

YA Cancer

Gabfest

PRESENTED BY



A WEEK OF INTERACTIVE SURVIVORSHIP CRASH COURSES FOR FACING CANCER

Come Spill Tea with Us No Matter Where You Are



WHEN: The Week of December 7th, 2020 at 7:30pm ET

COST: Free

WHO SHOULD ATTEND? The Young Adult Cancer Community

EMPOWERING THE AYA CANCER COMMUNITY TO EMBRACE THEIR VOICE AND STORY.

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 the fields, Gabfest will combine and elevate the individual voices of the young adult cancer community.

EACH DAY WILL HAVE A NEW THEME(S) THAT WILL FOCUS ON:



SELF-ADVOCACY & STORYTELLING



MENTAL HEALTH & WELLNESS



METASTATIC



CAREGIVING



SEXUAL HEALTH & RELATIONSHIPS



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For more information or questions about YA Cancer Gabfest please contact either Nick@Elephantsandtea.com or Aerial@LacunaLoft.org.

lacunaLoft.org/gabfest/

Please note: Agenda is subject to change

MONDAY, DEC. 7, 2020

THEME: *FINDING YOUR VOICE*

7:30pm ET **Welcome to YA Cancer Gabfest – Mallory Casperson and Nick Giallourakis**

7:45pm ET **Crash Course: Keynote**



◀ **Speaker:** Kati Gardner

Our first keynote of the 2020 YA Cancer Gabfest! Kati will be talking about the importance of storytelling and finding your voice while facing cancer. Come and just listen or jump in with questions!

8:30pm ET **Interactive Panel: Finding Your Voice**

Moderator: Nick Giallourakis

Panelists: Mallory Casperson; KM Hammond; Carlo Lopez, RN; and Yolanda Murphy

Each of our panelists have a unique story to tell and they all use their young adult cancer voice in different ways. Join this group of survivors as they share their experiences in how they found and share their voice while facing young adult cancer.

9:30pm ET **Gabfest After Hours**

Join us for an informal hangout with a moderator for the last piece of each day.

TUESDAY, DEC. 8, 2020

THEME: *SELF-ADVOCACY + STORYTELLING*

Sponsored by Seagen

7:30pm ET **Crash Course: Empathy Through Storytelling**



◀ **Speaker:** Nick Ross

A picture is worth a thousand words and a video can mean so much more. Join Nick Ross in this crash course on how you can tell a story visually, how to know what story to tell, and all about the connective force of storytelling.

8:30pm ET **Interactive Panel: Self-Advocacy in the Clinical Setting for Patients + Survivors**

Moderator: Whitney Hadley, MA, LMSW

Panelists: Diana Cejas, MD, MPH, FAAP; Lauren Creel, MSW, MPH; Kate Poppert, RN, BSN, OCN; Kym Sinclair, RN, BSN

This panel is a group of survivors turned healthcare providers. Come hear them talk about advocating in a clinical setting. Each of these panelists brings a wealth of knowledge on facing cancer personally and professionally. Come and hear how they suggest to best self-advocate for yourself in the clinical setting whether you're in treatment or out of treatment.

9:30pm ET **Gabfest After Hours**

Join us for an informal hangout with a moderator for the last piece of each day.

AGENDA

(Each day starts at 4:30pm PT / 6:30pm CT / 7:30pm ET)



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WEDNESDAY, DEC. 9, 2020

THEME: *MENTAL HEALTH + WELLNESS*

Sponsored by GRYT Health

7:30pm ET **Interactive Panel: Facing Young Adult Cancer As A Survivor of Color**

Moderator: Tyler Hatcher

Panelists: Steven Lee, Yolanda Murphy, Bryan Walker

This panel of survivors of color are coming together to talk about their own personal experience, pain points, and the interactions between social justice and health. This panel will vocalize and share how others in the AYA cancer community can learn from their experiences.

8:30pm ET **Crash Course: Living Your One Wild + Precious Life with Mindfulness**



◀ **Speaker:** David Victorson, Ph.D

Join us for this interactive crash course in mindfulness whether you're a seasoned practitioner or first timer. This course will include opportunities for brief practice, reflection, community connection, and a little science to help you learn skills so you can live your one wild and precious life deliberately, with intention, purpose, and grace.

9:30pm ET **Gabfest After Hours**

Join us for an informal hangout with a moderator for the last piece of each session.

THURSDAY, DEC. 10, 2020

(3 THEME OPTIONS)

THURSDAY THEME 1: *CAREGIVING*

7:30pm ET **Crash Course: Communication + Caregiving**



◀ **Speaker:** Kelly Leonard, Second City

Communication is key in any relationship, especially between loved ones. This crash course will focus on the communication between caregivers and their loved one facing cancer. Join Kelly Leonard as he dives into actionable tips on how to work together to open those lines of communication to strengthen the relationship.

8:30pm ET **Interactive Panel: Communication + Self-Care as Caregivers**

Moderator: Colin Ferro

Panelists: Dan Crail; Angie Giallourakis, Ph.D; Sharla Moore, MPH; Sara Quilici;

Join this interactive panel of caregivers as they talk about their experiences as a brother, sister, husband, wife, and mother on what it means to take care of yourself.

9:30pm ET **Gabfest After Hours: Caregiving Edition**

Join us for an informal hangout with a moderator for the last piece of each session.

THURSDAY THEME 2: *METASTATIC DISEASE*

7:30pm ET **Crash Course: Planning for the Future**



◀ **Speaker:** Mark A. Lewis, M.D.

Living with cancer is hard. Planning for a future with metastatic or incurable cancer is even harder. Come join this crash course on how to look ahead and plan for your future while facing metastatic or incurable cancer.

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8:30pm ET **Interactive Session: Navigating Relationships with Metastatic Disease**

Moderator: Mary Morgan, LCSW

Panelists: Steven Giallourakis; Deltra Kroemer; Erin Leibowitz; Alli Ward

Come join this panel of young adult cancer survivors facing metastatic disease as they focus on navigating relationships between partners, kids, friends, dating, and more.

9:30pm ET **Gabfest After Hours: Metastatic Edition**

Join us for an informal hangout with a moderator for the last piece of each session.

THURSDAY THEME 3: *SEXUAL HEALTH + RELATIONSHIPS*

7:30pm ET **Crash Course: Everything You Wanted to Know About Sex + Cancer but Were Embarrassed to Ask**



◀ **Speaker:** Dr. Anne Katz, Ph.D.

In this open and honest conversation about sex and relationships, Dr. Anne Katz will share the advice she has given to many YAs facing cancer. In this Gabfest session, Dr. Katz will answer your questions, addressing everything you wanted to know about sex and cancer but were embarrassed to ask!

8:30pm ET **Interactive Session: Healing the Relationship with Your Body**



◀ **Speaker:** Julie Larson, LCSW

Cancer treatment changes the relationship a survivor has with their body. Surgical scars, hair loss, changes in sensitivity, discomfort or pain and ongoing side effects can be overwhelming and emotional to experience. Feelings of loss, disconnect, anger and shame are normal to have but can be uncomfortable or complicated to navigate. Join this conversation as together we openly discuss the path forward to healing and reclaiming this important relationship with your body post-diagnosis.

9:30pm ET **Gabfest After Hours: Sexual Health + Relationships Edition**

Join us for an informal hangout with a moderator for the last piece of each session.

FRIDAY, DEC. 11, 2020

THEME: *RESILIENCY IN THE FACE OF CANCER*

7:30pm ET **Crash Course: Getting Up 9 Times When the World Pushes You Down 8**



◀ **Speaker:** Justin Birckbichler, men's health advocate, testicular cancer survivor, and founder of A Ballsy Sense of Tumor

8:30pm ET **Interactive Speaker: Closing Keynote**



◀ **Speaker:** Tamika Felder

Join our final session and keynote of the week as Tamika Felder talks about accepting yourself, dives into the process she went through, and how cancer changes you and your body.

9:15pm ET **Closing Remarks**

9:30pm ET **Gabfest After Hours**