Due to the ongoing nature of COVID-19, we are hosting our monthly support groups online. Join us for groups dedicated to young adults 18-39 years old coping with cancer during treatment or survivorship and their caregivers. Advance registration is required. Please contact Jennifer Carrera at jennifer.carrera@nm.org to register.

Come hear about topics that directly affect you and connect with others who "get it". Our hope is to help you feel a little less alone, a little more informed, and make it a little less overwhelming. Topics may include things such as nutrition, financial toxicity, relaxation and meditation, relationships, fertility, school, career, among other topics.

These groups are open to individuals who have been diagnosed with cancer between the ages of 15-39, are currently 18-39, and have received cancer treatment through the Lurie Cancer Center. Caregivers (e.g. parents, spouses, significant others, friends, etc.) of AYAs are invited to participate in two of the monthly groups (see details below).

**when**

- The **first Wednesday** of each month from 6:00-7:30 pm:
  - Group dedicated to AYAs, no caregivers present
- The **second Tuesday** of each month from 6:00-7:00 pm:
  - Group dedicated to caregivers, no AYAs present
- The **third Tuesday** of each month from 6:00-7:30 pm:
  - Caregivers (your person) are welcome to join the group with AYAs

*The time and date are subject to change. Up to date information will be provided via email.*

**where**

Virtually through Zoom videoconferencing

**contact**

Jennifer Carrera at jennifer.carrera@nm.org

*Contact Jennifer to be added to the email list and receive updates about upcoming meetings and other relevant information.*

http://cancer.northwestern.edu/ayao