



Wonders & Worries FAQs

1. What is Wonders & Worries?

Wonders & Worries is an Austin-based nonprofit that provides free, professional support to children and teenagers during a parent's serious illness. Services are available in English and Spanish.

2. What does Wonders & Worries do?

Wonders & Worries ensures that children and teenagers can reach their full potential, despite a parent's serious illness. Through activities, children and teens gain:

- Age-appropriate understanding of illness, treatments and side effects
- Strategies for expressing feelings related to changes in the family
- Skills for coping with stress, anger, sadness and fear
- Connections to peers sharing similar experiences

3. Who are services for?

Wonders & Worries provides free, professional support for ages 2-18 who have a parent with a serious or chronic illness. Consultations, classes and support groups are also available for parents.

4. Why do children and teenagers need support if they're not the ones who are sick?

A parent's life-changing illness can negatively affect a child, increasing their risks for behavioral, emotional and academic problems. It can interfere with personal relationships and stress management.

5. How much do services cost?

All Wonders & Worries services are free of charge to families. This includes individual and group sessions, parent consultations, parenting classes and family fun events.

6. When should a family connect with Wonders & Worries?

As soon as possible after a parent's diagnosis. The research-based materials and activities are best absorbed over several sessions – ideally, before problems emerge at home or school. The earlier we can connect, the greater our ability to guide a family and build a strong foundation for parents and children.

7. What illnesses does Wonders & Worries work with?

Wonders & Worries works with families who have a parent with a serious physical illness. Families facing mental health or substance abuse issues will be guided to other resources.

8. Does Wonders & Worries offer bereavement support?

If a family connects with Wonders & Worries *before* a loss occurs, they are welcome to receive bereavement support. However, if the loss has already occurred, families will be guided to other grief resources.



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.

9. Does Wonders & Worries support siblings of ill children?

Siblings of chronically ill children are best served through hospital-based child life specialists because of the connections with their medical team. Families needing sibling support are encouraged to request consultation with a child life specialist at their next clinic appointment. Wonders & Worries can provide referrals to additional resources.

10. What if the ill family member is a grandparent?

Grandparents often have a vital caregiving role. As such, grandparent illnesses are considered on a case-by-case basis. Call 512-329-5757 to talk through your situation with our professional staff.

11. How can someone connect with Wonders & Worries?

No referral is required. The best way to access support is to call 512-329-5757 in the Austin area or 210-307-4853 in the San Antonio Area. You can also fill out an online form at wondersandworries.org/request-information-services/.