

FACING CANCER *together*

Are you **a parent**
with cancer?

PROGRAMS

Our programs are free to join, but registration is required.

WINTER 2018/2019

DECEMBER

THURSDAY **6** **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
5:30 p.m. – 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who will get to create art, play games, do activities and eat dinner
- We will take the parents to a nearby restaurant for dinner and socializing
- Kids will participate in a fun, therapeutic and educational-type activity
- Program fills quickly – register soon!

SUNDAY **9** **TEEN OUTREACH –
SNOW TUBING**
7:00 p.m. – 9:00 p.m.

- Attention Teens! Join us for an evening of snow tubing
- Meet us at the entrance of Buck Hill (15400 Buck Hill Road, Burnsville)
- Wear warm gear and be ready for fun
- Snacks will be provided

TUESDAY **18** **FAMILY NIGHT –
HOLIDAY SING-ALONG**
6:00 p.m. – 8:00 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Join us for an evening of Holiday music and decorating cookies
- We will be serving hot cocoa and gingerbread cookies
- Wear your most festive holiday outfits and be prepared for fun!

WEDNESDAY **26** **ICE SKATING**
12:00 p.m. – 3:00 p.m.

- St. Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park)
- Kids, Pre-Teens, and Teens, join us for an afternoon of skating
- Parents drop your children off and enjoy the afternoon by yourself
- We will be skating, discussing where we are at in our unique cancer experience, and enjoying each other's company
- Light snacks will be provided

JANUARY

THURSDAY **3** **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
5:30 p.m. – 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who will get to create art, play games, do activities and eat dinner
- We will take the parents to a nearby restaurant for dinner and socializing
- Kids will participate in a fun, therapeutic and educational-type activity
- Program fills quickly – register soon!

THURSDAY **3** **CAREGIVER KLATCH**
5:30 p.m. – 7:30 p.m.

- Common Roots Café (2558 Lyndale Avenue South, Minneapolis)
- Presented in partnership with Jack's Caregiver Coalition, this program is designed for people currently serving a caregiver capacity to someone who has cancer
- Beverages and appetizers provided

MONDAY **7** **TEEN OUTREACH**
5:30 p.m. – 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Are you a teen whose parent/guardian has been diagnosed with cancer? Connect with other teen who are in similar situations
- Join us at the Angel Foundation office for a game night and pizza
- Chat about New Years resolutions

SAVE THE DATE FOR CAMP ANGEL 2019
June 11-13, 2019 • August 16-18, 2019



FEBRUARY

THURSDAY **7** **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
5:30 p.m. – 7:30 p.m.

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) who will get to create art, play games, do activities and eat dinner
- We will take the parents to a nearby restaurant for dinner and socializing
- Kids will participate in a fun, therapeutic and educational-type activity
- Program fills quickly – register soon

SUNDAY **10** **PRE-TEEN OUTREACH –
SNOW TUBING**
7:00 p.m. – 9:00 p.m.

- Attention pre-teens! Join us for an evening of snow tubing
- Meet us at the entrance of Buck Hill (15400 Buck Hill Road, Burnsville)
- Wear warm gear and be ready for fun
- Snacks will be provided

SATURDAY **16** **WINTER RETREAT**
10:00 a.m. – 2:30 p.m.

- Located at Gloria Dei Lutheran Church (700 Snelling Avenue South, St. Paul)
- This day-long wellness retreat allows everyone the opportunity to explore and experience a wide variety of integrative therapies
- Lunch will be provided
- For the whole family and all ages (4+)
- Program fills quickly – register soon!

THURSDAY **21** **TEEN OUTREACH –
TAKE AND BAKE**
5:30 p.m. – 7:30 p.m.

- Mid-America Marketing, Inc. (9675 Hamilton Road, Suite 400, Eden Prairie)
- Come hungry and ready to learn the basics of baking!

To register, please contact Emily Rezac at erezac@mnangel.org or (612) 627-9000 ext 507.

These programs are offered at *any* point after diagnosis, whether in treatment or not.