



# What About Us?

**Saturday, July 26, 2014**  
**420 6<sup>th</sup> St. SE- Sister Mary Lawrence Center**

10 a.m. - 2:30 p.m.

A fun, free program developed by **Gems of Hope** offering support for children ages 5-12 with a family member facing cancer!

Cancer is an illness that affects the entire family. Children may often experience a wide range of emotions including:

- Sadness
- Fear or Uncertainty
- Guilt
- Anger
- Jealousy
- Loneliness

Children participating in the “What About Us?” program have the opportunity to:

- Identify and learn to cope with their feelings related to their loved one’s cancer diagnosis
- Have fun with other kids facing similar circumstances
- Gain skills through children’s yoga to help them cope with physical and emotional stress

This program is facilitated by licensed social workers. Networking and support are available for parents and guardians during each session.

This program was developed by Gems of Hope, Inc. and is partially funded by a grant from the Linn County Board of Supervisor’s Witwer Trust.

Contact us today for more details! **393-9681** or [office@gemsofhope.com](mailto:office@gemsofhope.com)