

# FACING CANCER *together*

Are you **a parent**  
with cancer?

## PROGRAMS

WINTER/SPRING 2021

### There's a group for everyone at Angel Foundation!

Children, Preteens, Teens and Parents/Adults are welcome to join in on monthly Zoom calls (60 min) to connect with individuals going through a similar cancer experience. We will share tips and tools, have conversations about having a parent/grandparent with cancer or parenting through cancer and the impact it has on your family.

**ALL  
ZOOM CALLS  
AT 7:00 P.M.**

AGE GROUP	JANUARY	FEBRUARY	MARCH	APRIL
<b>CHILDREN</b> (4-8)	<b>4 Monday</b>	<b>1 Monday</b>	<b>1 Monday</b>	<b>5 Monday</b>
<b>PRETEEN</b> (9-12)	<b>5 Tuesday</b>	<b>2 Tuesday</b>	<b>2 Tuesday</b>	<b>6 Tuesday</b>
<b>TEENAGER</b> (13-18)	<b>12 Tuesday</b>	<b>9 Tuesday</b>	<b>9 Tuesday</b>	<b>13 Tuesday</b>
<b>ADULT/PARENT</b> (18+)	<b>14 Thursday</b>	<b>11 Thursday</b>	<b>11 Thursday</b>	<b>15 Thursday</b>

**OUR PROGRAMS ARE FREE TO JOIN, BUT REGISTRATION IS REQUIRED.**

### JANUARY

THURSDAY

**21 ANGEL AT HOME GALA**

**Swing in anytime between 6-7 p.m.**

Come to the Angel Foundation Office to pick-up materials needed to participate in a fun, fancy evening at home. Every year, Angel Foundation hosts an Angel Gala to raise money for our services. Join us as we present our program online on Saturday, January 30th! Information to follow!

### FEBRUARY

THURSDAY

**18 CUPID SHUFFLE**

**Swing in anytime between 6-7 p.m.**

Let's celebrate LOVE! Come pick-up materials and activities centered around the topic of love. We will take time to determine what fills our hearts and how we can warm the hearts of those around us during a cancer diagnosis.

### MARCH

THURSDAY

**18 SHAMROCKIN' AND ROLLIN'**

**Swing in anytime between 6-7 p.m.**

A cancer diagnosis within your home can be one of the most challenging times in your lives. Angel Foundation aims to minimize the stress you may be feeling due to cancer. Let's do so by thinking about all of the things that make us feel lucky! Come grab supplies to press your luck!

### APRIL

THURSDAY

**22 SMART COOKIE**

**Swing in anytime between 6-7 p.m.**

Laughter is truly the best medicine! Angel Foundation wants to make sure you have the best time celebrating April Fools Day, even if it's a little later than normal. Come grab activities and prank those in your household with some helpful tricks from Angel Foundation!

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

To register, please contact Emily Kruger (Rezac) at [ekruger@mnangel.org](mailto:ekruger@mnangel.org) or (612) 627-9000 ext 507.

1155 Centre Pointe Drive, Suite 7 | Mendota Heights, MN 55120

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[mnangel.org](http://mnangel.org)