

"SUPPORT IS POWERFUL. IT HELPS TO BE SURROUNDED BY PEOPLE WHO UNDERSTAND AND CAN RELATE. THIS CONFERENCE CREATES A FEELING OF COMMUNITY THAT I REALLY VALUE AND APPRECIATE"

— 2018 conference attendee

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



Young Adult Program



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

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. Find directions online at www.dana-farber.org/directions.

Registration is required.

For more information or to register, contact:
Young Adult Program
Dana-Farber Cancer Institute
617-632-6819
yap@dfci.harvard.edu

DANA-FARBER/BRIGHAM AND WOMEN'S



16TH ANNUAL

Young Adult Cancer Conference

One-day conference for young adults treated for cancer, and their families

SATURDAY April 6, 2019

8:15 a.m. – 2:30 p.m.

Schedule

- 8:15 — 8:45 a.m. Breakfast and Registration
- 9 a.m. Welcome
- 9:15 a.m. Opening Session: Patient Highlight
- 10 a.m. Break & Refreshments
- 10:30 a.m. **Morning Workshops**
- 12 p.m. Lunch, Music, and YA Resource Expo
- 1 p.m. **Afternoon Workshops**
- 2:30 p.m. Program Concludes

Opening Session: Patient Highlight



Jeremy Pivor

9:15 – 10 a.m.

Jeremy balances his studies in medical school, relationships with his family, partner, and friends, as well as treatment for his oligodendroglioma brain tumor. He has been coping with cancer for many years, diagnosed initially at the age of twelve with subsequent recurrences in his early twenties. While living with his brain tumor, Jeremy has been an EMT, an ocean conservationist in the high seas, Madagascar, and Indonesia, an advocate for brain tumor research advances with the National Brain Tumor Society, and an active and supportive member of the Young Adult Program. His journey with cancer can be summarized into one extensive, yet fulfilling lesson: learning how to cope with and embrace uncertainty. Jeremy will share his story of resilience, meaning making, and living with intention after a cancer diagnosis, and how he continues to explore what it means to be human.

Morning Workshops

10:30 a.m. – 12 p.m.

Please attend **ONE** of the following **five** sessions:

Music, Mindfulness, and Healthy Coping

Music is a powerful tool that can provide relief from stress, opportunities for emotional expression, as well as promote overall wellness. Join this interactive workshop that will use music to facilitate mindfulness, meditation, community, and healthy coping skills.

Writing Toward Wellness

Research suggests that journaling about difficult experiences can provide emotional relief and reduce stress. Join us in learning strategies to begin the journaling process, even if you don't consider yourself a writer.

Improving Sleep:

The Most Effective Lifestyle Intervention

Poor sleep or chronic sleep problems are associated with meaningful physical and mental health consequences. Join this session to understand your sleep and learn practical strategies to improve it.

Managing Cancer as a Partner Team

For young adult couples: Cancer can have a profound impact on romantic relationships. It may present challenges such as how and when to talk about it, maintaining physical and emotional intimacy, asking for help, and giving each other space. Join this interactive discussion with other young adults and their romantic partners and explore ways you can navigate this experience together.

Parents of Young Adults and Caregiving

For parents of young adults with cancer: Supporting your son or daughter through treatment and beyond can be difficult. When do you step in as a caregiver, and when do you step out to support their independence? Come discuss this challenging balance with other parents and learn ways to communicate effectively with your young adult.

Afternoon Workshops

1 – 2:30 p.m.

Please attend **ONE** of the following **five** sessions:

Mindfulness & Yoga Session

Hosted by the Zakim Center for Integrative Therapies and Healthy Living

Yoga is an ancient practice that engages both the physical self and the mind and can promote relaxation and physical strength. Join this session to experience how mindfulness and yoga can help enhance the way you live with cancer through mind, body, and spirit. Beginners welcome! Mats and blocks provided.

Building Supportive Communication with Your Care Team

There are many ways to manage communication with your healthcare team to ensure you're receiving the support you need. Explore, discuss, and identify strategies for building trust, navigating difficult conversations, and more.

Parenting During Cancer

For young adults who are parenting: Balancing the needs of your family and communicating about your illness are important concerns. In this time away from your children, come discuss this unique set of challenges with other young adult parents and learn tips for supportive family coping.

Coping in the Digital Age

Technology can play a unique role in helping you cope with cancer. Join this session to explore YAP's brand new smartphone application, "iaya", and practice some of the emotional coping skills within it.

Expressive Art Workshop

Hosted by COLLAGE: The Art of Cancer Network

In this hands-on workshop facilitated by a trained fine artist, you will learn about visual art techniques and materials that are suited for a wide range of self-expression, which you can also use at home. Come with curiosity and an openness to explore your creative side!