



CONNECTING PEDIATRIC ONCOLOGY PATIENTS THROUGHOUT THE NATION

You Are Not Alone

By: Victoria Joosten, Towson, MD

Fall 2016

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When Cool Kids Campaign was founded 10 years ago, their aim was to address the sense of crisis created by a pediatric oncology diagnosis. A crisis that affects the entire family unit. Over the past 10 years Cool Kids Campaign has continued to create programming that directly responds to the non-medical side effects of childhood cancer; loneliness, confusion, falling behind in school. In an effort to continue their mission, Cool Kids Campaign has created a booklet written by and for loved ones of pediatric oncology patients that they hope addresses the many questions which arise when your sibling, child, or grandchild has been diagnosed with cancer. Below, Sharon Perfetti, co-founder of Cool Kids Campaign, describes this new booklet, entitled You Are Not Alone, and her vision behind its creation.

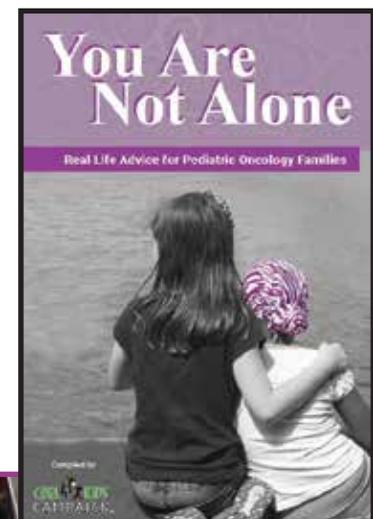
“Your child has cancer– four of the most devastating words you can hear. Whether you are a parent, grandparent, sibling or friend, it can be a very isolating experience. But you are not alone. Unfortunately, so many others have been through this and are there to help you, whether you need advice, a listening ear, or a hug. No one can understand like those who have been in your position. They have sat in the same chair as you and faced the same fears and uncertainty. They too, have felt overwhelmed and alone. But they can, and will, support you now. No one will experience your cancer journey like you will. Your experience will be yours and yours alone. Personal and unique.

You can ask 20 people the same question and get 20 different answers. But within those 20 you will find one, if not several, responses that will resonate with you. So

even though you will be fighting your own private battle, you will never be alone. As you read the stories on the following pages it is our hope that you will feel encouraged and uplifted and a little less afraid of what is in front of you. You might be relieved to find tips for surviving long hospital stays or surprised to see the positive outlook adopted by so many.

This book is not intended to give any medical advice or in any way override what your medical team is advising you. Instead, it's strictly a compilation of real life stories, thoughts, and experiences from parents, survivors and grandparents who have been through this and are now on the other side. The survivor side.”

If you are interested in obtaining a free copy of You Are Not Alone please contact Cool Kids Campaign by via email: info@coolkidscampaign.org.



The individuals pictured above are former and current Cool Kids and their loved ones. Their contributions of advice and insights made this book possible.



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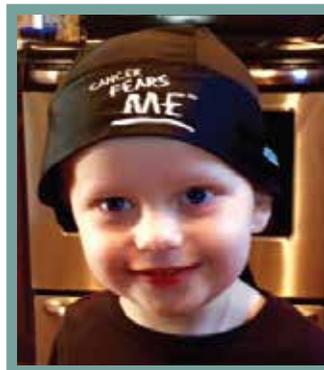
Victoria Joosten
Operations Coordinator

Cool Kids Campaign is a 501(c)(3) nonprofit organization dedicated to improving the quality of life for pediatric oncology patients and their families. This publication is offered FREE to oncology hospitals and their patients. Funding is received through sponsors and advertisers. For advertising information and rates, email sharon@coolkidscampaign.org.



Trust Your Instincts

By: Dana Wineke (Cade's mom), Manchester, Maryland



On April 11, 2016, we heard the words no parent ever wants to hear: "Your child has a brain tumor." It was the absolute worst day of our lives - one we certainly never want to relive. Cade was 21 months old at the time. My husband, Chris, and I woke up early that day for Cade to get a scheduled MRI - a few weeks prior his eyes had begun to cross. We immediately took action because we felt something was not right. We called several pediatric ophthalmologists and got three appointments that next week. One doctor saw some optic nerve paleness, which alerted her to order an MRI. She really thought he just had some muscle weakness but was erring on the side of caution - thankfully. The other two ophthalmologists did not recommend an MRI - they were "100% positive" he did not have a brain tumor - we actually asked this question because it was our concern from the beginning. My #1 piece of advice - trust your gut. You are your child's best advocate.

A few days later, we left Cade in the hands of his amazing pediatric neurosurgeon, Dr. Mari Groves, for 9 hours. We paced the halls, chatted with our family, cried, prayed, worried, and waited. Waited to hear the words, "It couldn't have gone any better." Dr. Groves got out 100% of Cade's tumor. Seeing and holding him for the first time post-surgery brought on so many emotions - relief, happiness, and of course, more worries. We waited another week to get his diagnosis - Desmoplastic Medulloblastoma.

His treatment plan includes chemotherapy every other week - each cycle we are in-patient for at least 4 days. If all goes as planned, this aggressive chemotherapy schedule will only last 6 months. Cade has thrown up the past few months more times than I have in my 35 years of life, he is losing his hair, gets painful mouth sores, is losing weight, doesn't want to eat but he is still smiling. He loves his big brothers with his whole heart, and is an inspiration to all who know him. His smile lights up a room. Cade's daily hugs make my worries and tears temporarily fade away. He is teaching us about what it really means to live each day to the fullest.

We can't talk about Cade's story without giving mention to our amazing family members, friends, co-workers, acquaintances, and even strangers, who have rallied around us. They support us every day by praying for Cade, supporting our family financially, providing us with meals, babysitting for our other boys, and are always there if we need shoulders to cry on. We are completely overwhelmed with the love that has come our way and know that there are so many kind-hearted souls in our world, and for that we are forever grateful.

The past few months have felt as if we are climbing an uphill battle, but Cade is kicking butt all the way to the top.



#cadestrong



#cadestrong



#cadestrong

#cadestrong

#cadestrong

Capturing Hope One Photo At A Time



The Gold Hope Project is an international group of photographers aiming to gift families battling pediatric cancer diagnoses free portrait sittings for their little warriors. Many families with ill children are emotionally, physically and financially strapped. It is at the heart of The Gold Hope Project to take at least one worry off their shoulders and gift them something magical – the smiles of their children frozen in time. The Gold Hope Project's goal is to make sure that these already over-burdened families have an everlasting record of their children's joy and whimsy while simultaneously raising awareness of and funds for pediatric oncology research and treatment.

Inspiration comes in many forms for The Gold Hope Project. It came in the form of Ava, a beautiful five-year-old little girl who loved to sing and laugh. At the age of four, Ava was diagnosed with a rare and terminal brain tumor. As too many families understand, this news was completely devastating to Ava's parents. Along with entering the daunting world of chemo, radiation, scans, and the imminent discomfort of their baby, they had to face a hard fact. While they fought her disease with all their might, the odds were that they would lose her.

During her battle with cancer, photos taken of Ava took on a new meaning. Because of the lack of hope in her terminal diagnosis, the photos were no longer simply a way to document her growth, but now carried the heavy burden of immortalizing her every trait. Her parents were forced to recognize that Ava's photo opportunities were finite. They needed to hold on to each second of the light in her eyes and every joyous smile. They needed a pause button for her life and photos became their remote control. Shortly before Ava passed away, a photographer friend gifted a photo session to her. The pictures of Ava showcased her sweet grin and the sparkle in her eyes when she laughed. She wore a pretty pink dress and played with golden glitter . . . two of her favorite things. During this photo shoot and now in the pictures, Ava wasn't just a sick cancer patient. In those moments, she was a little girl enjoying life – singing, smiling and laughing . . . and so began The Gold Hope Project. Because all families touched by childhood cancer deserve moments like that filled with happiness and HOPE.

Apply for a Gold Hope photo session online at www.goldhopeproject.com.



Garden Gnome

What You'll Need:

- Rainboots
- Tall, pointy red hat
- White felt to make a beard
- Bright colored shirt and pants



Mario and Racecar

What You'll Need:

- Wheelchair or can use suspender-style straps to carry the racecar on shoulders
- Cardboard and paints
- Steering wheel
- Blue overalls
- Red long sleeve shirt
- Red baseball cap
- Pretend mustache

Where's Waldo

What You'll Need:

- Red striped shirt
- Red beanie
- Jeans/black pants
- Glasses



Firefighter and Fire Truck

What You'll Need:

- Wheelchair or can use suspender-style straps to carry the firetruck on shoulders
- Big cardboard box and paints
- Firefighter jacket (raincoats work great!)
- Firefighter hat

Cinderella and Carriage

What You'll Need:

- Wheelchair or can use suspender-style straps to carry the carriage on shoulders
- Cardboard and paints to create the carriage
- Sliver pipe cleaners to decorate the carriage
- Princess dress and tiara



Bubble Bath

What You'll Need:

- White shirt and pants
- White balloons
- Rubber duck



Paintbrush

What You'll Need:

- Broom (to use the bristles as the tip of the paint brush)
- Sliver paper
- Black clothing (or whatever color you want your paintbrush to be!)
- Can also make a palette of multiple colors (the paints) using a poster board



Ice Cream Truck

What You'll Need:

- Wheelchair or can use suspender-style straps to carry the truck on shoulders
- Cardboard box or plywood and paints
- Lots of creative energy and delicious ice cream ideas!
- A cool kid to drive the truck!
- White button down shirt and bowtie
- Cool ice cream hat



Halloween Costume Ideas



With fall kicking into gear Halloween will soon be sneaking up on us! Need some inspiration for costume ideas this year? Have you ever made your own costume? Why not try? The following costume ideas are DIY friendly and can be tackled as an all-family activity or as a last-minute save the day! Does the whole family dress up? Why not make everyone's costumes coordinate by picking a theme? With so many ideas to explore, we can wait to see what you come up with! Happy Halloween!

Snoopy

What You'll Need:

- White pants
- White sweatshirt and black fabric or black fabric markers
- Black socks to use as ears



Linus Van Pelt

What You'll Need:

- Black and red striped shirt
- Black pants
- Black shoes
- Blue blanket
- "Welcome Great Pumpkin" sign



Charlie Brown

What You'll Need:

- Yellow shirt (black fabric marker to draw black shirt squiggle)
- Black/brown shorts or pants
- Brown shoes
- Yellow socks



Minion

What You'll Need:

- Blue overalls
- Yellow shirt
- Glasses/goggles



Grandma/Grandpa

What You'll Need:

- Dress/button shirt and skirt and sweater
- Nice pants and button up shirt and sweater
- Glasses
- Tall white socks
- Walking cane/walker
- Fun hat/jewelry

Peacock

What You'll Need

- Lots of feathers!
- Blue shirt and pants

- Fun hat/jewelry



Dalai Lama

What You'll Need:

- Red/yellow sheets/blanket to wrap into robe (could also use a red bathrobe)
- Glasses
- Beaded necklace

Super Heroes

What You'll Need:

- Super hero names (think of your own or become well-known superheroes)
- Fabrics for capes
- Colorful tights
- Masks



Carl from "Up"

What You'll Need:

- Balloons!
- Walking cane/walker
- Glasses
- Bowtie
- Sweater
- Can create a hot air balloon basket out of a cardboard box (and wear it with suspender straps)



Russel from "Up"

What You'll Need:

- Yellow shirt
- Brown pants
- Yellow baseball cap
- Scout badges
- Backpack



Jack Frost

What You'll Need:

- Blue sweatshirt
- Brown pants
- Walking cane (can decorate with blue and white ribbon)



Building Up Your Immune System this Fall

By: Elisabeth D'Alto, RD, LDN
ShopRite of Timonium Retail Dietitian

(Article revised and adopted from "Nutrition for Children with Cancer"; American Cancer Society PDF)

During your child's cancer treatment, there may be times when the body's natural defenses will not be able to protect them. Combine that with the changing weather from summer to fall and with kids getting back into school with all the sneezing and coughing among their classmates – let's just say that germs are in the air! While your child's immune system is recovering, you may be told to try to avoid exposing him or her to possible infection-causing germs. For example, he or she may need to avoid some foods that are likely to have high levels of bacteria, or constantly be washing their hands and/or using hand sanitizer throughout the day. Here are some guidelines to follow to help protect your child from unwanted germs or bacteria in the kitchen when you are preparing and eating meals.

Food handling tips:

- Wash your hands with warm soapy water for 20 seconds before and after preparing food and before eating. Dry with paper towels or a clean towel (that is only used to dry clean hands)
- Have your child wash their hands before eating. To be sure that handwashing lasts a full 20 seconds, you can sing the alphabet song with them before rinsing.
- Refrigerate foods at or below 40° F.
- Keep hot food hot (warmer than 140° F) and cold food cold (cooler than 40° F).
- Thaw meat, fish, or poultry in the microwave or refrigerator in a dish to catch drips. Do not thaw at room temperature.
- Use defrosted foods right away and do not refreeze them.
- Put perishable foods in the refrigerator within 2 hours of buying or preparing them. Egg dishes and cream- and mayonnaise-based foods should not be left unrefrigerated for more than an hour.
- Wash fruits and vegetables well under running water before peeling or cutting. Do not use soaps, detergents, chlorine bleach solutions, or commercial produce rinses. Using a clean vegetable scrubber, scrub produce that has a thick, rough skin or rind (melons, potatoes, bananas, etc.) or any produce that has dirt on it.
- Rinse leaves of leafy vegetables one at a time under running water.
- Packaged salads, slaw mixes, and other prepared produce, even when marked pre-washed, should be rinsed again under running water; use a colander to make this easier.
- Do not give your child raw vegetable sprouts.
- Throw away fruits and vegetables that are slimy or show mold.
- Do not give your child produce that has been cut at the grocery store (such as melon, pineapple, or cabbage).
- Wash tops of canned foods with soap and water before opening.
- Use different utensils for stirring foods and tasting them while cooking. Do not taste the food (or allow others to taste it) with any utensil that will be put back in the food.
- Throw away eggs with cracked shells.
- Throw out foods that look or smell strange.

6

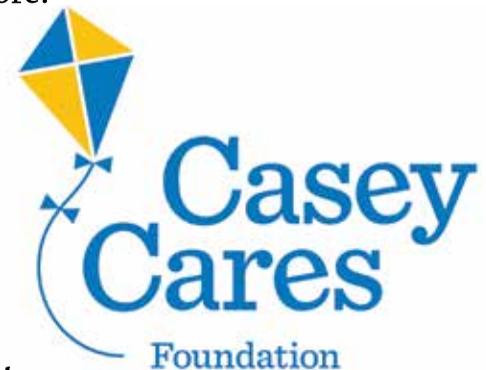
coolkidscampaign.org

Cancer won't stop you!

Just because you are going through treatment for cancer, doesn't mean you can't still have fun. In fact, at Casey Cares, we think that you and your family should have lots of opportunities for fun!



Enroll in Casey Cares for tickets to family activities like sporting events, the circus, ice shows, concerts, group parties and so much more!



Check Us Out!



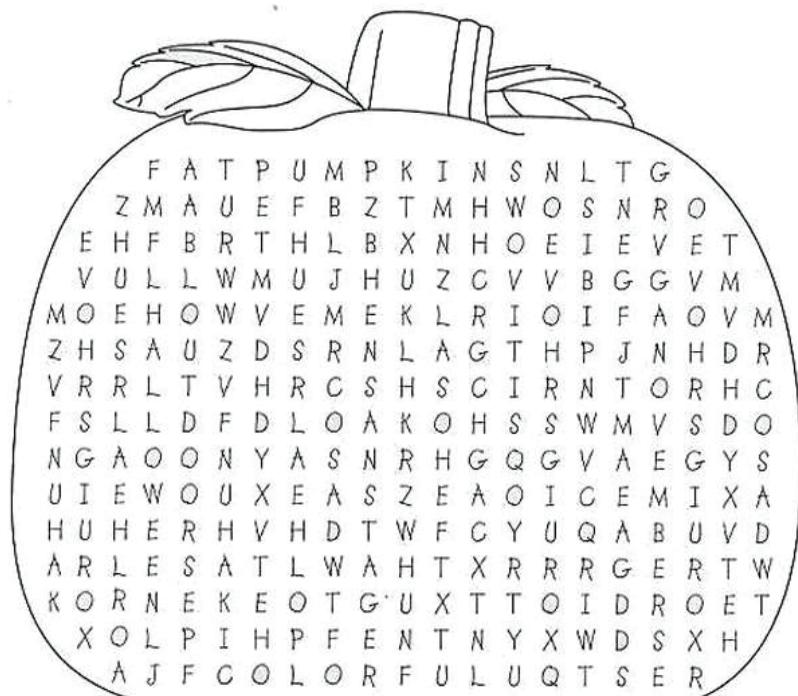
The Casey Cares Foundation provides programs for critically ill children and their families throughout the Mid- Atlantic area, at no cost. Casey Cares serves children going through cancer treatment along with children diagnosed with other life-threatening illnesses.



Get an application from your social worker, call our office or visit our website to join!
443.568.0064 www.CaseyCares.org

PUZZLES AND GAMES

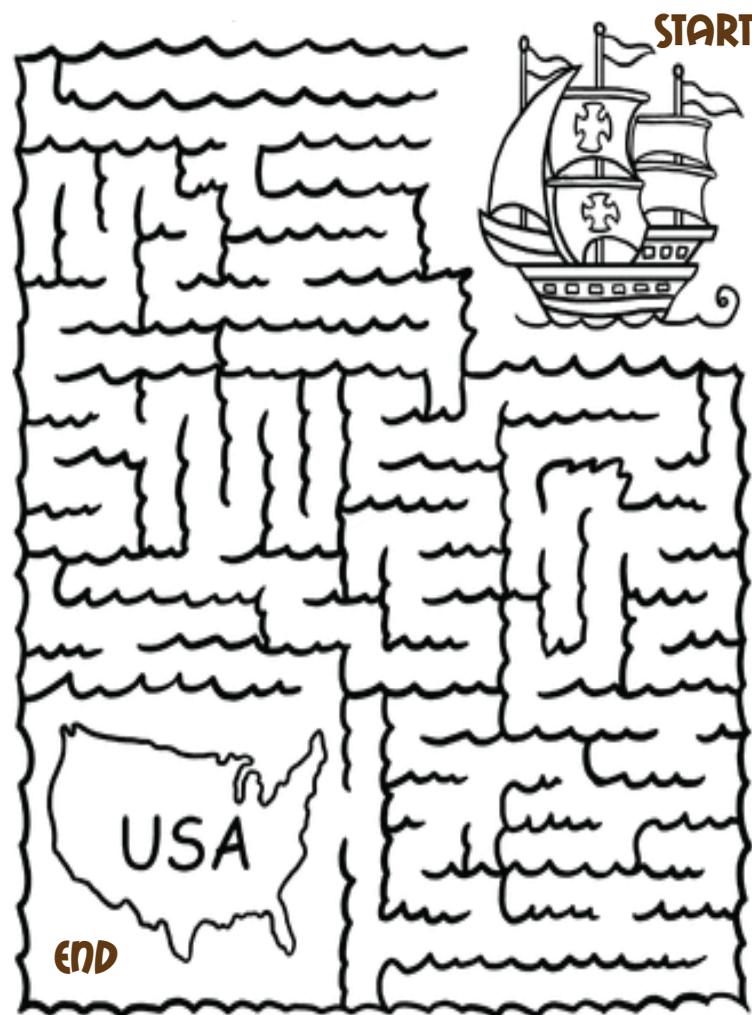
FALL WORD SEARCH



Word List

AUTUMN	GOURDS	LEAVES	PUMPKINS
COLORFUL	HALLOWEEN	NOVEMBER	SCARECROW
FARMERS	HARVEST	OCTOBER	THANKSGIVING
FIELDS	HAYRIDE	OUTDOORS	

HELP COLUMBUS FIND AMERICA



See how many words you can make out of: SCARECROW



_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

BRAIN

TEASERS

COLOR ME!



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB

Q. What do you get when you drop a pumpkin?

ANSWERS: QUILT, LEAVES, SEPTEMBER, HARVEST, CHESTNUT, AUTUMN, FOOTBALL, SQUASH

NUMBERS

1

				1	9			
		7	5	3			6	
5					6	1	3	2
1				4	7		8	3
	7							9
2	5		8	9				7
6	8	9	3					1
	3			1	9	8		
		1	6					

2

				8			3	
9		1	4	3				
7		3				2	1	4
		8	1					3
1	3	4	5		6	7	8	2
	7				8	5		
4	2	7				8		3
					5	3	9	7
		5			4			

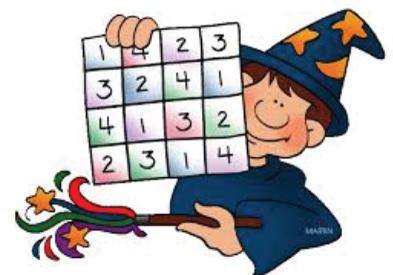
ANSWERS

1

Q	U	I	L	T				
L	E	A	V	E	S			
S	E	P	T	E	M	B	E	R
H	A	R	V	E	S			
C	H	E	S	T	N	U	T	
A	U	T	U	M	N			
F	O	O	T	B	A	L		
S	Q	U	A	S	H			

2

Q	U	I	L	T				
L	E	A	V	E	S			
S	E	P	T	E	M	B	E	R
H	A	R	V	E	S			
C	H	E	S	T	N	U	T	
A	U	T	U	M	N			
F	O	O	T	B	A	L		
S	Q	U	A	S	H			



MINDED BENDERS

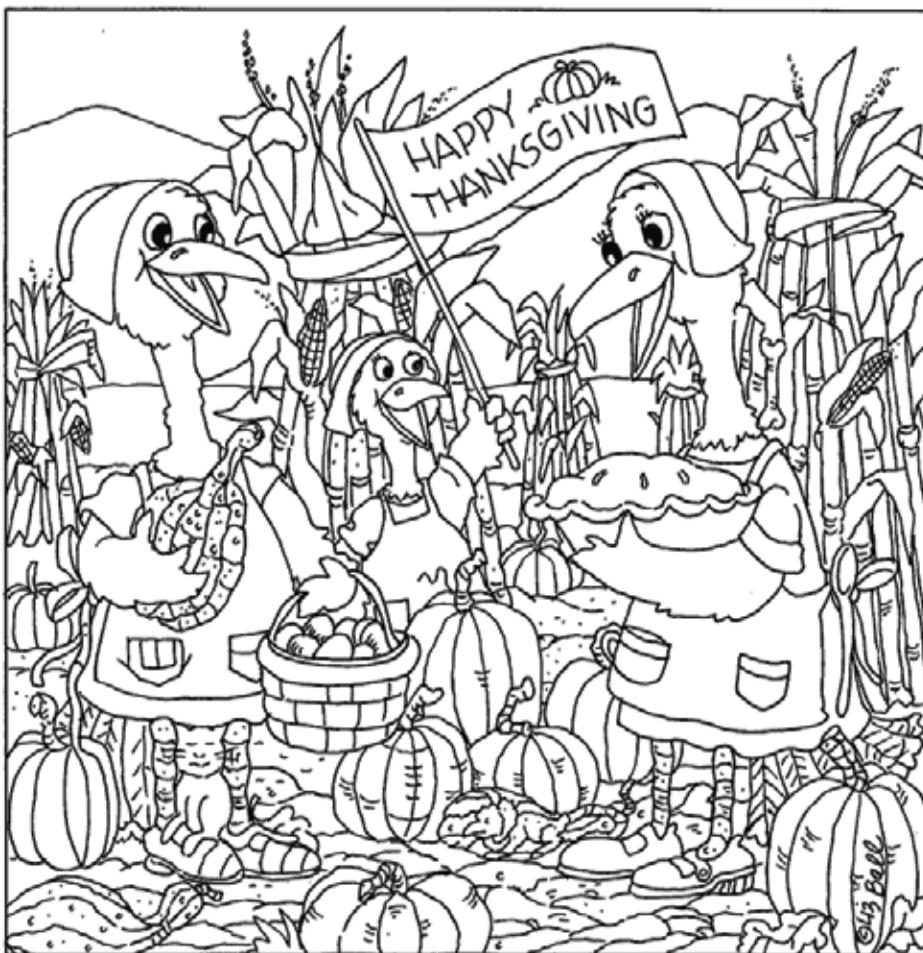
How much do you know about OWLS?

- 🦉 There are around 200 different owl species. Only 19 owl species are found in North America.
- 🦉 Owls are active at night (nocturnal).
- 🦉 A group of owls is called a parliament.
- 🦉 Most owls hunt insects, small mammals and other birds. Some owl species hunt fish.
- 🦉 Owls can turn their heads as much as 270 degrees.
- 🦉 Owls are farsighted, meaning they can't see things close to their eyes clearly.
- 🦉 A barn owl can eat up to 1,000 mice each year, and many farmers try to attract barn owls to help control rodent populations in their fields.

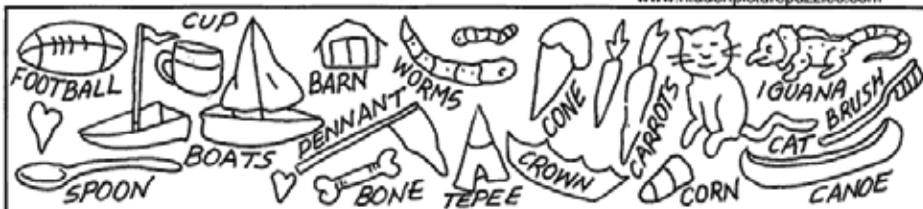
Barn Owl



After finding the hidden objects, have fun coloring this picture!



www.hiddenpicturepuzzles.com



CONNECT THE DOTS



"What comes out with the stars at night
Because it doesn't like the light?"

JOKES RIDDLES



TWISTIN' THE TONGUE

Read the tongue twisters below and practice saying them.
How fast can you say it?

Eleven owls licked eleven little liquorice lollipops.



If two witches were watching two watches, which witch would watch which watch?



HaHa! LOL!
Bahahahahaha

What stays in the corner but travels all over the world?

A stamp

Why are frogs so happy?

They eat whatever bugs them!

What do you call a sleeping bull?

A bulldozer

Why did the banana go see a doctor?

It was not peeling well!

KNOCK-KNOCK JOKES



Knock, knock
Who's there?
Wooden shoe.
Wooden shoe who?
Wooden shoe like to hear another joke?

Knock, knock
Who's there?
Hoo.
Hoo who?
You talk like an owl!

Knock, knock
Who's there?
Boo.
Boo who?
Stop crying like a baby!

Fall Winter FAMILY RETREATS

By: Anna Young, Towson, MD



Cool Kids Camp - Cool Kids Campaign

Where: Monkton, MD

When: Fall 2017, check back for next year's date

What: Cool Kids Camp is our brand new weekend camp for children with cancer, survivors, and siblings. The purpose of the camp is to allow kids with cancer and their siblings a chance to get away from their daily routines and reconnect with each other and with other patients and siblings. The first Cool Kids Camp will be held September 9th – 11th, 2016 at Camp Puh'Tok in Monkton, MD.

How to learn more: <http://www.coolkidscampaign.org/camp>

For more information please call 410-560-1770 or email victoria@coolkidscampaign.org.

Trent's Retreat - Trent's Retreat

Where: Ballinger, Texas

When: Flexible

What: "Our mission is to provide, at no charge, a retreat for families who have a child with pediatric cancer. The purpose of the retreat is to provide a safe, relaxing atmosphere, in a country setting, that is peaceful for parents coping with a child's life threatening illness; yet fun and entertaining for the children. Our goal is that Trent's Retreat will be an oasis for these families that will allow them to relax and enjoy family time amid the stress of battling pediatric cancer." We have included many family fun activities at the Retreat. Located along the banks of Elm Creek, fishing gear, a paddleboat, and life jackets are provided. Also on the property is a nine-hole miniature golf course, large playscape, play fort, and outdoor movie screen. Bicycles are available for the 1/2 mile nature trail or just sit on the large front porch and enjoy a beautiful sunrise as you look for nearby deer and turkey. Trent's Retreat is a place of fun for children, a place of relaxation for parents, and a place for families to be together and make special memories.

How to learn more: <http://www.trentsretreat.org>

For more information please email misty@trentsretreat.org or call 325-365-2103 or 325-718-9340

Octoberfest Family Weekend - Special Love

Where: Front Royal, Virginia

When: October 7th-9th, 2016

What: Speciallove's colorful fall outing for the entire family is held at the Northern Virginia 4-H Center in Front Royal, Virginia. Join for a weekend of crafts, games, and outdoor fun along with the Festival of Leaves parade. Octoberfest is coming and is open to families of anyone who is under 17 years old (with preference given to those who have been treated for cancer in the past three years, and bereaved families). Cost for the weekend is just \$25 per family (or check the scholarship box on the registration form and we'll waive the fee) and covers all food, lodging, and extras. Please register by September 23, 2016. Space is limited.

Please email plarrick@speciallove.org or call 888-930-2707 for more information!

How to learn more: <http://www.speciallove.org/family-weekends/>

Please email plarrick@speciallove.org or call 888-930-2707 for more information!

Fall Family Fun Day - Camp Rap-A-Hope

Where: Mobile, Alabama

When: November 15th, 2016

What: Camp Rap-A-Hope welcomes families for a fun-filled day of canoeing, arts & crafts, fishing, and more. This day is designed to give the whole family a chance to see some of what their camper experiences while at Summer Camp.

How to learn more: <http://www.camprapahope.org>

Please email info@camprapahope.org or call 251-476-9880 for more information.



Family Camp - Periwinkle Foundation

Where: Burton, Texas

When: Camp is held bi-annually, in September and April

What: Family Camp was designed to meet the needs of the entire family unit as they collectively grapple with the emotional roller coaster of a pediatric cancer diagnosis. The camp creates an environment in which participants gain tools to make them stronger survivors and stronger families. It also gives parents and guardians the opportunity to witness and participate with their child or children in activities they may have thought were impossible after a cancer diagnosis. Family Camp programming allows and encourages families to spend healing time together creating treasured family memories and allows them to get to know other families who are experiencing or have experienced similar issues. It helps them find normalcy while grappling with the myriad of emotions that accompany a pediatric cancer diagnosis and the ensuing treatment.

How to learn more:

<http://www.periwinklefoundation.org/what-we-do/camps/family-camp/>

For more information, please contact Larry Geiger at 713-807-0191 or lgeiger@periwinklefoundation.org

Family Weekends - Hole in the Wall Gang

Where: Southbury, Connecticut

When: October 21st-23rd, 2016 (General Family Weekend) or October 28th-30th, 2016 (Oncology Family Weekend)

What: Families with a child(ren) between the ages of 5 and 15 who are affected by a serious illness. Your family will be assigned a Family Pal(s) who will be with your family for the weekend. While childcare is not specifically provided, our Family Pals will make sure that everyone is having a great time. If one child would like to go to an activity and you would like to do another, the Family Pal will be happy to go with your child to their activity. Our weekends are free of charge, thanks to the generosity of our sponsors and donors. Lodging and meals are provided.

How to learn more:

http://www.holeinthewallgang.org/Customer-Content/www/CMS/files/Weekend-Programs/2016_Fall_Family_Weekend_Application.pdf

For more information please reach out at 860-429-3444 or visit the Contact Us section of the website.



World's Greatest Camp - Orange County Foundation for Oncology Children, and Families

Where: Big Bear, California

When: Camp is held annually, each September

What: The weekend-long camp is open to patients and their families. The "World's Greatest Camp" provides an opportunity for children and families facing the stress of cancer to unwind. Fun-filled activities such as horseback riding, archery, crafts, swimming, lake activities, a campfire, and a ropes challenge course are available for children and parents alike. Above all, the camp provides families with an opportunity to connect with others who can relate to what they are going through.

How to learn more: <http://www.ocf-ocf.org>

For more information please email Brenda Hohnstein and Kevin Criddle at activities@ocf-ocf.org.

Family Camp Weekends - Flying Horse Farms

Where: Mt Gilead, Ohio

When: September 16th-18th, September 30th-October 2nd, October 21st-23rd, and November 4th-6th, 2016

What: General Family Camps serve children ages 7-15 with a serious medical illness and their immediate family members. (Flying Horse Farms allows families to define their own immediate family.) "Sidekick" volunteers join each family, and help families enjoy camp to the fullest. Campers stay in a cabin with their family members and will have the option of participating in activities such as archery, boating, fishing, arts and crafts, nature, and sports and recreation throughout the weekend.

How to learn more: <http://flyinghorsefarms.org>

For more information please email Olivia Miller at Olivia@flyinghorsefarms.org or call 419-751-7077.



Family Retreat - Lighthouse Family Retreat

Where: Atlanta, Georgia

When: September 26th-30th, 2016

What: Childhood cancer impacts everyone in the family. Understandably, the child with cancer most often becomes the focus of concern, often leaving the siblings feeling lonely, insecure and left out. Lighthouse offers special attention for every member of the family – moms, dads, siblings, and the child with cancer. The program offers fun, family-centered activities to help them "feel like a family" again. For children, time spent playing in a carefree environment is essential. For parents a daily group meeting, Common Ground, provides a safe place to share with others living through similar life challenges. Highlights of a Lighthouse Family Retreat experience include families spending time together, moms and dads getting away for a special date night, kids having a blast at an UNbirthday party, incredible beach and pool games that everyone participates in, a Hollywood night, a dance party under the stars and a talent show that tops all talent shows.

How to learn more: <https://www.lighthousefamilyretreat.org>

For more information email info@lighthousefamilyretreat.org or call 678-290-2955.



Family Camp - One Step Camp

Where: Williams Bay, Wisconsin

When: October 7th-9th, 2016

What: Family Camp in Williams Bay, Wisconsin is a fun, getaway weekend for families who have a child diagnosed with cancer. This program gives families the opportunity to bond with each other and with other families who have a child diagnosed with a cancer. This program is held in a safe and comfortable setting, where many participants look forward to returning as summer campers. Families stay in cabins at Conference Point Center, where games, activities, and friendships bring a much-needed respite from the medical world.

How to learn more: <http://www.onestepcamp.org/programs/family-camp/>

For more information please contact Darryl Perkins at dperkins@onestepcamp.org or Mary Ann at mlebel@comcast.net

Family Retreat Weekend - Deliver the Dream

Where: Fort Lauderdale, Florida

When: October 14th-16th, 2016

What: Deliver the Dream provides structured, therapeutic, fun activities for families experiencing a serious illness or crisis (space is limited to 15 families) on a three-day, two-night retreat weekend experience. There is no charge for families to attend. On these retreats, families will participate in assorted recreational indoor and outdoor activities, discussion groups, interactive games, creative workshops, team building exercises, and more! These activities are designed to have a positive outcome that transforms your coping skills; improves communication between your family; and strengthens the bonds between each family and each family member. This therapeutic retreat will also provide your family with resources and an opportunity to network with other families dealing with a similar situation. Deliver the Dream will cover all lodging, activities and group meal expenses.

How to learn more: <http://www.deliverthedream.org>

For more information please email contact@deliverthedream.org or call 954-564-3512.



Family Camps - Okizu

Where: Novato, California

When: September 2nd-5th, September 16th-19th, or September 23rd-26th

Family Camps are held annually each September

What: Family Camp at Okizu is a chance for the patient, siblings, and parents to come together for a weekend at a beautiful facility to relax and enjoy some quality family time while building friendships with other families who are raising children through the cancer diagnosis.

How to learn more: <http://www.okizu.org>

For more information please email info@okizu.org or call 415-382-9083.

Fall Family Camp Weekend - My Camp Sunshine

Where: Decatur, Georgia

When: October 7th -8th, 2016 and October 14th-15th, 2016

What: This is a fun weekend for the entire family held each October at Camp Sunshine House. Games, refreshments and entertainment for all ages!!

How to learn more: <http://www.mycampsunshine.com>

For more information please email Astin Godwin at astin@mycampsunshine.com or Ann Baker at ann@mycampsunshine.com or call 404-325-7979.



Camp Dawn's Hope - Dawn's Hope

Where: Colorado Springs, Colorado

When: Flexible

What: Come and join our friendly staff and make new friends with other campers and their families. Enjoy your own cabin, which includes bathroom and kitchenette, and home cooked meals prepared in our lodge. Activities may include hiking, fishing, volleyball, basketball, horseshoes, relaxing by the river or creek, or resting on the deck or in a hammock with gorgeous views of the Rocky Mountains, aspens, and pines. Camp Dawn's Hope also has a recreation center and board games, puzzles, and books. And, of course, no camp experience is complete without a campfire and roasting marshmallows while being amazed by the night sky. This camp is for children and their parents, siblings, and grandparents.

How to learn more: <http://dawnshope.org>

For more information please call 719-963-7528 or visit the Get In Touch page on the website.



Family Camp - Ronald McDonald House Charities of Southern California

Where: Los Angeles, California

When: Camp held annually each September

What: Family Camp is open to ALL first-time families attending Camp Ronald McDonald for Good Times®, regardless of the age of their campers. Family Camp is Friday afternoon through Sunday early afternoon. A Family Camp weekend is an opportunity for you to come together as a family to relax, play and connect in a caring environment. It's a chance to form new bonds, receive support and build friendships with other families who understand what it means to maintain relationships and raise children during treatments and procedures for cancer. Camp is designed to be fun and supportive for all members of the family, giving everyone a chance to laugh, learn and love together.

How to learn more: <http://rmhcsc.org>

For more information please call 310-268-8488 or use the contact page on the website.

Campamento Familiar - Ronald McDonald House Charities of Southern California

Where: Los Angeles, California

When: October 7th-9th, 2016

What: Campamento Familiar is an opportunity for Spanish-speaking families to come together as a family to relax, play and connect in a caring environment. It's a chance to form new bonds, receive support and build friendships with other families who understand what it means to maintain relationships and raise children during treatments and procedures for cancer. Camp is designed to be fun and supportive for all members of the family, giving everyone a chance to laugh, learn and love together.

How to learn more: <http://rmhcsc.org>

For more information please call 310-268-8488 or use the contact page on the website.

Camp Winning Spirit - Childhood Cancer Lifeline

Where: Hillsboro, New Hampshire

When: Camp held annually each September

What: Camp Winning Spirit is a time for the whole family to have fun together. Children get to try new things offered by the camp and its caring staff. Parents have time together and can find support from new and familiar faces who have shared similar struggles regarding pediatric cancer. This annual Labor Day weekend event is a collaboration between the Childhood Cancer Lifeline of NH and YMCA Camp Coniston that began in 1996. Camp Winning Spirit and all of its lodging, food and activities are free of charge to registered families. Program activities change/rotate each morning and afternoon. Options throughout the weekend include: archery, tennis, basketball, sailing, swimming, snorkeling, kayaking, canoeing, Frisbee golf, arts & crafts, four-square, & wiffleball to name a few!

How to learn more: <http://www.childhoodcancerlifeline.org>

For more information please call 603-645-1489 or email info@childhoodcancerlifeline.org.



Family Camp - Camp Rainbow

Where: Chesterfield, Missouri

When: Camp held annually each September

What: Family Camp is a place for kids with cancer and their families to have fun and enjoy a camp experience in a safe atmosphere. Held annually at Trout Lodge in Potosi, Missouri over Labor Day Weekend, this camp provides the whole family with the opportunity to bond and share feelings, but most importantly to let loose and have fun. Families participate in a variety of activities which include exploring the outdoors, arts and crafts, horseback riding, archery, boating, magic shows, and much more.

How to learn more: <http://www.camprainbow.com>

For more information please email info@camprainbow.com or call 314-469-8035.



Winter Family Retreat at Cathedral Pines - Camp Rainbow Gold

Where: Boise, Idaho

When: December 8-11, 2016

What: Enjoy cross-country skiing, snowman-building contests, snowshoeing, sledding, creating art during a relaxing afternoon or maybe just soaking up the serene winter landscape through a frosty window of a warm cabin. The choice is yours as you join other families like yours who have been affected by cancer.

How to learn more: <http://www.camprainbowgold.org/camps/>

Please email info@camprainbowgold.org or call 208-350-6435 for more information.





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