October 15, 2020

Dear Friend,

Welcome to the monthly Young Adult Program (YAP) E-Newsletter! The YAP e-news provides program updates, links to resources, and insight from patients and staff. If you have any suggestions for future newsletters or YAP programs, or you’d like to make a written contribution to our newsletter, please feel free to reply to this email.

Young Adult Mentors Needed for One-to-One Program!

Have you considered sharing your experience with someone newly diagnosed? Dana-Farber’s One-to-One program is currently recruiting new young adult peer mentor patient volunteers. One-to-One is a peer support program that matches current cancer patients with trained peer mentors who have been through cancer themselves. Mentors are matched with new patients to listen, share their experiences, and offer support over the phone. To become a volunteer, you will need to attend a 2-hour training (via Zoom). Volunteers must be one year out from initial diagnosis with a referral from a clinician. Participation must be approved by the volunteer’s medical team. To learn more, click here.

To apply, please complete the online application form here. A staff member will contact you for a brief phone interview and next steps. We have a limited number of slots for our next training, so apply soon!

YAP Virtual Support Offerings

YAP offers virtual programs and resources to encourage our community members to come together and support each other during these unprecedented times:
October 27: Ask the Expert: Getting a Good Night’s Sleep During Cancer and COVID-19
To register, please complete this form no later than 5 p.m. the day before the event. For questions, please email yap@dfci.harvard.edu.

November 4: Healing Through Writing Workshop with Elephants and Tea
Register by completing this form no later than 5 p.m. on November 3. The Zoom link will be provided via email the day before the event. For questions, please email yap@dfci.harvard.edu.
Virtual Support Group Offerings

Dana-Farber Young Adult Program (YAP) Group: A virtual group for young adults (ages 18-39) facilitated by Molly Williamson, LICSW. The next session for patients only will be on **Thursday, Nov. 12**, from **5:30-7 p.m.** Below are some important notes regarding this group:

- Register by no later than 4 p.m. the business day **BEFORE** the session
- The group will be canceled if less than 5 people register.
- Due to capacity limits of the Zoom platform, each group is limited to a maximum of **12 participants**.
- Registration is first-come, first-served
- If you plan to attend, please email **yap@dfci.harvard.edu** with:
  - Your name
  - Your caregiver/support person's name (if applicable)
  - The date(s) you plan to attend
- Once you are registered, we will email you log-in instructions, as well as an important confidentiality/consent notice that you will need to read in advance.
**Rest and Resilience Group:** A monthly support group for cancer patients and those with non-malignant hematologic disorders who identify as Black, Indigenous, or as a person of color. Participants can join virtually or via phone. Registration is required and there are no age limits. To register or learn more, please contact Natalie Alas, LICSW, at 857-215-7204 or natalie_alas@dfci.harvard.edu.

**Other Support Group Options:** There are many support group offerings at Dana-Farber, including for individuals with specific diagnoses and for caregivers. Learn more [here](#).

**Beth Israel Deaconess Medical Center**  
Young Adult Group: For people living with cancer between ages 20 and 40 treated in the Boston area. It currently meets virtually every other Wednesday from 4 - 5:30 p.m. For more information on how to join, please contact Kalen Fletcher, LICSW, MPH, at 617-667-3442 or kfletch1@bidmc.harvard.edu.

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**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](#).

**Did you know?** iaya has a variety of exercises to help you cope with some of the challenges of managing cancer as a young adult. Check out the ‘Communication’ exercises that help you develop clear communication skills.

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](mailto:yap@dfci.harvard.edu) to obtain an access code.

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**Elephants and Tea: Common Experiences Amongst YAs**

*Elephants and Tea* is the only magazine written for and by adolescents and young adults (AYAs) with cancer, survivors, and caregivers, telling their story in their own words. Their new
September 2020 issue focused on Wellness and Mindfulness is now available. Check out some recently published stories:

- In *Remission: What Now?*, Gaby shares the challenges she is facing post-treatment during the pandemic.
- In *Gone But Not Forgotten*, Diane shares her experience with survivor’s guilt and how she’s learned to cope with it.

**YAP Team Participates in Jimmy Fund Walk: Your Way 2020**

Congratulations to our Young Adult Program Team who recently participated in the 2020 Boston Marathon® Jimmy Fund Walk: Your Way! Our team consisted of young adult patients, caregivers, families, and friends. Although this year looked different, the mission of conquering cancer remained the same. Thanks to everyone who made for a special weekend and for walking from near and far. To date, the YAP team has raised over $27,000, which directly supports young adults with cancer. Many thanks to all of our supporters!

**Resources for People of All Ages Living With Cancer**

**October 20: Caregivers Connect**

On October 20 from 10 – 11 a.m., the Blum Resource Center will offer this workshop to provide caregivers with the opportunity to share ideas with one another about their current circumstances. The program will be led by Deb Osborne, a One-to-One peer mentor program volunteer. For more information and to register, please go here. The passcode to join is 123456.

**October 21: Zakim Center Beginner’s Origami**

Explore how creative arts activities can support relaxation to help you feel better and connect with others in the Dana-Farber community by joining the Zakim Center’s monthly Creative Arts Online workshops via Zoom. The October session will feature Beginners Origami, the Japanese art of paper folding. Materials will be provided, and no experience is necessary to participate, but registration is required. This session is scheduled for Wednesday, October 21, from 11 a.m. – 12 p.m. ET. Space is limited and registration must be confirmed by October 16 to participate. For more information, or to register, please email Zakim_Center@dfci.harvard.edu.
NEW! Blum Digital Resource Center
The Blum Digital Resource Center is an online hub of all the resources physically available in the resource center at Dana-Farber’s main campus. Access information at your own pace from home, or request information using the online form to receive a customized education packet. There are additional resources in Arabic, Portuguese, and Spanish.

Find Us Online

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