Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

The Adolescent and Young Adult (AYA) Program at MSK

This information explains the Adolescent and Young Adult (AYA) Program at MSK.

About the AYA Program at MSK

We understand that being diagnosed with cancer or a blood disorder in your teens or early adulthood can be very challenging. To help support you, MSK offers the AYA Program for young people ages 15 to 39. This program aims to meet your unique needs throughout your care at MSK. Visit www.msk.org/aya to learn more.

Individual support

The AYA program works with your care team and specialty services to offer you extra support.

Our dedicated staff can help you:

- Understand your treatment options and how to make informed decisions.
- Deal with physical changes and side effects caused by cancer or your treatment.
- With concerns about telling your loved ones about your diagnosis or being treated differently by friends and family.
- Explore resources that can help with financial or insurance issues related to medical treatment.
- Find guidance on dating, relationships, building a family, and sexual health.
- Connect with others who are going through or have been through an

experience like yours.

- Learn how to take care of your physical, emotional, mental, and spiritual health.
- Keep up with work or education goals and responsibilities.
- Find support for caregivers and loved ones in your life.

Interested in learning more or connecting with an AYA Program team member? Your care team can refer you to the AYA Program at any time. You can also email us at ayaprogram@mskcc.org or call 646-608-8336.

A member of our team will reach out with more information about the program. We will learn about your experience and see how we can best meet your needs.

Peer connection and support

The AYA Program also offers opportunities to connect with peers. You can do this through virtual programs and support groups, activities, and a private social media app.

- **The Lounge:** The Lounge gives you and your guests a space to hang out and relax. It's open to all MSK patients ages 15 to 39, whether you're inpatient or outpatient. The Lounge offers:
  - Snacks
  - TV with streaming services
  - Art supplies and classes
  - Video games, board games, books, and resources
  - Weekly programming and special events

The Lounge is at:
1275 York Ave. (between East 67th and East 68th streets)
Bobst Building, 14th Floor, Room 1482B
New York, NY 10065

- **The Lounge App:** The Lounge app is a private social media platform for MSK patients ages 18 to 39. On The Lounge app, you can:
  - Connect with other patients around your age.
  - Learn about or join events hosted by MSK or other partner organizations.
  - Ask questions and get answers from experts.
  - Share and access resources.

You can download The Lounge at MSK app in the App Store or on Google Play. Fill out this form to request a passcode to join.

- **Virtual Programs and Support Groups:** Virtual Programs lets you connect with your peers, chat, and enjoy activities together. Programs include support groups, arts and crafts workshops, yoga, trivia and game nights, workshops on topics important to young adults, and more. You can find all our virtual offerings by visiting www.msk.org/events and searching for "young adult."

You can access the AYA Program and its services at any time throughout your care at MSK. It's available to all AYA patients, no matter what your diagnosis is or where you're getting treatment within MSK.

To learn more, read *Support Resources for Adolescents and Young Adults (AYAs)* (www.mskcc.org/pe/aya_support_resources).

For more resources, visit www.mskcc.org/pe to search our virtual library.

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