



**FREE** For kids ages 5-12, to help them identify, communicate and cope with their feelings when someone close to them has been diagnosed with cancer.



**NEXT SESSION: May 28, 2016 10-2:30**  
Gems of Hope Office  
420 6th ST SE, Suite 140  
Cedar Rapids, Iowa, 52401

### **What About Us?**

What About Us? utilizes structured activities to help children ages 5-12 identify, communicate and cope with their feelings when someone close to them has been diagnosed with cancer.

The program is based on emotional intelligence and uses a strength-based approach to promote better mental health. The aim is to build upon the child's strengths and enhance his/her ability to cope with the stress related to their loved one's cancer diagnosis.

This **FREE** session is being offered again for 1/2 day on a **Saturday, May 28, 10:00am-2:30pm**. *Lunch is served!* The children's group is facilitated by social workers with special training in cancer counseling. The session will be held at the Gems of Hope office in the Sister Mary Lawrence Community Center. Parents are invited to browse resource materials for their children as the children are in their session. This session made possible in part by funding from the Witwer Trust Grant.

**Register Now!** Name of Child \_\_\_\_\_  
Name of Parent \_\_\_\_\_ Age of Child \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Return to Gems of Hope, 420 6th ST SE Suite 140, Cedar Rapids, Iowa 52401  
319-393-9681 ▪ visit [www.gemsofhope.com](http://www.gemsofhope.com) for more info ▪ one form per child  
▪ lunch is provided