

# Young Adult Support Group

## Information

The young adult support group at the Givens Brain Tumor Center provides a welcoming space for patients navigating the challenges of brain and spinal cord tumors. This group offers opportunities to connect with peers who share similar experiences, fostering community, understanding and encouragement. Participants benefit from emotional support, shared resources, and practical strategies for coping with treatment, recovery, and daily life. Attending can help reduce feelings of isolation, build resilience, and empower young adults. The range is 18-45 years old.

## Location

The support group will be held once a month as a hybrid model, both via teams, and in person.

Time: 11:00 AM-12:00 PM

Sessions will be held on the last Monday of each month.

In person: Suite 304 conference room.

Virtual Online: A Microsoft Teams link will be provided if you wish to attend on line. Instructions will be provided via email.

\*We will provide validated parking for those who attend in person

## Registration

To sign up for our young adult support group, email:  
[kathryn.brusnahan@allina.com](mailto:kathryn.brusnahan@allina.com) or call. for more information:  
612-863-3732

We will provide monthly email updates with meeting details.

## 2026 Meeting Dates

Monday, January 26, 2026

Monday, February 23, 2026

Monday, March 30, 2026

Monday, April 27, 2026

Monday, May 25, 2026

Monday, June 29, 2026

Monday, July 27, 2026

Monday, August 31, 2026

Monday, September 28, 2026

Monday, October 26, 2026

Monday, November 30, 2026

\*December date to be determined\*