

19

*years.*

9,200

*children & parents.*

1

*mission.*



Wonders & Worries

Professional support for children  
through a parent's illness.

*We will, together.*

## We know

Emotionally healthy families are the cornerstones of a thriving society.

## Our work

Ensures that families can thrive even though a parent is going through a serious illness.

Effects of a serious illness **extend well beyond just the patient.**

There is a large **social impact.**

The patient is a parent  
The patient is an employee  
The patient has a spouse

PATIENT


The patient's social circles –  
friends, co-workers  
The patient's caregivers  
The patient's providers

Effects of a serious illness **extend well beyond just the patient.**

It is a  
**traumatic event**  
for their children.

# CHANGE

Routines  
Communication  
Outcomes  
Caregiving



WONDERS & WORRIES

## What We Do

Wonders & Worries offers professional support for children and teenagers through a parent's illness

## WONDERS & WORRIES

# What is a Child Life Specialist?

- A Child Life Specialist is a professional who is specially trained to minimize both the immediate and potential long-term effects of stress, anxiety and psychological trauma that can occur in a variety of settings, ultimately empowering children, families and their support systems to reach their full potential.
- Child life professionals help children and their families cope, gain a sense of mastery, engage in self-expression and promote resiliency.



A photograph of two young children sitting on a wooden playground structure. The child on the right is hugging the child on the left. They are both wearing light blue t-shirts. The background is a blurred playground with yellow and blue equipment. The image has a soft, warm light filter.

RISK FOR CHILDREN

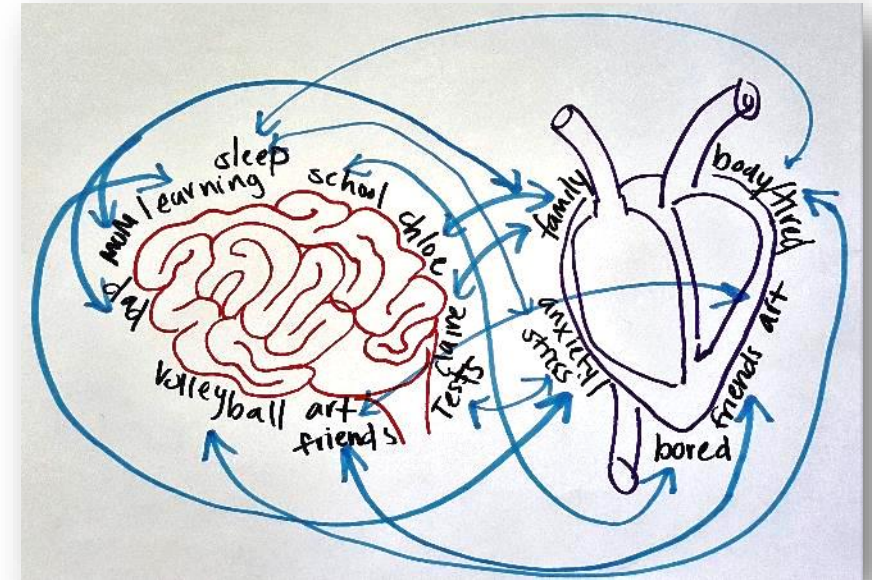
# When a Parent Has a Serious Illness

- The risk for stress disorder increases 5-fold
- Pronounced mood changes including anger, sadness, fear, and anxiety
- Academic changes including declining performance and inability to concentrate
- Enhanced somatic system disorders such as stomachaches, trouble sleeping and eating, and rashes
- Social/interpersonal changes including acting out, denial, and withdrawal from relationships

## WONDERS & WORRIES

# How Our Programs Work

- Give age-appropriate **understanding** of illnesses, treatments & side effects
- Facilitate **communication** of feelings related to changes in the family
- Identify individual **coping skills** to help ease stress, sadness, anger & fear





A woman with long brown hair, wearing a white top with blue floral patterns, is sitting and holding a light-colored teddy bear. A young child with blonde hair, wearing a white lab coat and a black headband, is standing next to her, working on the bear. The background shows a clinical or hospital setting with various medical equipment and supplies.

WONDERS & WORRIES

## 6 Core Services

- Individual Sessions
- Check-in Groups for Illness and Loss
- Peer Group Sessions
- Parenting Support
- Anticipatory Grief
- Family Fun Events (Austin only)



WONDERS & WORRIES

## Individual Sessions

- For ages 2-18
- Based on our exclusive illness education and coping curriculum
- Highly personalized, tailored for individual needs



## WONDERS & WORRIES

# Peer Group Sessions

“Wonders & Worries helped me because I could talk to other kids that were going through the same thing I was. It helped me understand what my mom was going through. I tried to talk to my friends, but they didn’t understand.”

— Reese, 10 years old



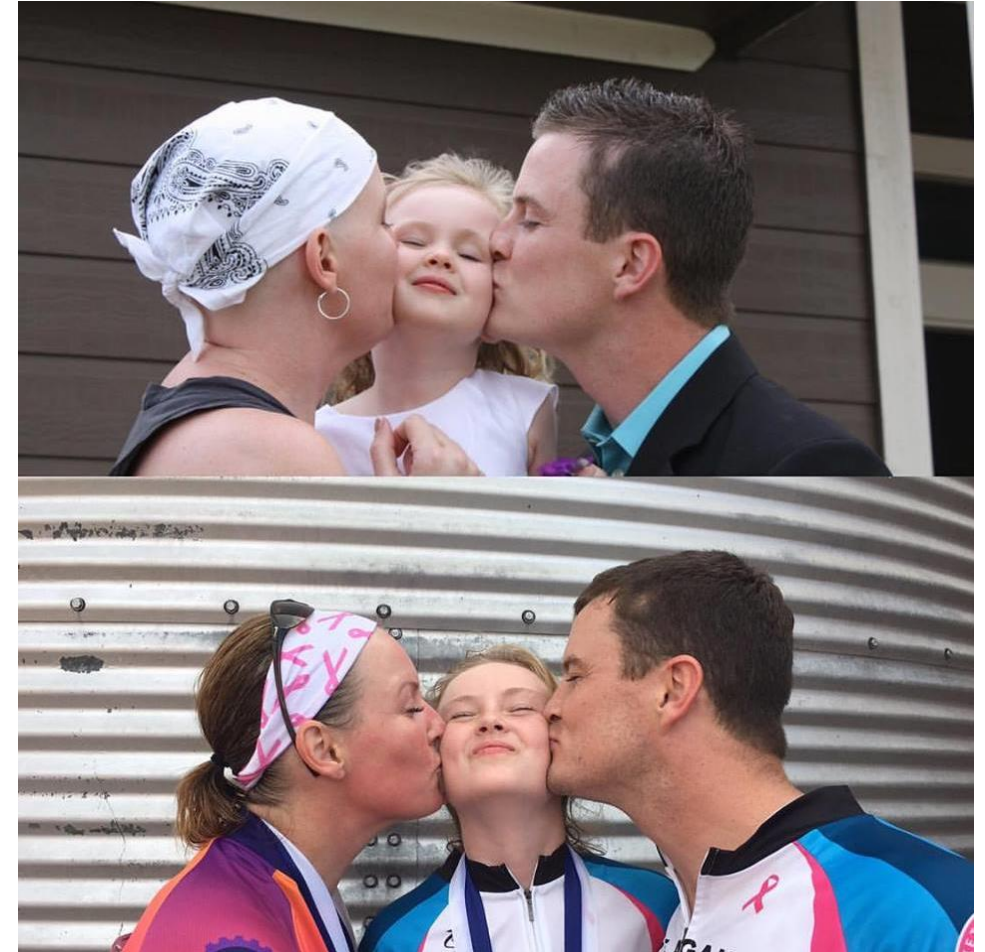


WONDERS & WORRIES

# Parenting Support

Teaches parents how to:

- Improve parenting skills during an illness or after the death of a parent
- Set appropriate boundaries at home
- Improve family coping and communication





WONDERS & WORRIES

# Anticipatory Grief Support

Helping families prepare for the loss of a parent



## WONDERS & WORRIES

# Family Fun Events



Allows families to be together in a relaxing environment and enjoy a respite from illness.



## WONDERS & WORRIES

### How it Works

- Our support is **preventative** in nature.
- Families get the most out of our program when they are **directly referred** to us by professionals as close to the diagnosis and development of a treatment plan as possible.

TALK OUT  
YOUR DOUBTS.



# 9 TIMES

MORE FAMILIES CONNECT TO WONDERS & WORRIES



Wonders & Worries

Professional support for children  
through a parent's illness.

*We will, together.*

*when*



*visits our website or  
calls/emails/faxes us*

A PROFESSIONAL REFERS A FAMILY ON OUR WEBSITE OR CALLS/EMAILS/FAXES US



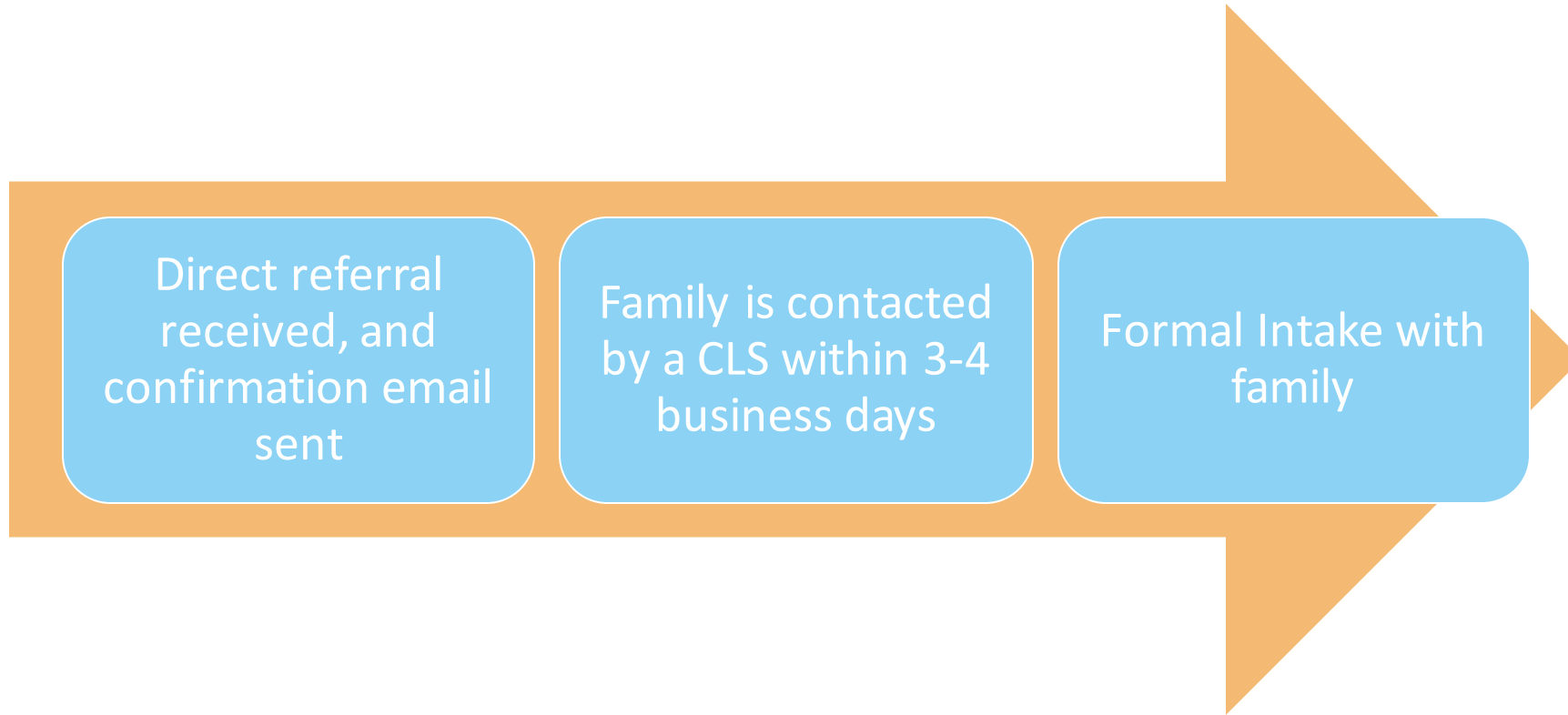
Wonders & Worries

We Will, Together.



## WONDERS & WORRIES

# When a Family is Referred



WONDERS & WORRIES

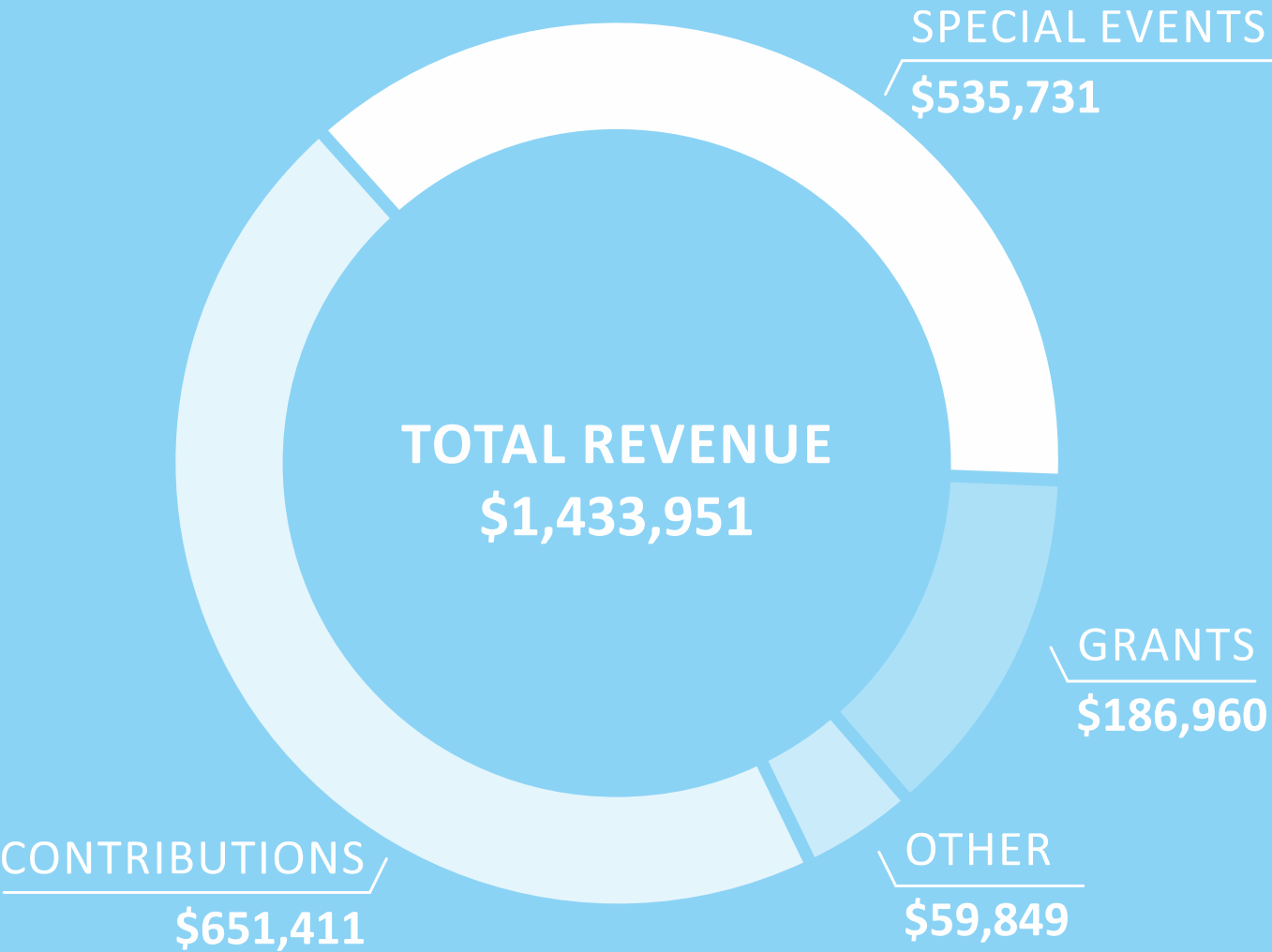
## Satisfaction With Our Services

Client Survey Results-  
How satisfied are you with the services  
provided to your family by Wonders &  
Worries?

100%  
Very Satisfied

WONDERS & WORRIES

# Revenue



## WONDERS & WORRIES

# Community Partners



We Will, Together.



WONDERS & WORRIES  
Helpline

844-WE-WONDER

A hand holds a smartphone displaying a text conversation. The messages are: "Hey hun, we need to tell the kids about grandpa's illness", "I know. But how? 😞", "I saw this", and a button that says "1-844-WE-WONDER HELPLINE". Below the button, a message reads: "Looks like a quick phone call for advice - from Wonders & Worries".

THE HELP YOU NEED  
IN THE TIME YOU HAVE

FREE EXPERT ADVICE ON HOW TO TALK  
TO KIDS ABOUT ADULT ILLNESS.

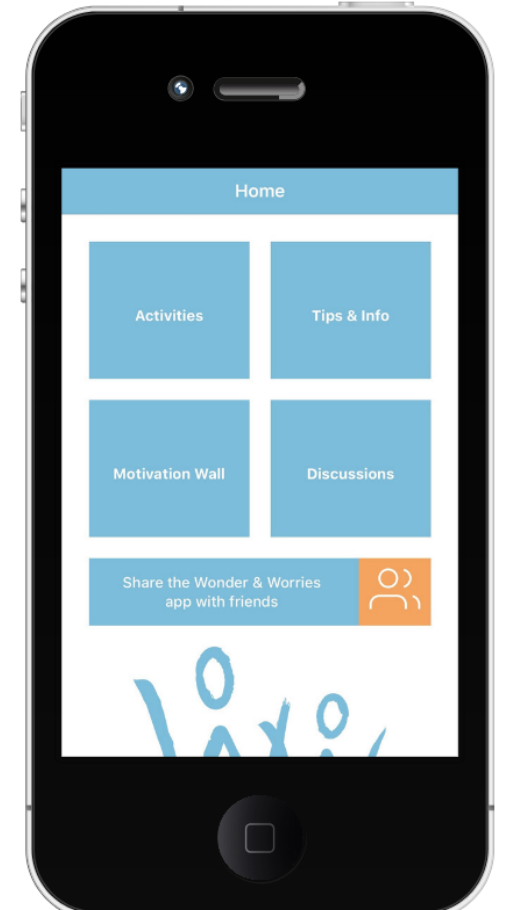
The logo for Wonders & Worries, featuring a stylized blue 'Ww' icon and the text '1-844-WE-WONDER HELPLINE' and 'from Wonders & Worries'.A family is sitting on a beach. A young girl is sitting in a wheelchair, and a boy is sitting next to her. A woman is sitting behind them. They are all looking towards the camera.

"Mom, why is Peyton's  
dad in a wheelchair?"

FREE EXPERT ADVICE ON HOW TO TALK TO KIDS ABOUT ADULT ILLNESS.

The logo for Wonders & Worries, featuring a stylized blue 'Ww' icon and the text '1-844-WE-WONDER HELPLINE' and 'from Wonders & Worries'.

# WONDERS & WORRIES Teen App





WONDERS & WORRIES

# Virtual Reality Treatment Center Tours



Wonders & Worries

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## WONDERS & WORRIES

# Parent Podcast

- Join Ali, Julie, and other Wonders & Worries professionals as they discuss common parenting issues that arise when a parent within the household endures an illness.
- Each episode is about 20-30 minutes and addresses a specific area of concern for parents related to communication with their children, feelings/emotional regulation, as well as coping and resiliency.
- This podcast is beneficial for ALL parents! New episodes are posted on our website every 6-8 weeks.





## WONDERS & WORRIES

# Virtual Sessions Offered During COVID-19 Pandemic

- Phone consultations continue for parents.
- We are now 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.
- Helpline operating at extended hours during the COVID-19 pandemic



WONDERS & WORRIES

# CEU Opportunities

## Topic:

- Learn how to help children and teens prepare for, and cope with, loss (separation, divorce, death, illness and hospitalization, deportation, and incarceration)

## Accreditation:

- Accredited by the Texas State Board of Social Workers

## Link:

- <https://www.wondersandworries.org/continuing-education-units/>



## WONDERS & WORRIES

# Registered Wonders & Worries Provider (RWWP) Program

### Topic:

- Our program is built to be for both Certified Child Life Specialists and Licensed Mental Health Professionals who want to increase their skills and competence in working with children impacted by illness and/or grief.

### Accreditation:

- 16 CEU's: Accredited by the Texas State Board of Social Workers

### Link:

- <https://www.wondersandworries.org/rwwp/>

## WONDERS & WORRIES

# Ways to Get Involved

### Organization

- Sponsor an event
- Sponsor a Team at the Urban Scavenger Hunt or No Worries Classic
- Volunteer at an event

### Individuals

- Donate (may be matched by employer)
- Attend an event
- Refer potential clients
- Spread the word
- Teen Council
- Volunteer

# Contact Us

**TEL** 512-329-5757

**EMAIL** [jordan@wondersandworries.org](mailto:jordan@wondersandworries.org)

**WEB** [www.wondersandworries.org](http://www.wondersandworries.org)

Families can be referred by a professional or self-refer by visiting our website or calling 512-329-5757.



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