

# YOUNG ADULT PROGRAMS

May 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	2
<div style="border: 2px solid red; padding: 5px;"> <p><b>Coming up next month:</b> Rustic Brush* on June 14 &amp; 22 Register now!!!! </p> </div>				Arts & Crafts (DHOH)* 6:30 p.m.	Caregiver Coffee (DHOH)* 10:30 a.m.	3
4	5	6	7	8	9	10
			Restorative Yoga (DHOH)* 6 p.m.	Young Adult Support Group 6:30 p.m. <hr style="border-top: 1px dashed red;"/>	Caregiver Support Group* 6:30 p.m.	
11	12	13	14	15	16	17
Mother's Day			Restorative Yoga (DHOH)* 6 p.m.		Caregiver Coffee (DHOH)* 10:30 a.m.	
18	19	20	21	22	23	24
AYA Photography Exhibit* 4 p.m. 			Restorative Yoga (DHOH)* 6 p.m.	Young Adult Support Group 6:30 p.m.		
25	26	27	28	29	30	31
Deadline to register for 6/5 Arts & Crafts (DHOH)*	Memorial Day		Restorative Yoga (DHOH)* 6 p.m.			Dynamo Game* 7 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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**MD Anderson**  
**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 Photography Exhibit at POST Houston – **IN PERSON ACTIVITY!**

We're hosting our first ever AYA Photography Exhibit featuring photos taken by our very own AYA photovoice group members. Sunday, May 18<sup>th</sup>, 4 pm, at Art Club (located within POST Houston). Registration covers parking, 2 non-alcoholic drink tickets, and entry to Art Club (so people can browse all the various art exhibits after our event). There is a large food court at POST with a variety of food vendors where people can grab food before/after if desired. Please **ONLY** register if you can commit to attending as purchases will be made on your behalf.

Virtual: No

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

## Dynamo Game – **IN PERSON ACTIVITY!**

Saturday May 31 is "Kick Cancer" night with the Houston Dynamo and AYA has been given the opportunity to participate in the Center Circle Banner pre-game activity!! We'll take the first 50 people who register down to the field about 30 minutes before game time, everyone will be given a black Dynamo t-shirt to wear, and we'll hold the circle center banner as the team enters the field for pre-game ceremonies. Once the ceremony is over, you'll go back to free seats to enjoy the rest of the game. Each patient participating in the banner activity can bring ONE guest. Please note that this will involve standing for approximately an hour by the time the ceremony is done, and it is likely to be warm. We anticipate being able to purchase additional tickets once the free tickets have been distributed; however, the number available is still TBD. There will be an interest list for anyone who wants to attend the game only. Both groups will use the same registration form through the institution, but AYA will keep separate lists for each group based on our registration page.

Virtual: No

Open to guests/caregivers: Yes – one guest per patient for the Center Circle Banner activity; possibly more for discounted tickets

## 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

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## Rustic Brush - **IN PERSON ACTIVITY!**

The Rustic Brush is a one stop shop for creating a customized piece of home décor! There is a maximum capacity of 40 people per session, so we are offering 2 session options to choose from. Both are at the Galleria location: 5475 W Loop S #160, 77081.

Select the date that works best for your schedule and register with us FIRST. Once received, we'll send you the official registration link + promotional code that will cover any project up to \$55. You'll use that to go to the official Rustic Brush registration page and select the type of project you want to do along with the exact design you want to use (options are pictured on their website, but you'll pick colors at the studio). At the end, you'll enter the promotional code that was sent to you so that you are not charged. The code is good for 1 project up to \$55 – you are welcome to make a more expensive project and pay the difference. Each patient is allowed one guest, who will need to register separately so that they can select their own unique design. Both parties need to reference each other in their registration so that we can match each guest name to a patient. Duplicate entries will be removed, and we will be watching the registration list closely to confirm anyone we are not already familiar with.

Registration deadline for the 6/14 session is on 6/7

Registration deadline for the 6/22 session is on 6/15

Virtual: No

Open to guests/caregivers: Yes – each patient can bring 1 guest (they will need to register independently and reference the patient)

## 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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