

Young Adults Connecting



Young adults are individuals ages 18 to 39.

We can't meet, greet and relate in person, so we are taking it virtual! Log on to meet other young adults who get you and what you are going through.

When:

4 to 5:30 p.m. Offered in eight-week sessions periodically throughout the year. Email AYA@coh.org for the next start date.

Topics reviewed during the group:

- I'm a Young Adult With Cancer, Now What?
- Symptom Management and Communication With the Medical Team
- How Cancer Can Impact How You Look and Feel (and What You Can Do About It)
- I Feel Alone and Need a Break: Coping With Cancer
- Relationships and Independence
- Fertility Concerns
- Cognition, Education and Employment
- Survivorship and Fear of Recurrence

R.S.V.P. required:

This group will be taking place virtually through Zoom! Email AYA@coh.org to R.S.V.P. and receive a meeting link.

Presented by:

Department of Supportive Care Medicine and
Department of Pediatrics

Find us on Social Media:

