



YOUNG ADULT PROGRAMS

October 2024

Presented by MD Anderson Cancer Center and Dan's House of Hope (DHOH)

[Register for activities at tinyurl.com/AYAprogram](https://tinyurl.com/AYAprogram)

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Restorative Yoga (DHOH)* 6 p.m.	2 Arts & Craft Time (DHOH)* 6:30 p.m.	3 Caregiver Coffee (DHOH)* 10:30 a.m.	4 AYA Gala!!! (Registration closed) 
6	7	8 Restorative Yoga (DHOH)* 6 p.m.	9 Young Adult Support Group 6:30 p.m.	10 Caregiver Support Group* 6:30 p.m.	11	12
13	14	15 Restorative Yoga (DHOH)* 6 p.m.	16 Young Adult Support Group 6:30 p.m.	17 Caregiver Coffee (DHOH)* 10:30 a.m.	18 Hope Run for YA Cancer Fighters (DHOH)* 9 a.m. 	19
20	21	22 Restorative Yoga (DHOH)* 6 p.m.	23 Young Adult Support Group 6:30 p.m.	24	25	26
27 Deadline to register for 11/7 Arts & Crafts (DHOH)*	28	29 Restorative Yoga (DHOH)* 6 p.m.	30	31		

All events are virtual unless otherwise indicated.



In person, off campus



In person, on campus

* open to caregivers

Activities are on CST and open to everyone regardless of where treatment was received

Danshouseofhope.org/our-programs
Facebook.com/danshouseofhope

aya@mdanderson.org
Facebook.com/groups/mdandersonaya



THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History®

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Arts & Crafts Time

Tap into your creative side through fun arts and crafts which vary each month. Registration is required and ideally occurs at least 10 days prior to the activity so that supplies can be mailed at no cost to you by Dan's House of Hope.

Virtual: Yes – REGISTRATION REQUIRED (use drop-down box to select correct session date)

Open to caregivers: Yes

Caregiver Coffee

Sip on your morning coffee and chat with other caregivers. Hosted by Dan's House of Hope.

Virtual: Yes

Open to caregivers: Yes – caregivers only

Caregiver Support Group

Connect with other young adult caregivers (spouses, children, siblings, friends etc.) on a variety of topics.

Virtual: Yes

Open to caregivers: Yes – caregivers only



Hope Run for YA Cancer Fighters (participate virtually OR in person!!)

Join the MDA team as we gather to support the Dan's House of Hope annual 5k! Some people jog, while others walk, bike, or roll! If you are in the area on the 19th, we will meet at 9 a.m. at Dan's House of Hope (4917 Jackson St.). Details regarding packet pick up will be provided by DHOH upon registration. Virtual participation is an option as well at any point in the weekend. MD Anderson is sponsoring the event and will have 8 free registrations. Anyone interested in a free spot can enter their name into a drawing on the AYA registration page. Names will be drawn at noon on Friday, October 11 and the 8 selected participants will be notified via email.

Virtual: Both!

Open to caregivers: Yes

Restorative Yoga

Join a calming restorative yoga class hosted by Dan's House of Hope. All movement is customized to your needs.

Virtual: Yes

Open to caregivers: Yes

Young Adult Support Group

Connect with other young adult patients on a variety of topics. On holidays, the group becomes a casual hangout.

Virtual: Yes

Open to caregivers: No - caregivers have a separate support group just for them!

Danshouseofhope.org/our-programs
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