



Wonders & Worries

Professional support for children through a parent's illness.

We will, together.



WONDERS & WORRIES LAUNCHES ITS FIRST VIRTUAL REALITY SERVICE WITH OUR VR TREATMENT CENTER TOUR!

Wonders & Worries is excited to announce the completion of a Virtual Reality Treatment Center Tour in partnership with Texas Oncology. The tour highlights key components of a parent's clinic visit so children can see where their parents go when receiving treatment and gain education to address potential questions or concerns.

We are very grateful to Texas Oncology for providing the funding and a location to shoot the video.



SELF-CARE PODCAST

HOW CAN YOU CARE FOR YOURSELF DURING COVID-19?

Julie May, our child life specialist who oversees production of Wonders & Worries' podcast, interviewed Wonders & Worries Program Director Crystal Wilkins on 5 aspects of self-care: Physical, Emotional, Intellectual, Professional, and Spiritual.

Parents impacted by illness are more vulnerable to stress. We know that self-care is always important, but during an illness journey, it becomes essential. Many of our normal routes for self-care may be interrupted or unavailable, particularly at this time. As parents, we are used to caring for our children and often put our own needs second. However, allowing for opportunities to practice self-care can help us be even better parents.

PARTNERS IN HOPE



Thank you to one of our client families who hosted a blood drive to support their dad! The daughters set up a lemonade stand and collected donations for Wonders & Worries. What a wonderful way to ensure that more families get the help they need!

WAYS TO BECOME A PARTNER IN HOPE

CONNECT WITH US

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) to keep up with what's going on and share about Wonders & Worries with your family and friends. We are here for them, just like we are here for you.

ATTEND OUR EVENTS

Our No Worries Classic Event is coming up on October 16th! Join us for a half-day shoot, delicious lunch, and the chance to win fantastic prizes at the Texas Disposal Systems Exotic Game Ranch. Register [here!](#)

SHARE A MEMORY

Share a current picture and memory about your time at Wonders & Worries by emailing it to Nicole Halder at nicole@wondersandworries.org.

VOLUNTEER

Interested in [volunteering](#)? Learn about opportunities to help others at Wonders & Worries. We have something for everyone!

LEVERAGE THE HOLIDAYS

Leverage the next birthday or holiday to collect money to support future families of Wonders & Worries. Learn more about this on our [Community Champion page!](#)

HAND IT FORWARD

We rely on the support of businesses and the generosity of donors to be able to offer our services at no cost to families. You can help make a huge difference in the life of the next family in need by making a financial contribution.

No amount is too small to make a difference.

[Donate Here](#)

Visit our [website](#) for more information about **Wonders & Worries' services and resources for parents** or to refer a family.

For more information please contact Nicole Halder at nicole@wondersandworries.org or 512-329-5757, Ext. 120

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

9101 Burnet Road Suite 205
Austin, TX | 78758 US

This email was sent to .
To continue receiving our emails, add us to your address book.



[Subscribe](#) to our email list.