





YOUNG ADULT PROGRAMS

December 2025

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

Register for all activities at tinyurl.com/AYAprogram

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Restorative Yoga (DHOH)* 6 p.m.	4 Arts & Crafts (DHOH)* 6:30 p.m.	5 Caregiver Coffee (DHOH)* 10:30 a.m.	6 S'mores Outdoors (DHOH)* 
7	8 Volunteer Opportunity at SSK* 2:00 pm 	9	10 Restorative Yoga (DHOH)* 6 p.m.	11 Young Adult Support Group 6:30 p.m. <hr/> Caregiver Support Group* 6:30 p.m.	12	13
14	15	16	17 Restorative Yoga (DHOH)* 6 p.m.	18	19 Caregiver Coffee (DHOH)* 10:30 a.m.	20
21 Guided Meditation with Elena Brower* 10:00 a.m. 	22	23	24 Restorative Yoga (DHOH)* 6 p.m.	25 Young Adult Support Group 6:30 p.m.	26	27
28	29	30	31 Restorative Yoga (DHOH)* 6 p.m.	<div> <u>Upcoming 2026 events:</u> Skincare Class* Saturday, 1/10; Register by 1/2  Photovoice Starts 2/3 for 6 weeks; Register by 1/23 </div>		

All events are virtual unless otherwise indicated.



**In person,
off campus**

* open to guests

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

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

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Facebook.com/groups/mdandersonaya



THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®

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Arts & Crafts

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 (DHOH).

NOTE: DHOH will be taking a "Holiday Break" in January. The first DHOH Arts and Crafts Night in 2026 will be Thursday, February 5th.

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

Open to guests/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 guests/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 guests/caregivers: Yes – caregivers only



Guided Meditation with Elena Brower

Join internationally renowned yoga and meditation teacher, author, and mentor Elena Brower for a calming guided meditation at the Montrose Center on Sunday, December 21st, from 10–11 a.m. Elena will also share insights from her latest book, [Hold Nothing](#), which explores what it means to release old narratives and reconnect with the spacious emptiness within. Space is limited, register by December 17th.

Virtual: No

Open to guests/caregivers: Yes

Photovoice

Coming in February: Photovoice group is back! This is a closed group that will occur every Tuesday for 6 weeks, February 3 – March 10, from 7 to 8:30 pm CST. Each week will have a different topic that we explore together, through an image/photo each group member will select and share that in some way reflects their experience. This is NOT a photography class, and no photography skills are required. Group is limited to 10 participants. Deadline to register is Friday, January 23rd.

Virtual: Yes

Open to guests/caregivers: No

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 guests/caregivers: Yes



Skincare Class

Coming in January: La Roche-Posay invites our AYA patients and survivors to a special class focused on skincare during and after treatment on Saturday, January 10th. More detail to follow soon. Register by January 2nd.

Virtual: No

Open to guests/caregivers: Yes, limited to 1 guest



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S'more Outdoors Holiday Hangout

Join DHOH for their Annual Holiday Hangout! Enjoy an afternoon of fun around "urban campfires" (okay, it's just our grills, but let's not ruin the magic). Expect good eats, tasty treats, and enough stress relief to make even the Grinch crack a smile! Now, a little heads-up: we adore kiddos, but since we're playing with fire (literally), this event is an adults-only zone. For their safety and everyone's peace of mind, please leave the little ones at home. Come hungry, bring your holiday spirit, and let's make some merry memories! Register by December 3rd.

Virtual: No

Open to guests/caregivers: Yes, adults-only.



Volunteer Opportunity with The Sunshine Kids

This holiday season, we invite you to help bring smiles to the families of The Sunshine Kids (2814 Virginia St, 77098). Volunteers are needed on December 8th from 2pm – 4pm to assist with unloading, organizing, and setting up the Holiday Store, where parents can "shop" for toys and gifts for their children and siblings at no cost. Your time and kindness will make a meaningful difference and brighten the holidays for these special families.

Virtual: No

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

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