



Wonders & Worries

Professional support for children through a parent's illness or injury.

We will, together.

Wonders & Worries FAQs

1. What is Wonders & Worries?

Wonders & Worries is a Texas-based nonprofit that provides free, professional support to children and teenagers during a parent's serious illness or injury. Services are available in English and Spanish.

2. What does Wonders & Worries do?

Wonders & Worries ensures that children and teenagers can reach their full potential, despite a parent's serious illness or injury. Through activities, children and teens gain:

- Age-appropriate understanding of illness, treatments and side effects
- Strategies for expressing feelings related to changes in the family
- Skills for coping with stress, anger, sadness and fear
- Connections to peers sharing similar experiences

3. Who are services for?

Wonders & Worries provides free, professional support for ages 2-18 who have a parent with a serious or chronic illness or injury. Consultations, classes and support groups are also available for parents.

4. Why do children and teenagers need support if they're not the ones who are sick?

A parent's life-changing illness can negatively affect a child, increasing their risks for behavioral, emotional and academic problems. It can interfere with personal relationships and stress management.

5. How much do services cost?

All Wonders & Worries services are free of charge to families. This includes individual and group sessions, parent consultations, parenting classes and family fun events.

6. When should a family connect with Wonders & Worries?

As soon as possible after a parent's diagnosis. The research-based materials and activities are best absorbed over several sessions – ideally, before problems emerge at home or school. The earlier we can connect, the greater our ability to guide a family and build a strong foundation for parents and children.

7. What illnesses does Wonders & Worries work with?

Wonders & Worries works with families who have a parent with a serious physical illness or injury. Families facing mental health or substance abuse issues will be guided to other resources.

8. Does Wonders & Worries offer bereavement support?

If a family connects with Wonders & Worries before a loss occurs we are available to guide parents. We will provide support to a child or teen if there is time to form a relationship with them prior to the loss (i.e. four or more weeks of life expectancy). However, if a loss has already occurred, families will be guided to other grief resources.



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9. Does Wonders & Worries support siblings of ill children?

Siblings of chronically ill children are best served through hospital-based child life specialists because of the connections with their medical team. Families needing sibling support are encouraged to request consultation with a child life specialist at their next clinic appointment. Wonders & Worries can provide referrals to additional resources.

10. What if the ill family member is a grandparent?

Grandparents often have a vital caregiving role. As such, grandparent illnesses are considered on a case-by-case basis. Call 512-329-5757 to talk through your situation with our professional staff.

11. How can someone connect with Wonders & Worries?

No referral is required. The best way to access support is to call 512-329-5757 in the Austin area or 210-307-4853 in the San Antonio Area. You can also fill out an online form at wondersandworries.org/request-information-services/. Finally, you can contact our helpline at 1-844-WE-WONDER.