

HOPE  
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HUG

TALK OUT

YOUR  
DOUBTS.

KIDS  
NEVER  
QUIT.

## Wonders & Worries

Wonders & Worries ensures that children and teenagers can reach their full potential even though their parent is going through a serious illness.

A parent's illness can affect a child's mental health, brain development, relationships and school performance. But with tools and guidance, families can strengthen their communication and effectively support each other.

All services are provided free of charge, and offered in English and Spanish. Since 2001, Wonders & Worries has served more than 8,500 children and their family members.

[www.wondersandworries.org](http://www.wondersandworries.org)  
Tel: 512-329-5757

## What We Do

Wonders & Worries provides free, professional support for children 2-18 years through a parent's illness. Through activities, education and self-expression, children and teens gain:

- Age-appropriate understanding of the illness, treatments and side effects
- Strategies for expressing feelings related to changes in the family
- Skills for coping with stress, anger, sadness and fear
- Confidence in how to communicate openly, honestly and constructively
- Connections to peers sharing similar experiences

## Our Services

Professional child life staff work with the children and their caregivers to improve understanding, enhance communication and better manage the stress of a parent's illness. Offered free of charge in English and Spanish, services include:

### Individual Sessions

Providing one-on-one support for ages 2-18

### Group Sessions

Bringing together children ages 5+ to meet others coping with similar experiences

### Parent Support

Connecting parents with methods to better manage & communicate during an illness, through consultations and resources