

CLIMB®

Children's Lives Include Moments of Bravery Program at the Ottawa Regional Cancer Foundation's Maplesoft-Jones Centre

FOR CHILDREN WHOSE PARENTS HAVE CANCER

PROGRAM

Children's Lives Include Moments of Bravery (CLIMB) is a group program developed by the Children's Treehouse Foundation, a non-profit foundation dedicated to the emotional support of children who have parents or a loved one living with cancer. The CLIMB program at the Ottawa Regional Cancer Foundation offers six weekly group sessions, at no cost, during which conversation and art are used to help children ages 6-12 identify and appropriately express complex feelings. They keep their own workbook to capture their progress, which they can share with their family at home.

The aim is to build upon the child's strengths and enhance his/her ability to cope with stress associated with the parent's illness.



BENEFITS

- An increase in the children's knowledge about cancer and its treatment
- Normalization of feelings of sadness
- Children are better able to identify strengths and normalize anxiety
- Children are better equipped to express and manage anger appropriately
- Communications about feelings are improved
- Communications with the parents or loved one who have cancer are improved
- Overall, children learn that cancer is "not their fault", that they are not alone and they are better equipped to express feelings and cope with change

DETAILS

The children's group will run on Tuesday evenings from 6-7:30pm from September 20nd to November 1st. There will be a preliminary parents orientation session that the parent(s) or guardian(s) are asked to attend.

For more information please email support@ottawacancer.ca

To register visit

www.ottawacancer.ca/calendar/
and select the first session on September 20, 2022

 1500 Alta Visa Drive, Ottawa