

WEEK 1

Tuesday, October 5 | 6:30 – 8 p.m. ET Welcome and Patient Panel

Join us for the kick-off event of Young and Strong's 2021 Virtual Forum Series for Young Adults with Breast Cancer. This is a great opportunity to learn more about Young and Strong and hear from a panel of your peers—others who understand the unique challenges of facing breast cancer as a young adult.

Thursday, October 7 | 6:30 – 8 p.m. ET Meet and Greet Social

Mix yourself a Lime Rickey (with or without the alcohol) or grab your go-to beverage of choice and join us for this virtual social event with other members of the Young and Strong community.

Lime Rickey

1.5 oz freshly squeezed lime juice
1.5 oz gin or bourbon (optional)
0.5 oz simple syrup (optional)
4 oz soda water
Lime wedge, for garnish



WEEK 2

Tuesday, October 12 | 6:30 – 8 p.m. ET Meet the Experts: Focus on Active Treatment

Facilitated by Ann Partridge, MD, MPH, founder and director of Young and Strong, the Program for Young Adults with Breast Cancer, this panel of experts will present recent advances in the field of breast cancer and share advice for those currently receiving active treatment. Please feel free to submit questions for the panelists by emailing youngandstrong@partners.org.

Thursday, October 14 | 6:30 – 8 p.m. ET Meet the Experts: Focus on Wellness

Join us for an evening panel with Dana-Farber wellness experts, facilitated by Philip Poorvu, MD, associate director of Young and Strong, the Program for Young Adults with Breast Cancer. This is a great opportunity to learn more about sexual health, nutrition, exercise, and sleep. Please feel free to submit questions for the panelists by emailing youngandstrong@partners.org.

WEEK 3

Tuesday, October 19 | 6:30 – 8 p.m. ET Keynote Speaker: Annette Stanton, PhD

*Distinguished Professor and Chair, Department of Psychology
University of California Los Angeles*

Too Young for This: Managing the Emotional Journey



Mix yourself a Hot Toddy (with or without the alcohol) and join us to learn from Annette Stanton, PhD, as she shares her expertise in managing the emotional journey of cancer care. After the presentation, Ann Partridge, MD, MPH, will join Dr. Stanton for an open Q&A session.

A licensed clinical psychologist and an author of more than 250 publications, Dr. Stanton identifies factors that promote or impede psychological and physical health in adults and couples undergoing chronically stressful experiences, with a focus on cancer.

Hot Toddy

7 oz hot tea (black or green tea)
1.5 oz brandy, whiskey, or rum (optional)
1 tbsp honey
1 tsp lemon juice
0.5 tsp ground cinnamon, or a cinnamon stick
Lemon wedge, for garnish



Thursday, October 21 | 6:30 – 8 p.m. ET Riding the Emotional Waves Throughout Cancer Care and Survivorship

This event is for patients AND caregivers

Mix yourself a Sea Breeze (with or without the alcohol) or grab your go-to beverage of choice and join us for an evening with Dana-Farber's social workers! In this interactive discussion, we'll explore the various emotions experienced by both patients and caregivers* and how they change over time. This is a great opportunity to connect and learn from our team of social workers, and your peers, about how to understand, process, and cope with this sea of emotions.

***Caregivers are specially invited to attend this event – we will have a break-out group specifically for you to connect with other family members, relatives, and trusted friends who are also committed to helping their loved one with the day-to-day challenges of cancer.**

Sea Breeze

1.5 oz vodka (optional)
3 oz cranberry juice
3 oz grapefruit juice
Lime wedge, for garnish



WEEK 4

Tuesday, October 26 | 6:30 – 8pm ET Resources, Support, and Opportunities Panel

Join us for a panel discussion with representatives from local and national organizations that support young adults with breast cancer throughout their cancer journeys. Participants will have the opportunity to ask questions during the panel discussion.

Thursday, October 28 | 6:30 – 8 p.m. ET Closing Social

Mix yourself an Apple Cinnamon Mule (with or without the alcohol!) or grab your favorite hot or cold drink and join us for our closing social event to wrap up our month of connecting, learning, and building new relationships.

Apple Cinnamon Mule

1.5 oz vodka (optional)
1.5 oz apple cider
0.5 oz freshly squeezed lime juice
4- 5 oz ginger beer (non-alcoholic)
Apple slice, for garnish
Cinnamon stick, for garnish

