

FACING CANCER *together*

Are you **a parent**
with cancer?

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

PROGRAMS

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.

AGE GROUP	MAY	JUNE
CHILDREN (4-8)	5 Wednesday	1 Tuesday
PRETEEN (9-12)	6 Thursday	3 Thursday
TEEN (12-18)	11 Tuesday	7 Monday
YOUNG ADULT (18-26)	12 Wednesday	8 Tuesday
ADULT/PARENT (26+)	13 Thursday	10 Thursday

MAY

THURSDAY **FAMILY YOGA
SESSION***
20 **6:00 - 7:00 p.m.**

Join us for an hour of relaxation. Yoga will be led by a Certified Yoga Instructor in our parking lot. No previous experience is required, and every family member is welcome!

THURSDAY **FAMILY ART
EXPRESSION***
27 **6:00 - 7:00 p.m.**

Join us for an outdoor Family Art Expression. Session will be hosted by an Art Therapist. Fun for the whole family!

** May Day themed goodie bag available for pick-up option*

JUNE

MON-FRI **CAMP ANGEL
IN A BOX**
14-18 **All Day Virtual Camp**

Interested in having your children join us for Camp Angel in a Box? Read more information and register your campers at mnangel.org/campangelinabox

THURSDAY **FAMILY LEGACY
WRITING**
24 **6:00 - 7:00p.m.**

Angel Foundation will be hosting a Legacy Writing workshop for the entire family. We will separate age groups and take time being mindful and reminisce on our experiences as they relate to cancer and our family.

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

In-Person Programing: All in-person programing will follow the CDC guidelines. A waiver must be filled out upon your arrival; masks, social distance parameters and hand-sanitizing stations available. All programing will happen outdoors. Please know that there are "pick-up" options available upon request if your family does not feel comfortable participating in-person.

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 or (612) 627-9000 ext 507.



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