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

Deadline to register for 2/1 Arts & Crafts (DHOH)*

All events are virtual unless otherwise indicated.

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

* open to caregivers

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®
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

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

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

Vision Board Workshop - IN PERSON ACTIVITY!
Join us for some pizza and vision board making! Jessica and Cindy will be leading the activity and we’ll have all the supplies you need, but you’re welcome to bring your own too! We will meet at 4721 North Main St Suite G, 77009 (next to Hughie’s, under the realty sign).
Virtual: No
Open to caregivers: Yes
**Walk & Talk at Hermann Park - IN PERSON ACTIVITY!**
Join us on the 3rd Saturday of the month at 10 am at Hermann Park for a little extra movement! 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), right in front of the water fountains. Parking lot is just across the walkway, there are bathrooms, and there will be coffee/snacks provided 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!

**Zumba with Angelica**
Join Angelica (one of our AYA community members!) for a virtual Zumba class. No prior Zumba experience needed! Class will be kept to 30-45 minutes and she’ll provide instructions on each step so there will be plenty of breaks.

Virtual: Yes
Open to caregivers: Yes