

Oncology Supportive Resources for Families



When a parent is diagnosed with cancer, the entire family is affected, especially the children who may feel confused, worried or unsure of how to express their emotions. You are not alone and neither are they. This flyer provides trusted resources designed to support children and teens as they navigate this experience. These tools are here to help your family find strength, hope and connection during a challenging time.

In-person groups

In-person support groups offer children and families a unique sense of connection that can't always be replicated in other settings. Sharing space with others who are experiencing similar challenges fosters belonging, reduces feelings of isolation and creates opportunities for real-time empathy and understanding. These groups provide a safe environment for expressing emotions, asking questions and learning healthy coping strategies. For children and teens especially, being part of a supportive community helps normalize their feelings and builds resilience. In-person connections through conversation, play and shared experiences strengthen their sense of support, stability and hope during a parent's cancer journey.

- **Kids Together Against Cancer (KTAC)**

KTACjax.com • 904.308.5822

One-to-one support, family summer series programming and monthly family nights.

- **Inheritance of Hope**

InheritanceOfHope.org

In-person monthly gatherings for patients with terminal diagnoses and their families to experience care and community. Online groups and legacy retreats offered as well.

- **Camp Kesem**

Kesem.org

Free programs that range from a few hours once a month or quarter to a week-long camp in the summer.

Online resources

Online support communities play an essential role in helping families navigate a parent's cancer diagnosis, offering connection and guidance when in-person resources may be limited or difficult to access. Virtual groups, forums and educational platforms allow children, teens and caregivers to receive support at any time, from any location – providing flexibility during an already demanding period. Online communities can help reduce feelings of isolation, offer peer understanding and connect families with valuable information and coping tools. While not a replacement for in-person interaction, online support serves as an important supplement, ensuring that families have continuous access to encouragement, shared experiences and a sense of community.

- **CancerCare for Kids**

CancerCare.org/ForKids

- **Pickles**

PicklesGroup.org

- **American Cancer Society**

Cancer.org/Cancer/Caregivers

- **Cancer Support Community**

CancerSupportCommunity.org/Navigating-Cancer

Wish fulfillment

Wish-fulfillment programs exist to bring moments of joy, comfort and connection to individuals and families facing serious illness. For families in which a parent has cancer, these programs create meaningful experiences – such as special outings, trips, or treasured family activities – that offer a break from medical stress and an opportunity to make lasting memories. By focusing on what brings happiness and togetherness, wish-fulfillment programs help families strengthen bonds, celebrate life and find hope during a challenging time.

- **One Day to Remember**
OneDayToRemember.org
- **Marsha Leigh Foundation**
MarshaLeighFoundation.org
- **Dream Foundation**
DreamFoundation.org
- **Dreams of Joy Foundation**
DreamsOfJoy.org
- **Ally's Wish**
AllysWish.org
- **Nikolas Ritschel Foundation**
NikolasRitschelFoundation.org
- **Jack & Jill Foundation**
JaJF.org



Bibliotherapy

Using books and stories to support emotional understanding and expression has been shown to be an effective tool for children and teens coping with difficult experiences, including a parent's illness. Through relatable characters and age-appropriate narratives, young readers can better identify and explore their own feelings, reduce anxiety and gain a sense of validation and resilience. When guided by a caring adult, bibliotherapy can foster open communication, strengthen coping skills and help children feel less alone as they navigate complex emotions.

Books for children

- ***Butterfly Kisses and Wishes on Wings***
By Ellen McVicker (also available in Spanish)
ages 4 to 8
- ***Cancer! Explaining Cancer to Kids***
Prodigy Wizard Books, ages 4 to 8
- ***Cancer Hates Kisses***
By Jessica Reid Sliwerski, ages 3 to 5
- ***Cows on the Couch: A Cancer Story***
By Christine White, ages 4 to 8
- ***Hair for Momma***
By Kelly A. Tinkham, ages 4 to 8

Books for teens

- ***Both Sides Now***
By Ruth Pennebaker
- ***Breast Cancer: Questions and Answers for Young Women***
By Carole G. Vogel
- ***My Parent Has Cancer and It Really Sucks***
By Marc Silver
- ***The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time***
By Dzung X. Vo
- ***When Your Parent Has Cancer***
The National Cancer Institute