effectively with your young adult.

Afternoon Workshops
1:30 – 3 p.m.

Please choose ONE of the following four sessions:

Using Cooking to Nurture and Build Community
Cooking, sharing, and eating great food are powerful acts for our mind, body and soul. The very process of preparing food can be a healthy activity, and how we choose to feed ourselves and our community is impactful and meaningful. Join us for an interactive cooking workshop and discussion about how cooking can be a positive, empowering influence in our private and shared lives.

Mindfulness & Yoga Session
Hosted by the Zakim Center for Integrative Therapies and Healthy Living
Are you struggling with the stressors related to cancer? Join us for a yoga and mindfulness session (beginners welcome!) and experience the ways these activities can help you cope with cancer.

Symptom Management from Many Perspectives
There are a variety of supportive care options available to help you manage intrusive symptoms as a young adult with cancer. Listen to a multidisciplinary panel of professionals to discuss the resources available to help you manage your symptoms.

Advocacy in Action
Your voice can make a direct impact on improving care for yourself and your peers living with cancer as young adults. Join our guest speaker Kate Yglesias Houghton for an interactive discussion on how to get involved in your care and find meaning through local and national advocacy efforts.