


YOUNG ADULT PROGRAMS

April 2025

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 AYA Scholarship Program opens!!! Apply now through May 4	2 Restorative Yoga (DHOH)* 6 p.m.	3 Arts & Crafts (DHOH)* 6:30 p.m.	4 Caregiver Coffee (DHOH)* 10:30 a.m.	5
6	7	8	9 Restorative Yoga (DHOH)* 6 p.m.	10 Young Adult Support Group 6:30 p.m. Caregiver Support Group* 6:30 p.m.	11	12 Nature Walk at the Houston Botanic Garden* 10:30 a.m. 
----- AYA Cancer Awareness Week!! -----						
13	14	15	16 Restorative Yoga (DHOH)* 6 p.m.	17	18 Caregiver Coffee (DHOH)* 10:30 a.m.	19
20 <i>Deadline to register for 5/1 Arts & Crafts (DHOH)*</i>	21	22 Virtual Art with Kasey* 6:30 p.m.	23 Restorative Yoga (DHOH)* 6 p.m.	24 Young Adult Support Group 6:30 p.m.	25	26
27	28	29	30 Restorative Yoga (DHOH)* 6 p.m.	Coming up next month: AYA Photo Exhibit at Art Club in POST Houston Sunday, May 18, 4 pm		

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

aya@mdanderson.org
Facebook.com/groups/mdandersonaya



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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.

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 is designed to provide funding to support the educational goals of MD Anderson cancer patients and survivors. Basic requirements: must fall within AYA age range (15 to 39), have received cancer treatment at MD Anderson, be registered at least part-time at any **accredited** vocational/undergraduate/graduate school, and cannot have ever received this scholarship previously. Full details and application link can be found at: tinyurl.com/MDAAYAScholarship. Please note that this is a new application system that can only be accessed using Chrome or Firefox, and to create an account to submit an application you must have a Google or Microsoft email account.

Virtual: N/A

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

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



Nature Walk at the Houston Botanic Garden – IN PERSON ACTIVITY!

Join us for a 45-minute guided walk with a licensed therapist where nature is used as a tool to promote self-awareness and stress relief. The experience combines physical movement (walking) with mindful reflection to support emotional well-being. And it's a great chance to check out the Houston Botanic Garden! We will also bring water and snacks to enjoy afterwards.

Virtual: No

Open to guests/caregivers: Yes! The more the merrier

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

Virtual Art with Kasey

No previous art experience required! Kasey walks us step by step through various watercolor paintings and drawings. Watercolor painting supplies are mailed at no cost upon registration.

Virtual: Yes

Open to caregivers: Yes

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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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