



Winter 2008 Support Groups

Wonders & Worries

A family's illness. A child's journey.

Call 512.329.5757 to register

Wonders & Worries helps children cope when a loved one has a chronic or life-threatening illness like cancer, or when they themselves have a serious chronic illness. We strive to lessen the emotional and developmental effects illness has on children, and to help children gain effective coping and communication skills that they can use to deal with any life experience.

Our services are always offered free of charge and most are available in Spanish as well as English. We work with families in all stages of survivorship and with any type of life-threatening or chronic illness. Since our beginning in late 2001, more than 425 families in the greater Austin area have participated in our programs.

Individual counseling & group support are also available in schools. Wonders & Worries offers support groups and individual counseling in schools across Central Texas. Please call to learn how we can work with your school.

CPR for Parents: Child/Parent Relationship Training

For parents and caregivers, this group meets every Wednesday for eight weeks, beginning January 16th, 2008 from 5:30 – 7:30 p.m. Parents will learn new ways to help their child cope with illness or loss in their family, gain insight into their child's emotions, strengthen their child's self-esteem and self-control, and have FUN with their child in a new way. Childcare is available at no charge.

Teen Night

This ongoing program for teens ages 12–18 meets every 2nd and 4th Tuesday each month from 6–8 p.m. Teens can build support in a peer group designed for them, focused on their interests and concerns. Open to any teen with any type of serious illness in the family. Snacks will be provided.

Children who have a parent with cancer - call for dates and locations

Children ages 6–11 years old meet weekly for six weeks

Children usually feel less isolated when they can meet other children coping with similar experiences. The group will consist of age-appropriate education about cancer, expressive games and activities, and beneficial coping strategies. Snacks will be provided.

Children with a Chronic Illness

Wonders & Worries may add groups for children with other illnesses as the need arises. Please call for more information, or to indicate interest in additional groups. Current groups are:

- * Children and teens diagnosed with a **chronic illness** meet on Mondays from 6:00-7:30 pm
- * Children diagnosed with **Juvenile Rheumatoid Arthritis** meet the 2nd Saturday of each month from 10:30 am-Noon

Now 2 locations in Austin! 923 Westbank Drive, Suite C & 1715 East Sixth Street, Suite 100

Phone 512-329-5757 • Fax 512-329-5767 • www.wondersandworries.org