



# Wonders & Worries

Professional support for children through a parent's illness.

We will, together.

The public health challenges, brought on by COVID-19, are unlike anything our community, nation, and world have experienced before. Our priority remains to provide professional support to families so children and teenagers can reach their full potential despite a parent's serious illness.

At Wonders & Worries, we believe it is our responsibility to prioritize the health and safety of our employees and the families they serve, especially because they represent such a vulnerable portion of the population.

Click [here](#) to read a message from the Executive Director, Alex Gabbi

We are stronger, together.

## Virtual Sessions Available

Individual Sessions and Parent Consultations available via video

- Phone consultations continue for parents.
- In adherence with CDC guidelines, regarding COVID-19, we are currently offering virtual support via video and mail (sending supplies) to children and teenagers ages 5-18.
- We are guiding parents in facilitating in-home sessions for children ages 2-18.
- Our Teen App is available so teens can connect in a virtual environment (see [here](#) for download instructions).
- Our Helpline, 844-WE-WONDER (844-939-6633), is open to receive calls at extended hours of Monday-Thursday 10 am-4 pm.

## Support Wonders & Worries Families During the COVID-19 Pandemic:

Due to the postponement of the Urban Scavenger Hunt and the increased cost of delivering support virtually, we ask that you consider "Paying it Forward" so that another family can receive the same help your family did during a difficult time. Make a donation on our [website](#) or by texting "Donate" to 205-649-5836 to fund general operations, virtual services, or underwrite the cost of therapeutic kits for use by families benefitting from virtual sessions.

No amount is too small!

## Community Resources in Response to COVID-19

- If you are uninsured and/or don't have a doctor, call [CommUnityCare](#) at 512-978-8775. CommUnityCare will talk to you over the phone and send you to the appropriate location.
- [Project Access](#) assists low-income and uninsured families, in Travis County, with medical access.
- Please refer to [this guide](#) for age-appropriate information about the COVID-19 that you can share with your children while minimizing stress within your family. Thank you to Katie Taylor, Child Life On Call, for this valuable resource.
- Watch this [video](#) for helpful tips on supporting your children and teens during the COVID-19 pandemic.
- Visit [austintx.gov](#) for more resources including assistance with utility bills, housing, and food.



## PARENTING PODCASTS

Our child life staff have created and launched a [parenting podcast](#), beneficial to ALL parents but especially helpful to parents experiencing an illness.

Listen to an episode now!



### Sup (by Wonders & Worries)

Wonders & Worries, Inc.

OPEN



5.0 ★★★★★

1 Rating

4+

Age

## "SUP!" TEEN APP BY WONDERS & WORRIES

For teen support that is virtual, easy and moderated, have your teens ages 13-18 download today!

They'll have access to medical information, activities to support coping, as well as discussion boards/motivation walls to interact with other teens impacted by a parent's medical illness. In addition, the "message a CLS" feature allows them to seek additional information and support or make a suggestion for improvement to the app.

Download Sup! today

## CONNECT WITH US

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) to keep up with what's going on and share about Wonders & Worries with your family and friends. We are here for them, just like we are here for you.

## SHARE A MEMORY

Share a current picture and memory about your time at Wonders & Worries by emailing it to Nicole Halder at [nicole@wondersandworries](mailto:nicole@wondersandworries).

Donate Here

Visit our [website](#) for more information about Wonders & Worries' services and resources for parents or to refer a family.

For more information please contact Nicole Halder at [nicole@wondersandworries.org](mailto:nicole@wondersandworries.org) or 512-329-5757, Ext. 120

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