

# News from YAP

[dana-farber-yap.org](http://dana-farber-yap.org)

September 14, 2021

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.

## Virtual Young Adult Well-Being Series

Learn more about (and practice!) the art of tuning into your mental, physical, and emotional well-being at this virtual, interactive multi-event series. Events are open to young adults (ages 18-39) who have been diagnosed with cancer, regardless of treatment center, and their caregivers or support persons.

**The schedule will be:**

- **YAP Paint Night with the Zakim Center** - Friday, Sept. 24, 6 - 7 p.m. ET
- **YAP Yoga for Caregivers & Support Persons** - Monday, Oct. 18, 5:30 - 6:30 p.m. ET
- **Cooking Workshop: Building Community and Coping Through Food** - Wednesday, Nov. 3, 5:30 - 7 p.m. ET



## Register for Our Jimmy Fund Walk Team for the Chance to Win Red Sox Tickets

Register for the [Young Adult Program team](#) in the [2021 Boston Marathon® Jimmy Fund: Walk Your Way](#) on **Sunday, Oct. 3** for a chance to win Red Sox tickets for the Red Sox/Yankees game on Sept. 24. The opportunity drawing will be open to anyone who has already registered for the team or registers by 9/17. Not feeling up for walking, but interested in supporting our team? Visit our [team fundraising page!](#)

For more information on each workshop, please see our [series flyer \(PDF\)](#).

[Register](#)

## Dana-Farber YA Support Group Dates

**Wednesday, Sept. 15, 5:30 - 7 p.m.**, open to patients & caregivers

**\*Tuesday, Oct. 5, 5:30 - 7 p.m.**, open to patients only

**Tuesday, Oct. 19, 5:30 - 7 p.m.**, open to patients only

This virtual group is open to young adults (ages 18-39) and is facilitated by Sarah Gatti, LICSW. To register, please email [YAP](#) with your name and the date(s) you plan to attend.

**\*Please note that starting in October, the support group will switch to the first and third Tuesday of every month. Additionally, moving forward, this group will only be open to young adults with cancer. Please stay tuned for additional caregiver offerings in the coming months.**

For other options offered at Dana-Farber, visit our [support group calendar](#).

## Next Offering of Virtual YA Peer Group Program

This program includes eight 75-minute Zoom sessions over eight weeks. Each session focuses on a specific topic and includes time to share your experiences with your peers. It is open to Dana-Farber young adult patients (18-39) in active treatment or up to 3 months after completing treatment. Participants must commit to all 8 sessions and complete an introductory Zoom call. To be added to the list, please complete [this form](#). We hope to begin the next group in November.

[Interest Form](#)

## Jimmy Fund Let's Game<sup>sm</sup>

Attention content creators and gamers! No matter your location, no matter your game, you can help support the work and mission of Dana-Farber. Host your own livestream on your favorite platform using Jimmy Fund fundraising and donation tools. Visit [JimmyFundLetsGame.org](#) or contact [Kenneth Chamberlain](#).



## Helpful Resources

### [Guys Discussion Group](#)

Cactus Cancer Society will be hosting a monthly discussion group for guys only lead by Dennis Heffern, LCSW.

### [Samfund Family Building Grant](#)

these grants provide financial assistance for young adult cancer survivors with processes such as IUI, IVF, surrogacy, and adoption.

### [First Descents](#)

join FD on **Wednesday, Sept. 22, at 8 p.m. ET** for an exclusive conversation and Q&A with professional kayaker Scott Lindgren who was diagnosed with a brain tumor. If you can't make it, watch his new film, [The River Runner](#), now on Netflix!

### [Gabfest 2021](#)

Join [Elephants & Tea](#) and [Cactus Cancer Society](#) for Gabfest to share, explore, and learn as you hear from young adult voices of the AYA community through Gabfest.

## Caregiver Coffee Hour

Please join us the **fourth Thursday of every month** for a drop-in coffee hour for caregivers of young adults with cancer. A caregiver is any adult who is helping a loved one or friend through cancer treatment. The next group will be held **Thursday, Sept. 23, from 5:30 - 6:30 p.m. ET**. Please complete [this form](#) to register and receive the Zoom link.

## Blum Resource Center

Dana-Farber's [Eleanor and Maxwell Blum Patient and Family Resource Center](#) offers virtual programs and online

resources to support patients and their loved ones.

- [Program Calendar](#)
- [Digital Resource Center](#)
- [One-to-One Program](#)
- [Blum Library Card](#)



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