



CLIMB® PROGRAM

at Mayo Clinic



Start the Conversation.

One of the hardest things for a parent with cancer is talking with their children.

CLIMB® at Mayo Clinic can help.

**Mayo Clinic Lyndra P. Daniel Center for
Humanities in Medicine**

ABOUT CLIMB® AT MAYO CLINIC

Children's Lives Include Moments of Bravery is a supportive educational program designed to teach children how to cope when someone they love has cancer. Mayo Clinic facilitators have been specially trained by The Children's Treehouse Foundation, a non-profit organization dedicated to the emotional support of children who have a loved one with cancer. CLIMB® is a research-based program that is structured to include creative self-expression, art making, and discussion to help normalize feelings of sadness, anxiety, fear and anger, and nurture positive communication between the child and their loved one with cancer. Children will learn that they are not alone and will meet other children with similar experiences.

A companion support group teaches adults how to respond to feelings their children express, and provides strategies to help them and their children navigate their emotions throughout the cancer process.

A complimentary, kid-friendly, family-style meal will be shared at the start of each session.

The CLIMB® program is offered at no cost to participants. Registration is limited. For more information about this free program and to register, please contact **Autumn Jones, MSW, LCSW at 904-953-6831.**

BENEFITS OF CLIMB® AT MAYO CLINIC

- Evening sessions are held once a week for 4-6 weeks.
- CLIMB® offers an opportunity for children to meet with other children who are going through similar experiences under the guidance of trained mental health professionals.
- Children will learn how to identify their own feelings and find acceptance in having those feelings, without having to hide them or feeling overwhelmed.
- Children will become more comfortable with the cancer process they see their loved one experiencing.
- Children will have an increased understanding of cancer and its treatment.
- Children will be given opportunities to express their feelings in a variety of ways through creative self-expression, art making and discussion.
- Adults will have an opportunity to meet other families with similar concerns in an informal, supportive setting.

PROGRAM LOCATIONS, DATES, AND DETAILS:

Six week sessions for children and adults are held once a week on **Tuesdays from 5:30-7:00 p.m.** A light, family-style dinner will be served at the beginning of each session.

LOCATION:

**Mayo Clinic Cancer Center
Mangurian Building**
First floor
4500 San Pablo Road
Jacksonville, FL 32224

2019 DATES:

Session I: April 9, 16, 23, 30, May 7, 14
Session II: July 9, 16, 23, 30, August 6, 13
Session III: October 8, 15, 22, 29,
November 5, 12

CLIMB® AT MAYO CLINIC REGISTRATION FORM:

For more information call: **Autumn Jones, MSW, LCSW at 904-953-6831.**
Or you may complete and drop off or mail this form to:

Mayo Clinic Cancer Center – Mangurian Building
Attn: Autumn Jones, MSW, LCSW
4500 San Pablo Road, Jacksonville, FL 32224

Date of program _____

Child's name _____

Male Female Birthdate ____/____/____ Grade in school _____

Parent/Guardian _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Cell Phone _____

Emergency Phone _____ Email address _____

Adult family member with cancer (relationship to child):

Mother Father Grandparent

Other _____

Date family member was diagnosed with cancer ____/____/____

Special information we should know _____

Allergies or medical problems _____

Has your child attended CLIMB® before: Yes No

If yes, when and where? _____



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