



## ***PACK Program***

**Child Life Department • Winchester Hospital**

### **Helping Children Cope When Someone They Know Has Cancer**

*To make an appointment to help your child cope call a Child Life Specialist at: 781-756-2731.*

#### **Recommended Resources for Helping Children Cope with Cancer in the Family**

1. Ackermann & Ackermann. **Our Mom Has Cancer** (4-10 years)  
ISBN# 094423531X \$9.71
2. Blake, Blanchard, Parkinson & Murphy-Melas. **Paper Chain** (3-8 years)  
ISBN# 0929173287 \$ 8.95
3. Brack, Pat. **Moms Don't Get Sick** (3-13 years)  
ISBN# 0937603074
4. Clifford, Christine. **Our Family Has Cancer, Too!** (7-12 years)  
ISBN# 0816641862 \$6.95
5. Cohen, Cindy Klein & Henley, John. **My Daddy's Cancer** (Ages 3+)  
ISBN# 0965649814 \$7.95
6. Fine, Judyline. **Afraid to Ask: A Book About Cancer** (9-12 years)  
ISBN# 0808584480
7. Frahm, Amelia. **Tickles Tabitha's Cancer-tankerous Mommy** (4-8 years)  
ISBN# 0970575203 \$9.95
8. Ganz High Five Publishing. **Life Isn't Always a Day at the Beach**  
Workbook for ages 4-13 years that helps children understand their feelings when someone they know has cancer. \$9.95 [www.HopingSkillsCompany.com](http://www.HopingSkillsCompany.com)
9. Heiney, Hermann, Bruss & Fincannon. **Cancer in the Family- Helping Children Cope with a Parent's Illness** (Adults)  
ISBN# 0944235344 \$18.95
10. Hoping Skills Company. **A Guidebook for Adults Helping Children and Teens Through Serious Illness, Grief and Loss** (Adults)  
[www.HopingSkillsCompany.com](http://www.HopingSkillsCompany.com) \$6.95

11. McCue, Kathleen. **How to Help Children Through a Parent's Serious Illness**  
ISBN# 0312146 \$13.95
12. National Cancer Institute. **When Someone in Your Family Has Cancer**  
27 page booklet that provides explanations for diagnosis, surgery, chemotherapy, radiation and side effects. Includes feelings, common questions/answers and glossary. Free: 1-800-4-CANCER.
13. Russell, Neil. **Can I Still Kiss You?** (Adults)  
ISBN# 1558749284 \$8.95
14. Vigna, Judith. **When Eric's Mom Fought Cancer**  
ISBN#0807588830 \$22.95
15. Vogel, Carole. **Will I Get Breast Cancer? Questions and Answers for Teenage Girls** (9 years +)  
ISBN# 0671880470 \$22.00
16. Winthrop, Elizabeth. **Promises**  
ISBN# 0395822726 \$16.00

## **Helpful Websites**

**The American Cancer Society** 1-800-227-2345 [www.cancer.org](http://www.cancer.org)  
**Cancer Care** 1-800-813-HOPE(4673) [www.cancercare.org](http://www.cancercare.org)  
**The Cancer Information Service** 1-800-422-6237 [www.nci.nih.gov](http://www.nci.nih.gov)  
**Hoping Skills Company** 978-921-2237. Coping kits for children. [www.HopingSkillsCompany.com](http://www.HopingSkillsCompany.com)  
**KidsCope** [www.kidscope.org](http://www.kidscope.org)  
**Kids Konnected** 1-800-899-2866 [www.kidskonnected.org](http://www.kidskonnected.org)  
**The Leukemia & Lymphoma Society** 1-800-955-4572 [www.leukemia.org](http://www.leukemia.org)

## **Counseling Services & Crisis Support**

Social Work Referral System	617-720-2828
Psychiatric Crisis Intervention	800-540-5806

### **Arlington**

Aspire Counseling, Arlington	781-648-2420
Arlington Counseling Association, Inc.	781-641-4100
Referrals for Psychotherapy & Counseling	781-643-3600

### **Malden**

Arbour Counseling Services	781-322-1503
----------------------------	--------------

### **Medford**

Adult & Child Consultation Center	781-391-3266
Medford Counseling Association	781-391-6222

**North Reading**

Magic of Believing

978-664-9285

**Reading**

Birch Meadow Counseling

781-944-1230

**Stoneham**

Alliance Counseling & Therapy

781-438-5550

Comprehensive Counseling

781-279-9009

New Beginnings Counseling Service

781-438-0038

**Woburn**

Arbour Counseling Services

781-932-8114

**The Child Life Program at Winchester Hospital**

*The Child Life program at WH is devoted to helping children and families feel more comfortable visiting someone in the hospital or managing healthcare related issues. Child Life Specialists serve as resources regarding the emotional and developmental impact that illness, injury and trauma can have on children and families. With this in mind, the Child Life Program at Winchester Hospital has developed the PACK Program.*

***When Should You Contact a Child Life Specialist?***

- *If you need assistance talking with your child about someone's diagnosis, treatment or prognosis.*
- *If you would like someone to prepare your child for what he/she will experience when visiting someone in the hospital.*
- *If you have concerns about how your child is coping.*
- *If you need age-appropriate resources or local support services.*

**For additional resources or to make an appointment to help your child cope call a Child Life Specialist at: 781-756-2731. Your call will be returned within 24 hours.**