

FACING CANCER *together*

Are you **a parent**
with cancer?

PROGRAMS

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

SPRING 2020

MARCH

THURSDAY **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
5 **5:30 - 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, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner, socializing and discussing similarities between families
- Program fills quickly— register soon!

FRIDAY - SUNDAY **FAMILY CAMP
SNOW ANGEL**
13-15 **all weekend**

- Camp Courage (8046 83rd St NW, Maple Lake)
- Angel Foundation's first ever Family Camp Snow Angel
- This new winter camp, for the entire family who has been impacted by and adult with cancer, provides an opportunity to learn, laugh and love with other families in a similar situation
- Application process required— limited space available, email Emily Rezac (erezac@mnangel.org) for more information

WEDNESDAY **PRETEEN AND
TEEN OUTREACH
SKATEVILLE**
25 **5:30 - 7:30 p.m.**

- Skateville (201 S River Ridge Cir, Burnsville)
- Skateville is Minnesota's premier rollerskating rink!
- Have fun and meet other preteens (9-12) and teenagers (13-18) going through a similar situation.
- Limited space available— register today!

APRIL

THURSDAY **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
2 **5:30 - 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, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner, socializing and discussing similarities between families
- Program fills quickly— register soon!

TUESDAY **TEEN OUTREACH
CELEBRATE EARTH DAY—
COMMUNITY CLEAN UP**
21 **5:30 - 7:30 p.m.**

- Normandale Lake Bandshell (5901 W 84th St, Bloomington)
- Teens (13-18) are welcome to come help give back to the community
- Angel Foundation will be meeting for an evening of community cleaning by picking up trash around Normandale Lake
- Snacks will be provided
- We encourage you to celebrate Earth Day with us and to help keep our environment clean

WEDNESDAYS **PRETEEN AND
TEEN OUTREACH
YOGA SERIES**
8-22 **6:00 - 7:00 p.m.**

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Teens and Preteens come for an hour of meditation, yoga, and deep breathing
- Snacks will be provided
- No previous yoga experience required
- Taught by a certified yoga instructor

MAY

THURSDAY **KID'S NIGHT IN/
PARENT'S NIGHT OUT**
7 **5:30 - 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, participate in educational and therapeutic activities and eat dinner
- Adults will go to a nearby restaurant for dinner, socializing and discussing similarities between families
- Program fills quickly— register soon!

FRIDAY **ANGEL FIESTA—
SUMMER KICK-OFF**
8 **6:00 - 8:00 p.m.**

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Drop the kids off (4-18) for fun snacks, games and activities
- Let's TACO bout our cancer story!
- Snacks and soda will be served

TUESDAY **FAMILY ART
EXPRESSION**
19 **5:30 - 7:30 p.m.**

- Angel Foundation Office (1155 Centre Pointe Drive, Suite 7, Mendota Heights)
- Join us for an evening of fun with your family, everyone is welcome!
- Explore your emotions, improve self-esteem, relieve stress and practice being mindful
- Led by an Art Therapist

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


foundation
mnangel.org

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