




YOUNG ADULT PROGRAMS

April 2026

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

[Register for all activities at tinyurl.com/AYAprogram](https://tinyurl.com/AYAprogram)

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Restorative Yoga (DHOH)* 6 p.m.	2 Arts & Crafts (DHOH)* 6:30 p.m.	3 Caregiver Coffee (DHOH)* 10:30 a.m.	4 AYA Program Scholarship application deadline!
5	6	7	8 Restorative Yoga (DHOH)* 6 p.m.	9 Caregiver Support Group* 12 p.m. <i>new time!</i> ----- Young Adult Support Group 6:30 p.m.	10	11 DHOH 11 th Annual HOPE 5K* 8:30 a.m. 
----- AYA Cancer Awareness Week!! -----						
12	13	14	15 Restorative Yoga (DHOH)* 6 p.m.	16	17 Caregiver Coffee (DHOH)* 10:30 a.m. ----- SSK Volunteer Opportunity* 3:45 p.m. 	18
19	20 Navigating Work & Cancer Discussion* 6:30 p.m.	21	22 Restorative Yoga (DHOH)* 6 p.m.	23 Young Adult Support Group 6:30 p.m.	24 Hangout at Evelyn's Park* 6:30 p.m. 	25
26 Deadline to register for 5/7 Arts & Crafts (DHOH)*	27 Book Club (Virtual)* 7:30 p.m.	28	29 Restorative Yoga (DHOH)* 6 p.m.	Announcing June Book Club: Project Hail Mary by Andy Weir 6/23 (virtual) and 6/24 (in-person)		

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.

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

Open to guests/caregivers: Yes

AYA Program Scholarship

The AYA Program Scholarship supports the educational goals of MD Anderson cancer patients and survivors. Applications for the 2026–2027 academic year will be accepted March 1–April 4, 2026. Deadline: April 4 at 11:59 p.m. Eligible applicants must be between 15 and 39 years old, have received cancer treatment at MD Anderson, and be enrolled at least part-time in an accredited vocational, undergraduate, or graduate program. Individuals who have previously received this scholarship are not eligible to reapply.

Virtual: N/A

Open to caregivers: No – the scholarship is open to MDA patients only



Book Club

- Virtual book club will meet again on Tuesday, April 28 to continue our March discussion on “Seven Husbands of Evelyn Hugo” by Taylor Jenkins Reid.

- Register now for the June Book Club! This quarter we will read “Project Hail Mary” by Andy Weir. The virtual discussion will be on Tuesday June 23, and the in-person session will meet on Wednesday June 24 at Good on Paper (250 W. 19th St). 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 people who request one upon 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. **In April we will pilot meeting earlier in the day at 12 pm (noon).**

Virtual: Yes

Open to guests/caregivers: Yes – caregivers only



DHOH's 11th Annual HOPE 5K For Young Adult Cancer Fighters

Join DHOH for the 11th Annual HOPE 5K supporting young adult cancer fighters on Saturday, April 11 at 8:30 am at Memorial Park's North Lakeside Pavilion. Remote participation option available April 10–12 from anywhere. Participants can enjoy a fun and active 5K followed by refreshments, outdoor games, awards for the top three finishers, and time to reconnect with the DHOH community.

Individuals are \$35, couples \$60. [See registration page for details.](#)

Virtual: Yes

Open to guests/caregivers: Yes

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Hangout at Evelyn's Park

Join us for a casual hangout at Betsy's at Evelyn's Park! This is a great opportunity to connect and unwind with some good food and non-alcoholic drinks (other items are available for purchase). Guests welcome!

Virtual: No

Open to guests/caregivers: Yes

Navigating Work & Cancer Discussion Series

Join us for our monthly discussion series led by AYA Vocational Counselor Heather DeRousse, LCSW. This month, we'll explore strategies for balancing work and self-care, including what you've tried and new ideas to consider.

Virtual: Yes

Open to guests/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 guests/caregivers: Yes



Sunshine Kids Volunteer Opportunity

This month's Sunshine Kids volunteer opportunity will take place at Ronal McDonald House Greater Houston on Friday, April 17th from 3:45 – 7:30 pm. Join Sunshine Kids staff in hosting a movie night and help serve dinner to families. 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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