**YOUNG ADULT PROGRAMS**

March 2024

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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<td>Caregiver Coffee (DHOH)*&lt;br&gt;10:30 a.m.</td>
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<td>Restorative Yoga (DHOH)*&lt;br&gt;6 p.m.</td>
<td>Arts &amp; Craft Time (DHOH)*&lt;br&gt;6:30 p.m.</td>
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<td>Walk &amp; Talk at Hermann Park*&lt;br&gt;10 a.m.</td>
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<td>AYA Scholarship Program opens!!!&lt;br&gt;Apply now through April 28.</td>
<td>Virtual Art with Kasey&lt;br&gt;7 p.m.</td>
<td>Restorative Yoga (DHOH)*&lt;br&gt;6 p.m.</td>
<td>Creative Corner Hangout (DHOH)*&lt;br&gt;6:30 p.m.</td>
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<td>Deadline to register for 4/4 Arts &amp; Crafts (DHOH)*</td>
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<td>Financial planning &amp; investing webinar*&lt;br&gt;6:30 p.m.</td>
<td>Restorative Yoga (DHOH)*&lt;br&gt;6 p.m.</td>
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All events are virtual unless otherwise indicated.

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
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

AYA Program Scholarship
The AYA Program Scholarship is designed to provide funding to support the educational goals of MD Anderson cancer patients and survivors. Basic requirements: must fall within AYA age range (15 to 39), have received cancer treatment at MD Anderson, be registered at least part-time at any accredited vocational/undergraduate/graduate school, and cannot have ever received this scholarship previously. Full details and application link will be updated in the coming weeks: tinyurl.com/MDAAYAscholarship.
Virtual: N/A
Open to caregivers: No – the scholarship is open to MDA patients only

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

Financial Planning & Investing Webinar
Financial experts from TDECU Credit Union will join us on Zoom to talk about how to create the best financial plan for you, and share information on investment strategies to help you achieve your financial goals. Any specific questions can be submitted in advance to Wendy (wegriffith@mdanderson.org), and there will be some prize giveaways!
Virtual: Yes
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 with Kasey
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

Walk & Talk at Hermann Park - IN PERSON ACTIVITY!
The purpose is simply to get together and add a little movement into our lives! There are various loops that can be jogged, walked, or rolled, so distance can easily be increased or decreased based on how you’re feeling that day. All fitness and energy levels welcome, guests and friends too! We will meet in the McGovern Centennial Gardens (1500 Hermann Dr). After parking, walk towards the end of the parking lot that has the tall dark gray brick walls and go through the walkway to find the fountains where we will be waiting. Bathrooms are available, and we will have some snacks available after!
Virtual: No
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!