# YOUNG ADULT PROGRAMS

April 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>Deadline to register for 5/2 Arts &amp; Crafts (DHOH)*</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

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

Dynamo FC Game - **IN PERSON ACTIVITY!**
We’re celebrating AYA Cancer Awareness Week (first week of April) a little later in the month on the Pitchside Patio at the Dynamo FC game! Food + non-alcoholic drinks are included (alcoholic drinks will be available for purchase) and the space holds up to 75 people. All tickets will be distributed electronically via SeatGeek, so make sure you register with an email address that you’re comfortable with SeatGeek having.
Virtual: No
Open to caregivers: Yes – each patient can bring 1 guest (possibly more if there is extra space)

Ice Cream Social in The Park - **IN PERSON ACTIVITY!**
For anyone who happens to be inpatient or attending appointments at the TMC campus on Thursday, April 4, stop by The Park (Main Building, Floor 2, Elevator D) for some free ice cream between 2 and 4 pm. Janae, Alexis, and Wendy will be there with ice cream, toppings, and smiles! Look for our table in the middle of The Park.
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

Danshouseofhope.org/our-programs
Facebook.com/danshouseofhope
aya@mdanderson.org
Facebook.com/groups/mdandersonaya
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!
This month we’ll be joined by Courtney Reynolds, Mind-Body Specialist, who will lead us through a warmup and 30ish minute walk followed by some restorative yoga and guided meditation for cool down. 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 (walk toward the gray walls), 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!