



A special thank you to our planning and support partners for their contributions to this year's conference.

DANA-FARBER/BRIGHAM AND WOMEN'S



DANA-FARBER
CANCER INSTITUTE | Young Adult Program

Yawkey Center for Cancer Care
Third Floor Conference Center
450 Brookline Ave.
Boston, MA 02215

Schedule

8:45 a.m.	Breakfast and Registration
9:15 a.m.	Welcome
9:30 a.m.	General Session
10:30 a.m.	Break
10:45 a.m.	Morning Workshops
12:00 p.m.	Lunch
1:15 p.m.	Afternoon Workshops
2:30 p.m.	Program Concludes

The conference location is accessible by public transportation (www.mbta.com). Free parking is available in Dana-Farber's garage on Jimmy Fund Way, underneath the Yawkey Center. Find directions online at www.dana-farber.org/directions.

For more information or to register, contact:

Young Adult Program
Dana-Farber Cancer Institute
617-632-6819
yap@dfci.harvard.edu

DANA-FARBER/BRIGHAM AND WOMEN'S



11TH ANNUAL Young Adult Cancer Conference

A free, one-day conference for individuals treated for cancer as young adults, and their caregivers

Saturday,
March 29, 2014

8:45 a.m. – 2:30 p.m.

listen...connect...share...



Opening session

**Putting Words to Our Voices:
Blogging through Cancer —
9:30 a.m. - 10:30 a.m.**



Tara Shuman, is a wife, mom, and lawyer. She was diagnosed with breast cancer and treated at Dana-Farber/Brigham and Women's Cancer Center. After receiving her diagnosis, Tara found therapeutic benefit from writing, even when composing

simple emails to family and friends. She then began her blog, www.tarabeatscancer.com, which helped her cope with the challenges of undergoing treatment as a young adult. Tara will share her experience through reflection and discussion of themes from her writing. In addition, this session will include contributions from other young adults who have used writing for self-expression.



Morning Workshops

10:45 a.m. – 12:00 p.m.

Please choose **one** of the following FOUR sessions:

Managing Common Side Effects of Treatment

Side effects of treatment can affect quality of life and activities for many young adults. Topics for discussion may include management of nausea, fatigue, and pain. There will be ample time for questions.

Facilitated by Maggie Loucks, NP, and Kathy Polson, APRN

To Share or Not to Share

What and when to share about your cancer experience with friends, colleagues, and partners is a multilayered issue. A small panel of young adults will share their stories and begin a group discussion.

Facilitated by Bruce MacDonald, LICSW

Movement Workshop

Experience this sensory-based movement practice that brings together your body, mind, emotions, and spirit. Instruction will encourage you to personalize movements to ensure your comfort. No experience necessary.

Facilitated by Suzanne Cohen, Nia Instructor, Facing Cancer Together

Living with Cancer: Mind/Body Self Care Skills

Often after a cancer diagnosis, your mind can become hijacked by fear of the future and regrets from the past. Learn concrete techniques that will help you relax, allow you to live more mindfully, strengthen your resilience, and reduce anxiety.

Facilitated by Claire Willis, LICSW, Facing Cancer Together

Afternoon Workshops

1:15 p.m. – 2:30 p.m.

Please choose **one** of the following FOUR sessions:

Nutrition and Fitness

Eating well and being active are important ways to help you both physically and emotionally. In this fun, interactive workshop, you will learn about the latest research in nutrition and exercise, and how to apply it to your everyday life.

Facilitated by Stacey Kennedy, MPH, RD, CSO, LDN, and Russell Kennedy, PsyD, MA, Wellness Guides and Reboot with Joe

Just for Caregivers: When a Young Adult You Love Has Cancer

Learn ways to boost your own coping, and support others, by sharing wisdom about caring for a young adult with cancer. This session will also explore the top 10 most helpful care-giving strategies.

Facilitated by Karen Fasciano, PsyD, and Susan Englander, LICSW

Creative Expression

Using a variety of art materials, participants will have an opportunity to express an aspect of their cancer experience. Join us for a hands-on experience in self-expression and creativity. No background in art needed.

Facilitated by Anne Bielaczyc, MA and Phoebe Souza, LCSW, MPH

Navigating College and Cancer

Join us for a conversation about the challenges of managing college or graduate school, and cancer. Topics will include strategies and solutions for finding supports, as well as working with administrators and peers while undergoing treatment.

Facilitated by Michele Rosenthal, Associate Director of the Colleges of the Fenway

All facilitators are affiliated with Dana-Farber/Brigham and Women's Cancer Center unless otherwise noted.

listen... connect... share...