

YA Cancer Gabfest: A Week of Interactive Survivorship Crash Courses for Facing Cancer.

Come spill tea with us no matter where you are!

December 7-11, 2020

“Empowering the AYA Cancer Community to Embrace Their Voice and Story”

A week of interactive survivorship crash courses for facing cancer. Throughout the course of the week, we invite you to share, explore, and learn as we interact together. Our goal is to empower attendees to embrace their voice. You are the expert in your own care, so along with experts in their fields, Gabfest will combine and elevate the individual voices of the young adult cancer community.

Monday:

Theme: Finding Your Voice [3 hours]

- Opening Welcome [15 minutes]
- Crash Course: Keynote
 - Speaker: Kati Gardner
 - Description: Talking about the importance of storytelling + finding your voice [15 minutes]
 - Q+A [15 minutes]
- Interactive Panel: Finding Your Voice [60 minutes]
 - Description: A panel of survivors focusing on the importance of storytelling and how they found their unique voice.
 - Moderator: Nick Giallourakis
 - Panelists: KM Hammond, Yolanda Murphy, Carlo Lopez, Mallory Casperson
- Gabfest After Hours [60 minutes]
 - Informal hangout with a moderator

Tuesday:

Gold Sponsor: [Seattle Genetics](#)

Theme: Self-Advocacy + Storytelling [3 hours]

- Crash Course – Storytelling through video
 - Speaker: Nick Ross [20 minutes]
 - Workshop / Q+A [40 minutes] (how to tell a story visually, how to know what story to tell, sharing that story, etc.)
- Interactive Panel: Self-Advocacy in the Clinical Setting For Patients + Survivors
 - Description: A panel of professionals/survivors focusing on advocating in a clinical setting.
 - Moderator: Whitney Hadley
 - Panelists: Kym Sinclair, Katie Poppert, Lauren Creel, Diana Cejas
- Gabfest After Hours [60 minutes]

Wednesday:

Gold Sponsor: [Gryt Health](#)

Theme: Mental Health + Wellness [3 hours]

- Interactive Panel: Thriving as a Survivor of Color

- Description: A panel of survivors of color talking about thriving as a survivor of color (letting them vocalize their own experience, pain points, etc., the interactions between social justice and health (and their own experiences)), allowing others to learn from them)
- Moderator: Tyler Hatcher
- Panelists: Bryan Walker, Megan-Claire Chase, Steven Lee
- Crash Course – Mindfulness + Connection
 - Description: Having more mindfulness in one's life, adopting mindfulness in your everyday
 - Speaker: Dr. David Victorson [20 minutes]
 - Workshop / Q+A [40 minutes]
- Gabfest After Hours [60 minutes]

Thursday:

Theme: Caregiving [3 hours]

- Crash Course – Communication + Caregiving [60 minutes]
 - Speaker: Kelly Leonard
 - Description: A workshop around communication between caregivers and their survivor loved one.
- Interactive Panel: A caregiver panel focused on communication and self-care. [60 minutes]
 - Moderator: Colin Ferro
 - Panelists: Sharla Moore, Angie Giallourakis, Sara Quilici, Dan Crail
- Gabfest After Hours: Caregiving Edition [60 minutes]

Theme: Metastatic Disease

- Crash Course – Planning for the Future [60 minutes]
 - Speaker: TBD
- Interactive Session: Navigating Relationships [60 minutes]
 - Description: A panel of survivors facing metastatic disease focusing on navigating relationships between partners, between friends, dating, and more.
 - Moderator: Lauren Creel
 - Panelists: TBD
- Gabfest After Hours: Metastatic Edition [60 minutes]

Theme: Sexual Health + Relationships

- Sexual Health + Relationships Crash Course [60 minutes]
 - Speaker: Dr. Anne Katz
- Sexual Health + Relationships Interactive Session [60 minutes]
 - Speaker: Julie Larson
- Gabfest After Hours: Sexual Health + Relationships Edition [60 minutes]

Friday:

Theme: Young Adult Cancer And The Body [3 hours]

- Crash Course: Fertility
 - Speaker: TBD [20 minutes]
 - Q+A / Workshop [40 minutes]
- Interactive Speaker: Closing Keynote
 - Speaker: Tamika Felder
 - Description: Accepting yourself, the process she went through, and how cancer changes you and your body. [20 minutes]
 - Workshop + Q+A [40 minutes]
- Closing Remarks [15 minutes]
- Gabfest After Hours [60 minutes]

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