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
617-632-6819
yap@dfci.harvard.edu

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:
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Opening Session: Patient Highlight

Christina Crespi
9:15 – 10 a.m.

Christina was a 25-year-old Intensive Care Unit nurse living in California when she first felt something was not right. After nearly two years of going from doctor to doctor, she was diagnosed with stage II colon cancer and later developed metastatic disease. She has experienced numerous losses, but remains hopeful for her future. She is a recent graduate of Simmons University’s Family Nurse Practitioner program, and she hopes to apply her insight to improve the patient experience. Listen as she describes her struggles with identity, mortality, survivorship, and transitions from nurse to patient and now provider.

Morning Workshops
10:30 a.m. – 12 p.m.

Please attend ONE of the following five sessions:

**Healing Through Writing**
*Hosted by Elephants & Tea*
Writing and journaling can be helpful strategies towards healing and communicating with others about difficult experiences. Join this 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.

**Balancing Work and Cancer**
*Hosted by Cancer & Careers*
Young adults are often working their first job(s) and exploring their career path when they receive their cancer diagnosis, creating many challenges around balancing work and treatment. Join this session for information on thinking through the issues related to working after a cancer diagnosis including: deciding whether to work or take time off, making disclosure decisions at work and beyond, managing side effects and learning about protections under the Americans with Disabilities Act (ADA), and more!

**Let’s Talk About Sex**
Unsure how to broach the topic of sex and intimacy with your cancer care team? Yes, it can be awkward…but also a very important and common concern to be addressed. Join this session to hear tips from several providers about how to communicate with your care team regarding sexual health concerns. Bring your uncomfortable questions and get them addressed.

**Mindfulness in Daily Life**
The idea of “mindfulness” can refer to meditation practice, a way of approaching our minds continual judgements or a way to be more aware of our surroundings. Whatever it is to you, being mindful can be challenging. In this workshop, we will discuss some of the origins of mindfulness meditation and how it might be applied to your daily life.

**Talking about What Matters**
For the patient-caregiver pair: Communicating with your caregiver* about what is most important to you can be challenging, especially when it relates to your health. In this session, we will use a structured approach to help young adults and their caregivers talk openly about what matters most to them about their health. A demonstration and structure for one-on-one conversations will be provided, followed by an opportunity to discuss actions that could sustain the focus of what matters.

* A caregiver can be family or a close friend.

Afternoon Workshops
1 – 2:30 p.m.

Please attend ONE of the following five sessions:

**Managing Cancer as a Partner Team**
For young adult couples: Cancer can have a profound impact on romantic relationships. Couples are often challenged by: maintaining physical and emotional intimacy, asking for help, discussing difficult topics, and giving each other space. Join this interactive discussion with other young adults and their romantic partners to explore ways you can navigate this experience together.

**Exercise Your Mind**
For some young adults, attention, memory and organization can be compromised by cancer and its associated treatment. Learn strategies for adapting and improving cognitive vulnerabilities after cancer treatment and practical skills to manage them.

**Go with the Flow: Dance Movement Workshop**
Dance and movement therapy have shown positive results in improving mood and connecting mind and body. It is also a creative form of exercise and self-expression. Join this peer-led workshop to experience the pleasure of dance and share experiences about using movement while coping with cancer. No prior dance experience required. The movement will be gentle and adaptable to your individual needs.

**Keep Calm: Cast On and Stitch Away Stress**
*Hosted by Sh*t That I Knit*
Once learned, knitting can be an effective stress-reduction activity. Join the STIK team to learn the basics of knitting and discuss ways knitting can help you cope with the various challenges of living with cancer as a young adult. All levels of experience are welcome (yes, that means no experience too!) We will have some expert knitters there to help.

**Living Well with Uncertainty**
There are unique issues when coping with chronic or advanced cancer. After listening to the stories of other young adults facing this challenge, participants will share and discuss successful strategies for coping with emotions, maximizing quality of life, and managing symptoms.