

# News from YAP

November 15, 2022

Dear Friend,

Welcome to the Young Adult Program (YAP) E-Newsletter! The YAP e-news provides program updates, links to resources, and information about upcoming events for patients, families, supporters, and staff in the young adult community. We hope you find it informative. If you have any suggestions for future topics, please feel free to reply to this email.

## Are you a young adult with cancer looking to meet others?

Join our virtual drop-in group! This group is open to young adults (ages 18 - early 40s) and is facilitated by Kalen Fletcher, MSW, LICSW, MPH, on the third Wednesday of each month from 5:30 - 7 p.m. ET.

Here's the upcoming schedule:

- Wednesday, Nov. 16
- Wednesday, Dec. 21

To register, please [email](#) us your name and the date(s) you plan to attend.



## Events

### Integrative Spirituality and Cancer

Check out this [virtual series](#) that will address the important role of spirituality in coping with cancer. This series will be led by Dana-Farber Chaplain, Yaroslav Nalysnyk, MD, each Wednesday in December: Dec. 7, 14, 21, and 28 from 11 a.m.- Noon ET. This event is hosted by the [The Blum Resource Center](#).

### Survivorship Series

[Martin Kathrins, MD](#), will lead a discussion on "[Men's Sexual Health/Urinary Issues After Cancer](#)." Dr. Kathrins will discuss common issues that men face during and after cancer treatment on Thursday, Dec. 8 from 1-2 p.m. This event is hosted by the [The Blum Resource Center](#).

### Check out Gabfest!

[Gabfest](#), hosted by [Cactus Cancer Society](#) and [Elephants and Tea](#), is open to young adult cancer patients, survivors, and caregivers, along with the healthcare providers and nonprofit professionals. Gabfest will offer a series of interactive panels, discussions, and hangouts each evening from Monday, Dec. 5 through Friday, Dec. 9. Visit the [Gabfest registration page](#) for full list of events and times.



## Join iaya!

iaya is an app designed to build community among young adults (ages 18 to early 40s) receiving care at Dana-Farber. Through this platform, we hope you can connect with your peers, share experiences, and learn valuable coping tools. [Take a brief tour](#) of the app and [watch a few testimonials from young adults](#).

Last week, YAP hosted a live event exclusively on iaya. Sign up for iaya to watch the recording of "From COVID to Cancer: The Process of Accepting Things You Cannot Change."

[Sign me up for the app!](#)

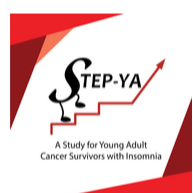
## Finished Treatment?

Join our virtual peer program! This group is open to young adults (ages 18 - early 40s) who have completed treatment and are beginning to navigate post-treatment life.



This program includes six 75-minute Zoom sessions over six weeks. Participants must be willing to commit to all sessions. A brief introductory Zoom meeting with the clinician who runs the program before the start of the group is required. **This series will start in early-December.**

[Learn more and register!](#)



## Are you a young adult cancer survivor who has trouble falling or staying asleep?

[STEP-YA](#) is an online educational program for survivors ages 20-39 with insomnia. It includes a single, 1-on-1 education session about changes for sleep habits and health behaviors to improve sleep. After that, you will be asked to complete two brief online surveys within a two-month period and be compensated up to \$60 for your time. Some participants may receive two brief coaching sessions in addition to the education session.

Questions? Call 617-582-8260 or [email](#) the STEP team to learn more.

## Organization of the Month: Cancer and Careers

Each month, we highlight an organization that supports young adults. This month's focus is [Cancer and Careers](#), a nonprofit that empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events. Check out its "Balancing Work & Cancer: Communicating Effectively" video below.



## CancerCare Programming

[CancerCare's Legal Health Clinic](#) focuses on assisting clients with health care-related legal needs. The clinic is held by phone call on the first and third Thursday of the month. Appointments are mandatory. Call 800-813-4673 to register.

[CancerCare's Reiki Workshop](#) explores a gentle energy treatment that balances out the body, supports the immune system, and feels great! Join the CancerCare community on Wednesday, Dec. 14, 12:30 – 2 p.m. ET. join the for this workshop. Call 800-813-4673 to register.

## Join LGBTQ+ Drop-in Support Group

Prism is a drop-in support group for LGBTQ+ identifying individuals followed for a cancer diagnosis at Dana-Farber or other area hospitals. The next session will be held **Wednesday, Dec. 19, from 5:30-7 p.m. ET.** [Email](#) Laura Goodman to register.

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