

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

A woman with glasses, wearing a light blue hospital gown, is sitting up in a hospital bed. She is smiling warmly at the camera. Two young girls are sitting on the bed with her. The girl on the left is holding a doll dressed in a pink floral dress. The girl on the right is wearing a black long-sleeved shirt with white stars and is also smiling. To the left of the bed, there is a medical monitor on a stand displaying various vital signs. The room has white walls and a white pillow behind the woman.

WONDERS & WORRIES

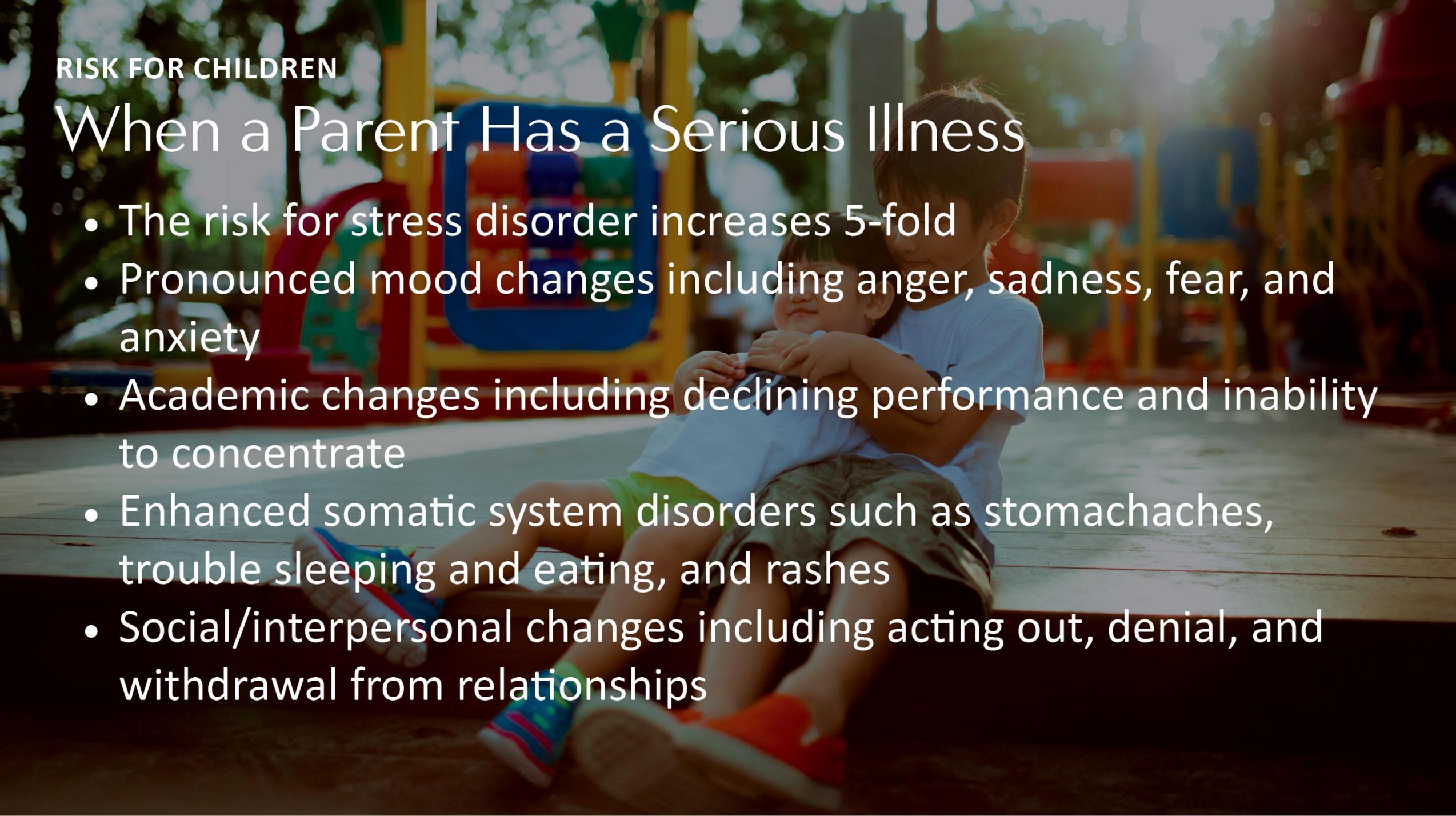
What We Do

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

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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 bench at a playground. The child on the right is hugging the child on the left. The background shows colorful playground equipment and trees. The image has a soft, slightly blurred quality with a warm, golden light.

RISK FOR CHILDREN

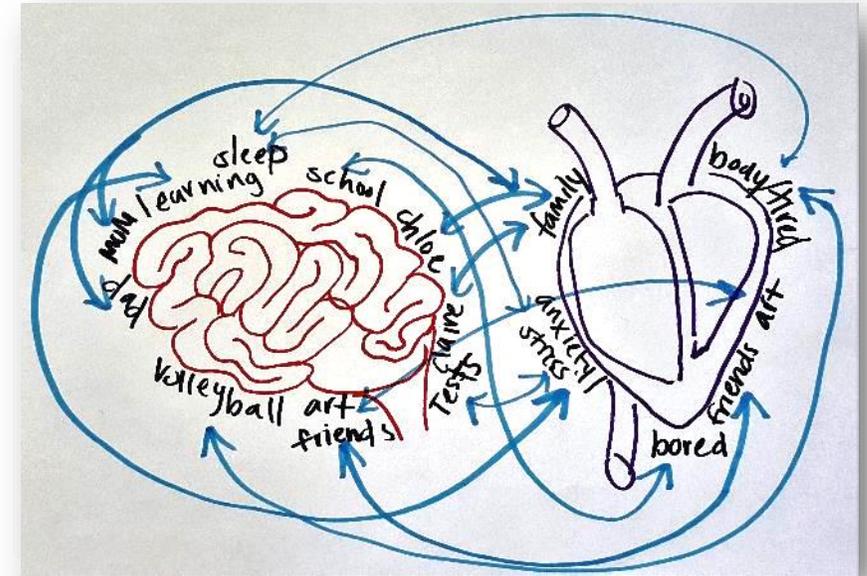
When a Parent Has a Serious Illness

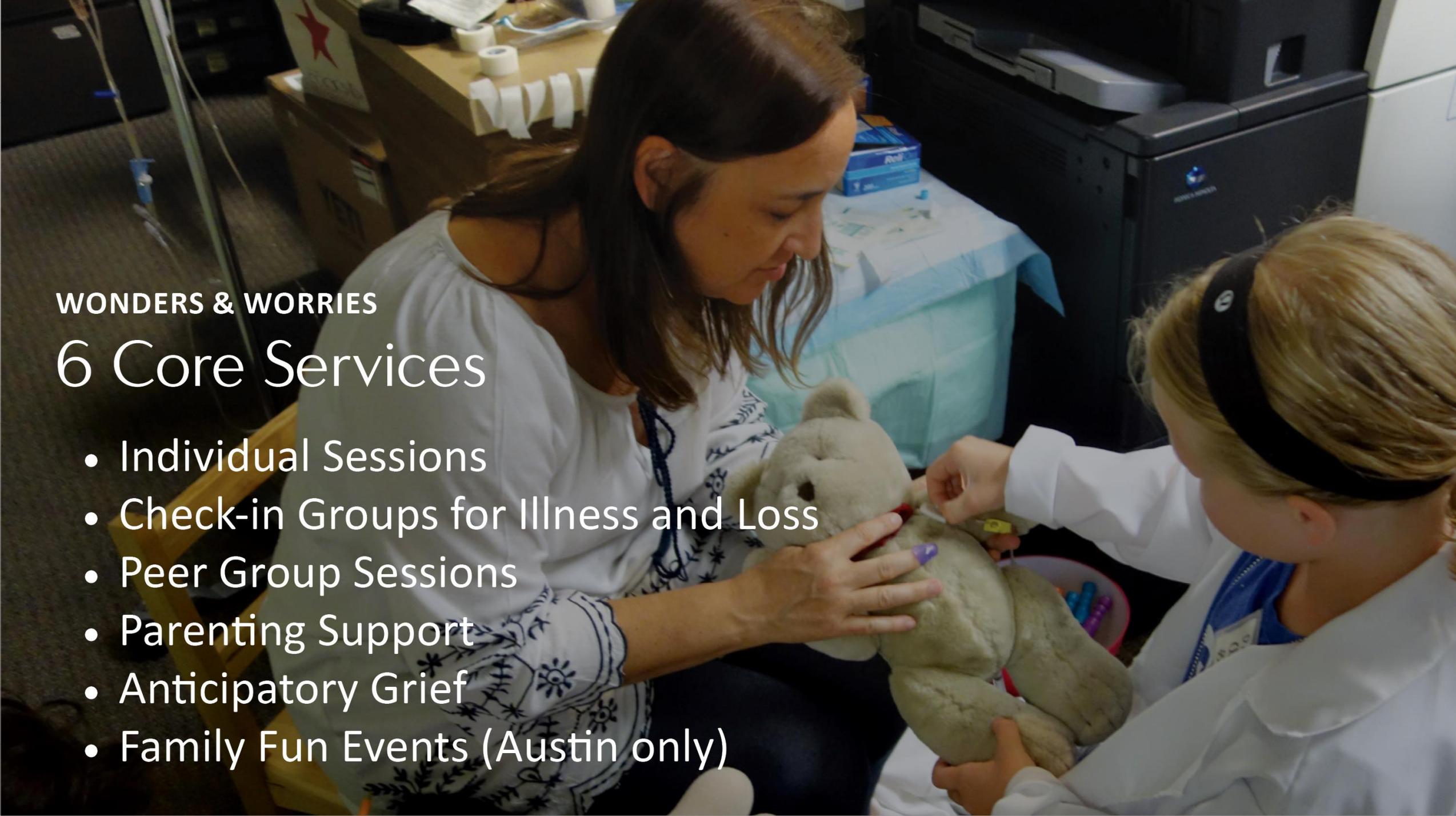
- The risk for stress disorder increases 5-fold
- Pronounced mood changes including anger, sadness, fear, and anxiety
- Academic changes including declining performance and inability to concentrate
- Enhanced somatic system disorders such as stomachaches, trouble sleeping and eating, and rashes
- Social/interpersonal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

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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 dark hair, wearing a white top with blue floral patterns, is sitting in a yellow chair. She is holding a large, light-colored teddy bear. A young child with blonde hair, wearing a white lab coat and a black headband, is standing next to her, also holding the bear. They appear to be in a hospital or clinic setting, with medical equipment and supplies visible in the background. The woman is looking down at the bear, and the child is looking at the bear as well. The scene is brightly lit.

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6 Core Services

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

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Individual Sessions

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



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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

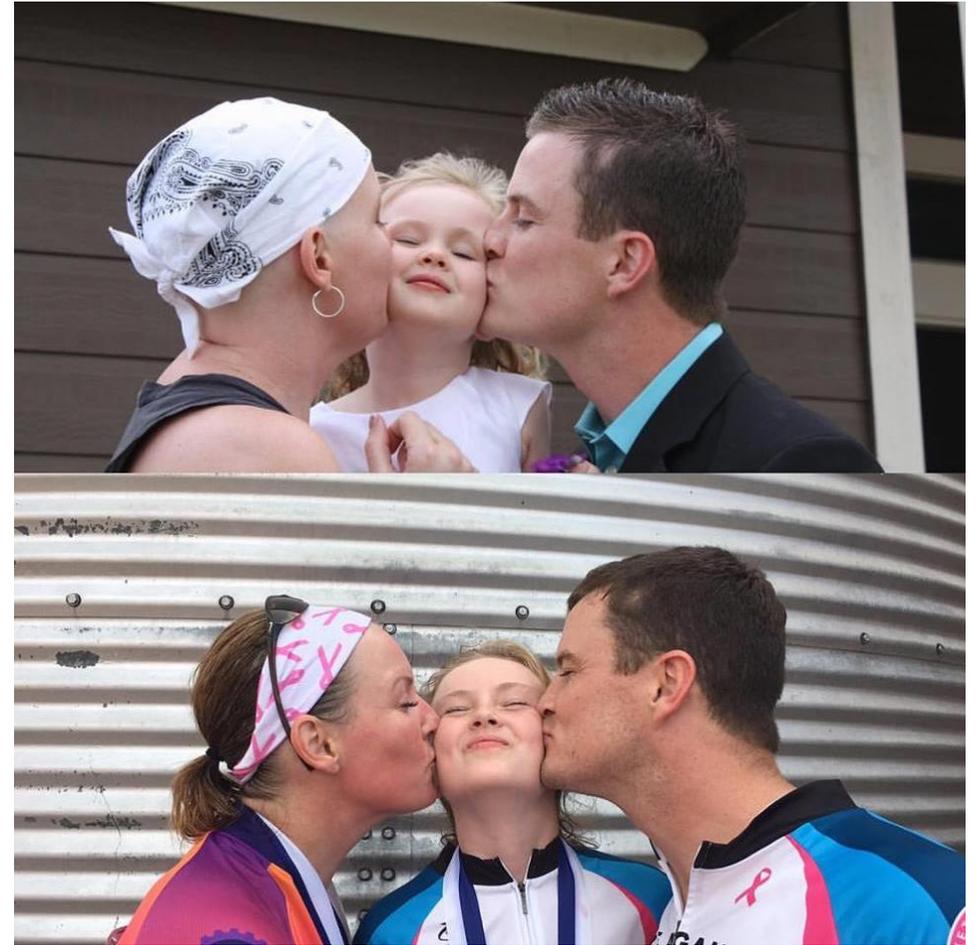


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Parenting Support

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



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Anticipatory Grief Support

Helping families prepare for the loss of a parent



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Family Fun Events



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

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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



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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

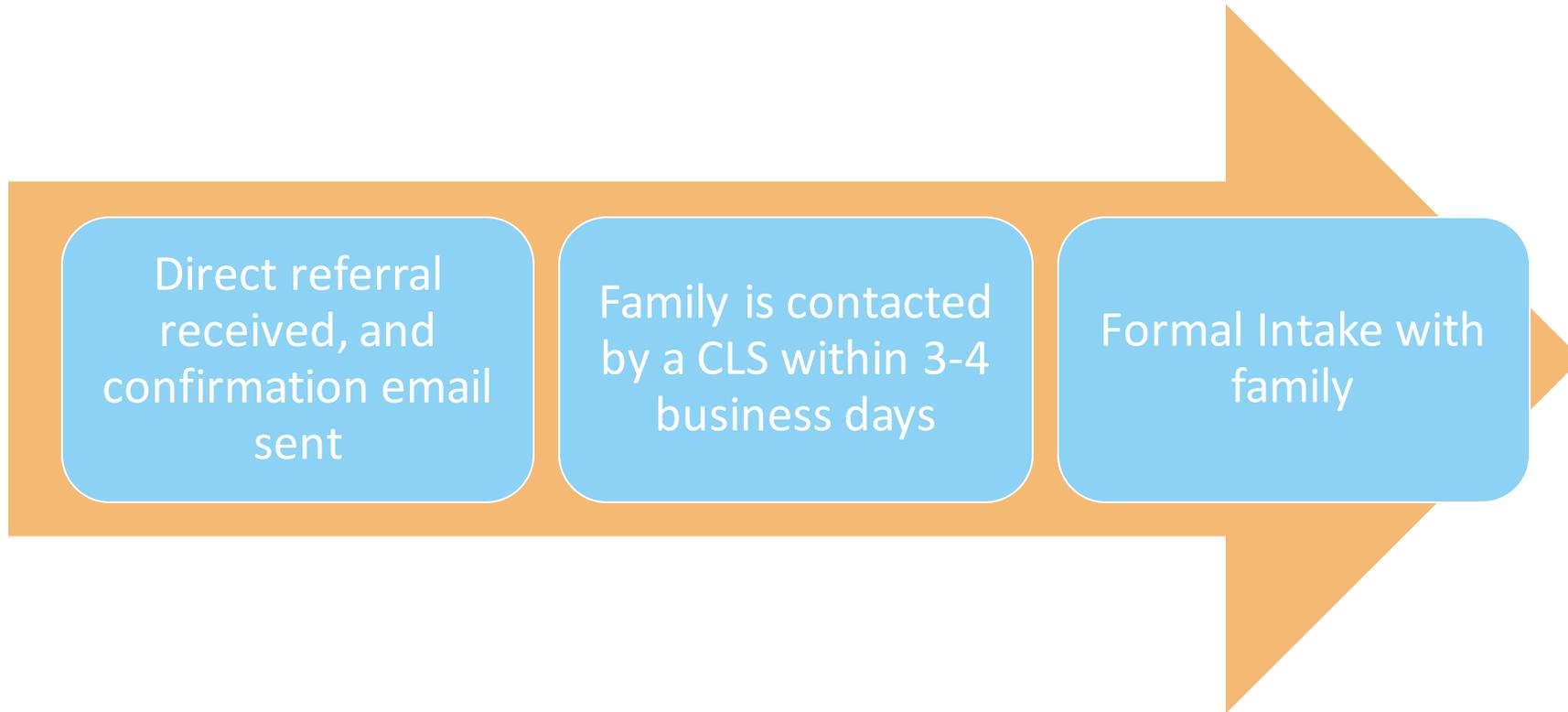


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When a Family is Referred



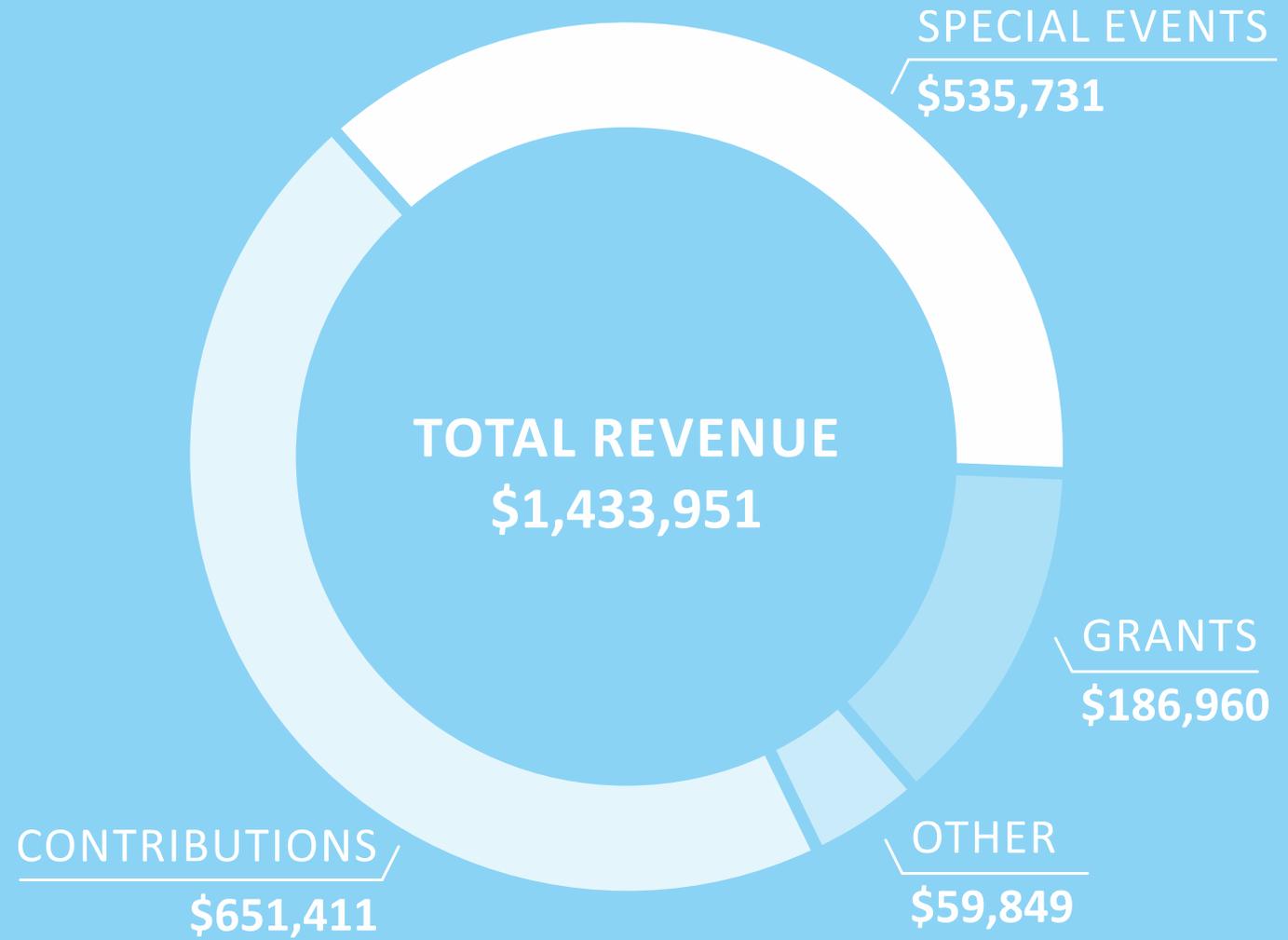
WONDERS & WORRIES

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



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WONDERS & WORRIES
Helpline

844-WE-WONDER



THE HELP YOU NEED
IN THE TIME YOU HAVE

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



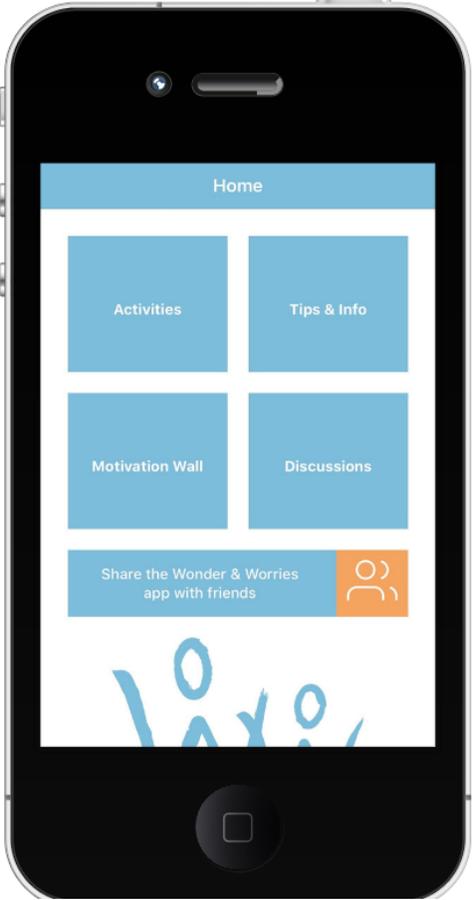
"Mom, why is Peyton's
dad in a wheelchair?"

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



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Teen App



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Virtual Reality Treatment Center Tours



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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.



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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



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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/>



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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/>

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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

WEB 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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