

Learning about Cancer through Technology

Facing Cancer Together | Family Education & Support



Smartphones can be used in all sorts of ways, especially for distraction, communication, and learning. Technology can provide a great way for developing coping strategies during times of stress.

iPhone and Droid Apps

LEARNING ABOUT CANCER:

- Kids' Guide to Cancer
- Re-Mission 2: Nanobot's Revenge
- The Kids' Guide to Mommy's Breast Cancer
- Cancer.Net Mobile

RELAXATION:

- White Noise
- Nature Sounds Relax & Sleep
- Relax & Rest Guided Meditations
- Worry Watch
- Breathe, Think, Do with Sesame
- Smiling Mind

MINDFULNESS:

- BellyBio Interactive Breathing
- Buddhify
- MindShift

DISTRACTION:

- Tayasui Sketches
- Art Set
- Emotionary App
- Carnival of Animals