

YOUNG ADULT PROGRAMS

July 2026

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

Register for all activities at tinyurl.com/AYAprogram

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Restorative Yoga (DHOH)* 6 p.m.	2 Caregiver Coffee (DHOH)* 10:30 a.m.	3	4
5	6	7	8 Restorative Yoga (DHOH)* 6 p.m.	9 Caregiver Support Group* 12 p.m. Young Adult Support Group 6:30 p.m.	10	11
12	13	14	15 Restorative Yoga (DHOH)* 6 p.m.	16 SSK Volunteer Opportunity* 9:00 a.m.  Men Moving Forward 6:30 p.m.	17 Caregiver Coffee (DHOH)* 10:30 a.m.	18 Meow Wolf 1 p.m. 
19	20	21	22 Restorative Yoga (DHOH)* 6 p.m.	23 Young Adult Support Group 6:30 p.m.	24	25
26 Deadline to register for 8/6 Arts & Crafts (DHOH)*	27	28 Book Club - Virtual ONLY 7:30 p.m.	29 Restorative Yoga (DHOH)* 6 p.m.	30	31	

**All events are virtual unless
otherwise indicated.**



**In person,
off 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



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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 will be taking a break in July.

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

Open to guests/caregivers: Yes

Book Club

Virtual book club has opted to start meeting monthly with a new book every other month. In-person book club will meet 3 times a year (next one in October) and align book selection with the virtual group. This month, the new virtual book club selection is "Thursday Murder Club" by Richard Osman. Whether you've finished, just started, or haven't had time to pick it up yet - everyone is welcome (but there may be spoilers!). Copies of the book are available to the first 15 registrants who request one at registration. Please **ONLY** request a book if you can attend a discussion session.

Virtual: Yes

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 on a variety of topics.

Virtual: Yes

Open to guests/caregivers: Yes – caregivers only

Meow Wolf

Upon popular request, we bought group tickets to Meow Wolf - an immersive, interactive art experience featuring secret portals, non-linear storytelling, and sensory-rich environments. Once inside everyone can peruse on their own! Each attendee will get 1 drink and 1 pair of glasses.

Virtual: No

Open to guests/caregivers: Yes - one guest per patient (and the guest can be a minor)

Men Moving Forward

This will be a dedicated time for men to discuss navigating the complexities of cancer with our AYA therapist Alex Chernyshov, LPC. Explore challenges throughout the journey including shifting roles at home & work, identity, and building mental resilience. Bring your lunch and join the conversation!

Virtual: Yes

Open to guests/caregivers: No

Navigating Work & Cancer Discussion Series

Heather is out of town this month, join her again August 18!

Virtual: Yes

Open to guests/caregivers: Yes

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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



Sunshine Kids Volunteer Opportunity

This month's Sunshine Kids volunteer opportunity will take place at Slick City – Woodlands on Thursday, July 16 from 9am - 12pm.

Join Sunshine Kids staff in helping to create a memorable Morning. Only 5 spots available!

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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