# Young Adult Programs

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

**Click here to register for activities:** tinyurl.com/AYAprogram

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<th>SUN</th>
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<td><strong>Restorative Yoga (DHOH)</strong>* 6-7 p.m.</td>
<td><strong>Arts &amp; Craft Time (DHOH)</strong>* 6:30-8 p.m.</td>
<td><strong>Caregiver Coffee (DHOH)</strong>* 10:30-11:30 a.m.</td>
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<td><strong>Restorative Yoga (DHOH)</strong>* 6-7 p.m.</td>
<td><strong>Young Adult Support Group</strong> 6:30 p.m.</td>
<td><strong>Menil Collection</strong> 3 – 5 p.m.</td>
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<td><strong>Virtual Art</strong>* 7 p.m.</td>
<td><strong>Restorative Yoga (DHOH)</strong>* 6-7 p.m.</td>
<td><strong>Creative Corner Hangout</strong> 6:30-7:30 p.m.</td>
<td><strong>Caregiver Coffee (DHOH)</strong>* 10:30-11:30 a.m.</td>
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<td><strong>Deadline to register for 8/3 Arts &amp; Crafts (DHOH)</strong>*</td>
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<td><strong>Restorative Yoga (DHOH)</strong>* 6-7 p.m.</td>
<td><strong>Young Adult Support Group</strong> 6:30 p.m.</td>
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*All events are virtual unless otherwise indicated.*

*In person, off campus*  
*In person, on campus*

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

Creative Corner Hangout
Dedicated creative time where you can bring whatever crafts or activities you have in progress and work on them! Hosted by Dan’s House of Hope.
Virtual: Yes
Open to caregivers: Yes

Menil Collection – IN PERSON ACTIVITY!!
The Menil Collection is an amazing private art collection and one of Houston’s treasures. It’s free, indoors (lots of air conditioning!), has plenty of parking, and there is always new stuff to see. We will meet by the massive red sculpture of a jax that is adjacent to the parking lot for a quick briefing, everyone will be given time to peruse individually, and then we’ll meet back up to share our favorite pieces with one another. This will be led by Zach Gresham, program manager of our Arts in Medicine Program.
Virtual: No
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

Virtual Art
No previous art experience required! Kasey walks us step by step through various watercolor paintings and drawings. Supplies are mailed at no cost upon registration (and can be replenished upon request).
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!