

# CLIMB

CHILDREN'S LIVES INCLUDE MOMENTS OF BRAVERY



**CLIMB is a support program for children and teens ages 6-18 who have a parent, grandparent or guardian with cancer.**

- FREE to all families in the Treasure Valley affected by cancer
- Sessions of 6 consecutive weekly meetings held throughout the year
- Kids and teens complete activities with oncology staff and trained volunteers
- Adults have supportive group time led by an oncology professional
- Dinner is provided

**What kids learn through CLIMB:**

- What cancer is and how it is treated
- That they are not the only family facing cancer
- How to handle difficult emotions when someone you love is sick and life changes

Family dinners are held at the beginning of each evening. Parents, grandparents and other adult family members are encouraged to attend all sessions with their children or teens. Adults, children and teens will break into separate support groups following dinner. Children will complete a weekly activity and teens will have group time with age appropriate activities and discussions.

**Six-week sessions  
are offered  
throughout the year.**

For more information please call:  
(208) 367-3131

*INTERPRETERS PROVIDED  
UPON REQUEST*



**Saint Alphonsus**

**CANCER CARE CENTER**

Cancer Care Center  
1055 N. Curtis Rd., Boise, ID 83706

# CLIMB

## CHILDREN'S LIVES INCLUDE MOMENTS OF BRAVERY

### CLIMB Weekly Outline

*Kids, teens and adults will break into separate groups following family dinner.*

**Session 1:** **Goal:** Decrease isolation by meeting other families going through cancer.

**Feeling:** Happy & Nervous

**Activity:** Photo Frame

**Session 2:** **Goal:** Increase knowledge about cancer and its treatment.

**Feeling:** Confused

**Activity:** MD Anderson Kid to Kid video, question & answer time with oncology doctor or nurse, chemotherapy and radiation area tours

**Session 3:** **Goal:** Normalize feelings of sadness.

**Feeling:** Sad

**Activity:** Feeling Mask

**Session 4:** **Goal:** Assist child/teen to identify strengths and normalize anxiety.

**Feeling:** Scared

**Activity:** Strong Box

**Session 5:** **Goal:** Assist child/teen to express and manage anger appropriately.

**Feeling:** Mad

**Activity:** Anger Cube

**Session 6:** **Goal:** CLIMB graduation

**Activity:** Well Wishes Card

### Overall Format for Each Session

- Family Dinner
- Welcome/Warm-up Activity
- Feeling of the Day
- Content/Activity
- Closure



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