

Resource Packet For Children and Teens Ages 9-18



This packet includes:

- **Books**
- **Websites**
- **Community Resources**

Annotated Bibliography

Books for Children & Teens about Cancer

Ages 9-12

Ackermann, A. & Ackermann, A. (2000). *Our Mom has Cancer*. American Cancer Society.

~An illustrated book written by two sisters about their own experiences when their mother was diagnosed with breast cancer. Gives the perspective of a 9-year-old and an 11-year-old during the process of things such as chemotherapy, hair loss, etc.

Clifford, C. (1998). *Our Family Has Cancer, Too!* University of Minnesota Press.

~A book for families to read together, this book addresses questions that children may have after a parent is diagnosed with cancer. Contains suggestions for how to discuss certain issues as well as a glossary of cancer related terms.

Ganz, P. & Scofield, T. (1996). *Life Isn't Always a Day at the Beach*. Ganz High Five Publishing.

~A cartoon illustrated workbook for kids to color themselves to help them learn and understand their feelings about their parent's cancer.

Hague, M. & Krisher, T. (1992). *Kathy's Hats: A Story of Hope*. Albert Whitman and Company.

~An illustrated book about a 9-year-old girl with cancer. It addresses the feelings of awkwardness and ugliness that occur throughout treatment.

Keene, N. (2002). *Chemo, Crazyness & Comfort: My Book About Childhood Cancer*. Candlelighters Childhood Cancer Foundation.

~A book that provides clear explanations and practical advice for children with cancer along with warm and funny illustrations to help kids make sense of cancer and treatment. Appropriate for younger children as well, although they may need the help of an adult to read along with them. To obtain a copy call 1-800-366-2223 or go to www.candlelighters.org.

Nessim, S., & Wyman, B. *A Friend For Life*. Cancervive.

~A storybook written to help children understand their illness, treatment, and the changes that will occur in their social and academic lives. To order call 1-800-4-TO-CURE or go to www.cancervive.org.

Richmond, C. (1997). *Chemo Girl: Saving the World One Treatment at a Time*. Jones and Bartlett Publishing.

~Written and illustrated by a 12-year-old cancer patient, depicts Chemo Girl's adventures in saving a little girl from cancer.

Speltz, A. (2003). *The Year My Mother Was Bald*. Magination Press.

~Clare's journal and scrapbook the year her mother is diagnosed with cancer and goes through treatment. Clare tells her story and shares her feelings. Young readers will learn to understand the science of cancer and its treatments and will take comfort in knowing that their feelings are normal and that they are not alone.

Ages 13+

Dorfman, E.V. (1998). *The C-Word: Teenagers and their Families Living with Cancer*. Elena Dorfman.

~Five teens and their families and friends are interviewed on what it has been like for them living with cancer. Many issues such as fears about relationships and chemotherapy are talked about in straightforward fashion.

Fine, J. (1986). *Afraid to Ask: A Book About Cancer*. Lothrop.

~An excellent and highly readable reference volume that includes information about more than 20 specific types of cancer, offered in a question and answer format. Addresses emotional concerns as well as scientific facts. Ages 12 and up.

Gravelle, K., & Bertram, J. (2000). *Teenagers Face to Face with Cancer*. Backprint.com.

~Kids from grade 7 and up describe their treatment and how cancer has affected their lives. The authors provide facts about common teen cancers.

Strauss, L.L. (1988). *Coping When a Parent Has Cancer*. The Rosen Publishing Group.

~Offers suggestions for dealing with the problems teenagers face when a parent has cancer.

Books for Children & Teens about Death and Dying

Ages 9-12

Anne Frank: The Diary of a Young Girl. (1952). Doubleday.

~A diary kept by a teenager living in hiding in Nazi Germany. It chronicles her experiences for two years ending in her death at a concentration camp.

Brisson, P. (1999). *Sky Memories*. Delacorte.

~An 11-year-old girl recalls and is comforted by the memories she shared with her mother who has died of cancer.

Burnett, F. H. (1987). *A Little Princess*. HarperTrophy.

~A book about what happens to a young girl after her father dies. To help get through hard times at boarding school, the young girl fantasizes that she is a princess.

White, E. B. (1976). *Charlotte's Web*. Harper & Row.

~A pig named Wilbur develops a very special friendship with a spider named Charlotte. Through this very special friendship, the cycle of life and the natural process of death are explored.

Rofes, E. E. (1985). *The Kid's Book About Death and Dying: By and For Kids*. Little Brown & Co.

~Fourteen kids offer facts and advice to help other kids better understand death. Addresses topics such as different funeral customs, death of pets, autopsies, and euthanasia.

Ages 13+

Alcott, L. (1969). *Little Women*. World Publications.

~A story about four sisters growing up in New England in the 1800's. It follows their journey into womanhood through celebrations, family crises, and the death of a loved one.

Fitzgerald, H. (2000). *The Grieving Teen: A Guide for Teenagers and Their Friends*. Fireside, a division of Simon & Schuster.

~The author focuses on the special needs of adolescents, offering clear and concrete help for dealing with a range of difficult emotions and situations, including family changes, issues with friends, and problems at school.

Green, C. (1976). *Beat the Turtle Drum*. Viking.

~A story of how a young girl comes to terms with her sister's death.

Gunther, J. (1949). *Death Be Not Proud*. Harper & Row.

~A true story, told through a father's perspective, about the experience of one seventeen-year-old boy diagnosed with a brain tumor. The story, which ends in the boy's death, focuses on his courage, wit, and uplifting spirit.

Rawls, W. (1984). *Where the Red Fern Grows*. Random House Children's Books.

~A story about a boy and two dogs who become his best friends. They have many adventures together, one of which ends in the death of both dogs. The boy, in his grief, is comforted when he hears the old Native American legend of the red fern that grows over the dogs' graves.

Romain, T. (1999). *What on Earth Do You Do When Someone Dies?* Free Spirit.

~A book that explains in straightforward language what death means, and answers questions that kids may have about death.

For All Ages

Buscaglia, L. (1982). *The Fall of Freddie the Leaf*. Slack.

~A simple story about a leaf that changes with the passing of the seasons and learns that death is a part of life.

Websites

www.cancersourcekids.com

For kids 6 to 18 and parents. Provides information about cancer, a question corner, stories and poems, art and games, other teens' stories and advice, as well as a list of wish foundations and cancer camps.

www.grouploop.org

Provides online support to teens with cancer and their parents.

www.encourageonline.org

Provides teens with chronic illnesses support and the ability to read about others' experiences with illness.

www.griefnet.org

Internet community that provides over thirty e-mail support groups. Has moderated chat rooms for kids in grief and parents. Contains lists of books, library information, memorials, newsletters, and suicide prevention.

www.kidsaid.com

Kids and young teens can read about others' experiences with grief as well as post their own artwork and stories and join support groups.

www.kidshealth.org

Information for kids, parents, and teenagers on general health and illness related topics.

www.kidskonnected.org

Provides support and communication between children whose lives have been affected by cancer. Offers a newsletter and other resources.

www.teenslivingwithcancer.org

A wealth of information for teens with cancer including medical facts, social/school issues, nutrition and exercise, and relaxation. Also connects teens thru discussion boards and on-line support groups. With links to additional resources.

Community Resources

Emotional Support

Gilda's Club Westchester

A FREE cancer support community for men, woman, and children touched by cancer.

80 Maple Avenue

White Plains, NY 10601

Telephone: 914.644.8844

Website: www.gildasclubwestchester.org

SuperSibs

A non-profit organization that provides support for siblings between the ages of 4 and 18 of children with cancer. No fee.

Contact Information:

1566 West Algonquin Road, Suite 224

Hoffman Estates, IL 60195

Telephone: 847.705.SIBS

Toll Free: 866.444.SIBS

Website: www.supersibs.org

Children Living with Illness in the Family (CLIF)

Provides individual and family counseling for children living with cancer in the family. Program for residents of Westchester County. Sliding fee scale based on family income.

Contact Information:

Northern Westchester Guidance Clinic

344 Main Street

Mount Kisco, NY 10549

Telephone: 914.666.4646

Making Headway Foundation

Supportive care for families of children with brain or spinal cord tumors. Monthly support groups for children with cancer, their parents, and siblings. Groups are located in New York City and New Jersey. No fee.

Contact Information:

Edward Manley

Maya Manley

115 King Street

Chappaqua, NY 10514

Telephone: 914.238.8384

Fax: 914.238.1693

Website: www.makingheadway.org

Bereavement Support

The Tree House of the Bereavement Center of Westchester

Provides grief support for children ages 4 to 18 and their surviving parent or guardian. The program is seasonal (Fall, Winter, Spring) and offers an 8-week support group for children who have lost a parent/guardian or sibling. A monthly drop-in group is available to graduates of the 8-week program. The center also offers a school outreach program that includes staff in-services, bereavement groups held within the school setting, student and/or parent workshops, consultations and resource materials. No fee.

Contact Information:

69 Main Street

Tuckahoe, NY 10707

Telephone: 914.961.2818

Website: www.treehouse-bcw.org

The Den

A non-profit support center for grieving children and their families. Offers peer support groups. Children ages 3 to 18 and young adults are grouped according to age and development. Participants take part in writing and art based activities that focus on the safe expression of feelings related to grief. No individual therapy or counseling. No fee.

Contact Information:

Family Centers

48 Arch Street

Greenwich, CT 06830

Telephone: 203.869.4848

The Dougy Center

A non-profit organization located in Portland, Oregon that offers grief support services to children and their families. Through their National Center for Grieving Children and Families, they provide support and training locally, nationally, and internationally to individuals and organizations wishing to assist children in grief.

Contact Information:

3909 SE 52nd Avenue

Portland, OR 97206

Telephone: 503.775.5683

Website: www.dougy.org

The Caring Circle of Hospice Care in Westchester and Putnam

Provides age specific bereavement groups for children and teens. Caregivers groups meet at the same time as kids groups. Groups meet at the Presbyterian Church in Yorktown on Wednesdays or in Yonkers on Thursdays. No fee.

Contact Information:

Hospice Care in Westchester and Putnam

100 South Bedford Road, Floor 3

Mount Kisco, NY 10549

Telephone: 914.666.4228

Fax: 914.666.0378

Hearts & Crafts

Bereavement support groups for children and teens. Each children's support group has a simultaneous parent/guardian support group. Individual counseling available. No fee.

Contact Information:

60 East Main Street

Ramsey, NJ 07446

Telephone: 201.818.9399

Fax: 201.818.9411

Westchester Jewish Community Services

Offers adult bereavement groups and individual bereavement counseling for children, teens, and adults. Social workers are also available to work with families at end of life. Sliding scale fee.

Contact Information:

Karen Dreher

141 Central Avenue

Hartsdale, NY 10530

Telephone: 914.949.7699 x313

Camps

Hole in the Wall Gang Camp

An overnight camp for children ages 7 to 15 years who have cancer or another serious childhood illness that make it medically difficult for them to attend other camps. Children go for one of nine week-long sessions. There are camps in Florida, Connecticut, New York, Ireland, and France. No fee.

Contact Information:

565 Ashford Center Road

Ashford, CT 06278

Toll Free Telephone: 800.429.3444

Website: www.holeinthewallgang.org

Happiness is Camping

An overnight camp in New Jersey for children with cancer and their siblings ages 6 to 16. Children can go for one of six 5-7 day sessions. Transportation is provided to and from the New York City office. No fee.

Contact Information:

Attn: Kurt Struver

2169 Grand Concourse

Bronx, NY 10453

Telephone: 718.295.3100

Fax: 718.295.0406

Website: www.happinessiscamping.org

Camp Simcha

Kosher camp for children with cancer and related illnesses. Offers separate 3-week sessions for girls and boys ages 6 to 16. Round trip transportation is provided. Located in Glen Spey, New York. No fee.

Contact Information:

Zahava Farbman, Assistant Camp Director

Chai Lifeline

151 West 30th Street, 3rd Floor

New York, NY 10001

Telephone: 212.465.1300

Toll Free: 800.777.5033

Camp Sunshine

Located in Maine, a week-long camp for children with cancer that offers support for the whole family. There are recreational hours just for the children as well as family activities. Medical facilities and professional staff, food, counseling, and private family suites are provided.

Contact Information:

35 Acadia Road

Casco, ME 04015

Telephone: 207.655.3800

Fax: 207.655.3825

Website: www.campsunshine.org

Ronald McDonald Camp

Residential camp for children ages 7 to 17 with cancer, on or off therapy, and siblings. Junior counseling program for teens ages 18 to 19. No fee for children with cancer; \$100 fee for sibling. There is a limit of one sibling per family. The program is for one week in mid-August.

Contact Information:

Doris M. Sterner, MSW

Camp Administrator

3925 Chestnut Street

Philadelphia, PA 19104

Telephone: 215.387.8406

Website: www.ronaldmcdonaldcamp.org

Information/Education**Children's Brain Tumor Foundation (CBTF)**

A nonprofit organization that offers children's support, counseling, information/education, and advocacy services to families and survivors through a free *Resource Guide for Parents of Children with Brain and Spinal Cord Tumors*. Programs include educational conferences, Parent-to-Parent Network, and the Family Outreach Project.

Contact Information:

274 Madison Avenue, Suite 1301

New York, NY 10016

Telephone: 212.448.9494

Toll Free: 866.CBT.HOPE

Website: www.cbtf.org

Candelighters Childhood Cancer Foundation

Offers a youth newsletter and a list of local support groups, camps, brochures, publications, and other information about resources for parents, siblings, long-term childhood cancer survivors and professionals.

Contact Information:

3910 Warren Street

Kensington, MD 20895

Toll Free Telephone: 800.366.2223

Website: www.candelighters.org

American Cancer Society

Provides information about cancer, treatment options, support groups, and general health. Cancer information specialists are available 24 hours a day thru the hotline.

Contact Information:

Toll Free Telephone: 800.ACS.2345

Website: www.cancer.org