Dear Friend,
Welcome to the Young Adult Program (YAP) E-Newsletter! The YAP e-news provides program updates, links to resources, and insight from patients and staff. We hope you find it informative. If you have any suggestions for future topics, please feel free to reply to this email.

Upcoming Event:
**January 6 - YAP Book Club**
Interested in reading a good book and connecting with other young adults? Join our YAP Book Club! We will read *The Great Believers*, by Rebecca Makkai, and get together via Zoom to discuss it as a group on **Wednesday, January 6**, from **5:30-6:30 p.m. ET**. For more information about the book and to register, please go [here](https://example.com).

NEW! Introducing Our Virtual Young Adult Peer Group Program
Are you interested in connecting with and feeling supported by other young adults living with cancer and in learning how to manage common young adult challenges? If yes, consider joining our **Virtual Young Adult Peer Group Program** starting in January 2021. This program, facilitated by Karen Fasciano, PsyD, is open to Dana-Farber young adult patients ages 18-39 in active treatment or up to 3 months after completing treatment.

There will be six 75-minute Zoom sessions over nine weeks. Each session will be focused on a certain topic with additional time to share experiences with your peers. Participants must be willing to commit to all 6 sessions. Registration and a brief introductory Zoom meeting are required. For more information, please go [here](https://example.com). To register, please email the **Young Adult Program**.

Calling All Young Adult Artists!
We are looking for an original design for our conference logo this year. The prompt for the design is "a day in the life of a young adult." The only restrictions are it cannot contain any of the following words: "cancer," "DFCI," or "Dana-Farber Cancer Institute." Please send submissions by **January 19** to yap@dfci.harvard.edu.

DFCI YA Support Group Dates
- **Thursday, December 17**, 5:30 - 7 p.m.
- **Thursday, January 7**, 5:30 - 7 p.m.
- **Thursday, January 21**, 5:30 - 7 p.m.

This virtual group is open to young adults (ages 18-39) and is facilitated by Molly Williamson, LICSW. To register, please email [YAP](mailto:yap@dfci.harvard.edu) no later than 4 p.m. the day before the session with your name and the date(s) you plan to attend. For other support group options offered at DFCI, please go [here](https://example.com).
Coping With This Time of Year
For many people, these winter months can be a joyful time filled with traditions and celebrations, but they can also bring difficult feelings of sadness, loneliness, and frustration -- especially this year. For those who would like to celebrate, check out this Dana-Farber Insight article about how to cope with the holidays while living with cancer. For those who are just trying to get through the season, check out this advice from the Mayo Clinic on how to reduce feelings of stress and depression.

YAP Smartphone App 'iaya'
'iaya' is designed to help young adults learn new coping skills, build resilience, and join a community of people who “get it.” Watch this video to learn more. You can find the app on Google Play and Apple's App Store. Want to join the iaya community? If you are a young adult over age 18 and treated at Dana-Farber, please email yap@dfci.harvard.edu to obtain an access code.