



Dana-Farber
Cancer Institute

Young Adult Program

YAP Fall 2020 Programming Calendar

We are excited to announce these upcoming virtual programs and events for the remainder of 2020. We hope you are able to join us!

October 8: YA Virtual Support Group

This group, held from **5:30 - 7 p.m. ET** via Zoom, is open to any young adult (18-39) diagnosed with cancer. It is facilitated by Molly Williamson, LICSW.

To register, please email yap@dfci.harvard.edu. We ask that you register in advance, no later than 4 p.m. the day **BEFORE** the group. We will cap each group at 12 people and cancel if fewer than 5 people sign up.

October 27: Ask the Expert - Getting a Good Night's Sleep During Cancer & COVID-19

Join psychologist and sleep expert Eric Zhou, PhD, from **5:30 - 6 p.m. ET** for this interactive session via Zoom to understand how sleep impacts your physical and mental health. Learn practical strategies around improving your sleep as you navigate a cancer diagnosis and treatment during the pandemic. This will be a Q&A format, where you can submit questions in advance or ask them during the live session.

[Register](#)

November 4: Healing Through Writing Workshop With E&T

Join us and [Elephants and Tea](#) from **5:30 - 6:30 p.m. ET** for an interactive session to practice some writing of your own and hear from other young adults who have found writing to be a beneficial coping tool.

Register no later than 5 p.m. on November 3. It is first-come, first-served! The Zoom link will be provided the day before the event via email. For questions, please email yap@dfci.harvard.edu.

[Register](#)

November 12: YA Virtual Support Group

This group, held from **5:30 - 7 p.m. ET** via Zoom, is open to any young adult (18-39) diagnosed with cancer. It is facilitated by Molly Williamson, LICSW. To register, please email yap@dfci.harvard.edu. We ask that you register in advance, no later than 4 p.m. the day BEFORE the group. We will cap each group at 12 people and cancel if fewer than 5 people sign up.

November 19: Communication, Cancer, & Your

Caregiver

Join this interactive workshop from **5:30 - 6:30 p.m. ET** to discuss communication with family and peers as you navigate living with cancer as a young adult. How do you effectively relay your needs, preferences, and decisions to others? How do you set effective boundaries in relationships? This workshop will be facilitated by [Karen Fasciano, PsyD](#), and a patient-caregiver pair. Patients are encouraged to bring a caregiver, but are welcome to come alone.

[Register](#)

December 3: YA Virtual Support Group

This group, held from **5:30 - 7 p.m. ET** via Zoom, is open to any young adult (18-39) diagnosed with cancer. It is facilitated by Molly Williamson, LICSW. To register, please email yap@dfci.harvard.edu. We ask that you register in advance, no later than 4 p.m. the day BEFORE the group. We will cap each group at 12 people and cancel if fewer than 5 people sign up.

December 8: One-to-One Mentorship Training

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 this 2-hour training, from **5:30 - 7:30 p.m. ET**.

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](#). If you can't make the date and are interested, still apply and we will contact you for future trainings!

To apply, please complete the online application form [here](#) by **November 1**. A staff member will reach out to you for a brief phone interview and next steps. We have a limited number of slots for this training, so apply soon!

December 17: YA Virtual Support Group

This group, held from **5:30 - 7 p.m. ET** via Zoom, is open to any young adult (18-39) diagnosed with cancer. It is facilitated by Molly Williamson, LICSW. To register, please email yap@dfci.harvard.edu. We ask that you register in advance, no later than 4 p.m. the day BEFORE the group. We will cap each group at 12 people and cancel if fewer than 5 people sign up.

