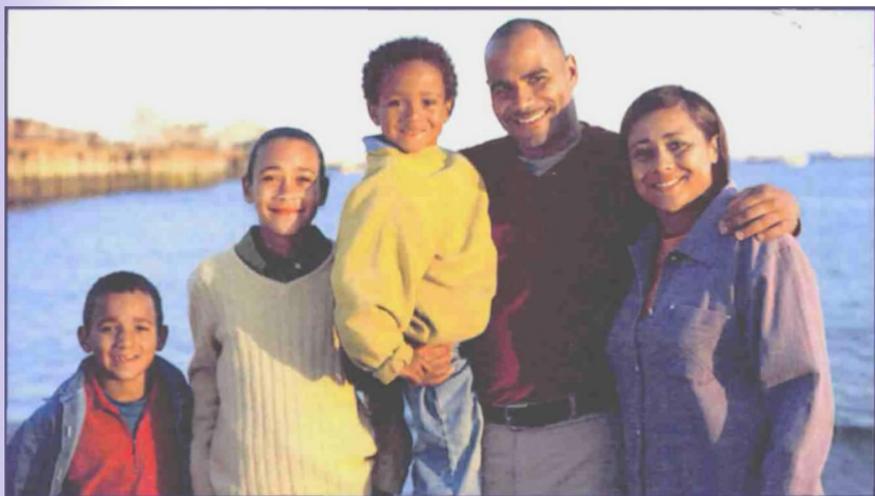


Helping Your Children Cope with Your Cancer



Your illness involves the whole family. Children are affected by everything that happens in the family. Therefore, your children know something serious is happening even if you haven't told them yet. Children are very resilient and can often handle more difficult situations than we may expect.

— *It helps your children cope
when you tell them the truth.* —



Children's needs vary according to their age. The way you talk with them about your cancer needs to be adjusted to match each child's age and maturity level. The information below outlines different approaches for three age groups: 2-6 year olds, 7-12 year olds, and teenagers. However, regardless of age, children share some very basic needs:

- to have their physical and emotional needs met,
- to understand what is happening to their world at their own level, and
- to be reassured that they will be cared for no matter what happens.

■ TALKING WITH YOUR CHILDREN

It is very important to let your children know you are willing to talk about your illness and listen to their concerns. Even though they may not bring up your illness, they are thinking about it. It is helpful for your child to know:

- that you have an illness,
- that the name of the illness is cancer (it helps to use the word "cancer"),
- that you are working with your doctors to treat the cancer.

A Free Cancer Support Community

Gilda's Club Metro Detroit is a free, non-residential cancer support community in Royal Oak founded by eight committed women whose lives were touched by cancer. The signature "red door" to our beautifully restored clubhouse opened in 1998.



Living with cancer?
Come as you are.™

Gilda's Legacy

Gilda's Club is named in honor of the late comedian and former Detroiter Gilda Radner. Her dream was to create places where people living with cancer could gather to support one another and celebrate life. The dream found fulfillment with the opening of Gilda's Club New York City in 1995. Since that time, Gilda's Clubs have been opening around the world.

Emotional and social support are as essential as medical care when cancer is in the family.

Gilda's Club is a place where you can share the collective wisdom of experience, develop strategies for living with cancer and build friendships.

When cancer happens, it happens to the entire family.

That's why Gilda's Club welcomes men, women and children with all types of cancer and their families and friends into our unique support community.

How to become a member:

Call and inquire about our weekly
New Member Meetings:

248.577.0800

Welcome to our clubhouse! Make yourself comfortable in our warm, welcoming home-like setting. The program is offered FREE OF CHARGE and we are open six days a week. Once you are a member, you will receive our monthly calendar featuring clubhouse activities:

Participate in one of our many GROUPS

- ❖ Weekly wellness and family groups facilitated by licensed/certified counseling professionals.
- ❖ Monthly networking groups for specific types of cancer and special interests.

Come to our LECTURES & WORKSHOPS

- ❖ Our supper/lecture series "Food for Thought" by leading specialists on cancer-related topics of interest to our membership.
- ❖ Fun workshops including art, yoga, meditation, quilting and journaling.

"You can let your hair down here, even if you don't have any."

Gilda's Club Member

Enjoy our SOCIAL EVENTS

- ❖ Monthly potluck parties and other social events including spa day, chicken soup night and more!

Visit NOOGIELAND and join KID'S CLUB

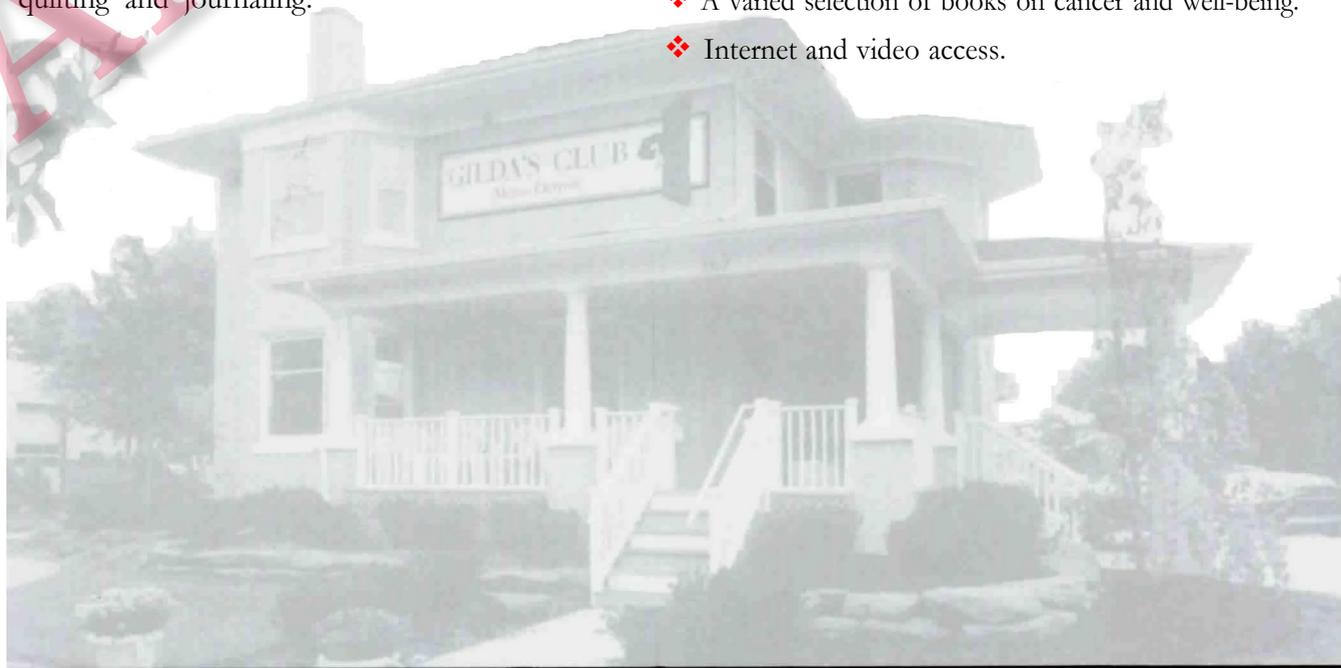
- ❖ A unique play area and special activities for children and pre-teens affected by cancer.
- ❖ Receive "Noogie News" to find out about monthly activities.

Join our TEEN CLUB

- ❖ Groups for teens affected by cancer to connect with other teens and to participate in many volunteer activities.

Browse in our LIBRARY

- ❖ A varied selection of books on cancer and well-being.
- ❖ Internet and video access.



Prostate Cancer Websites

Name of organization	General cancer info	Prostate cancer info	Symptom info
National Cancer Institute	http://www.cancer.gov/cancer_information/	http://www.cancer.gov/prostate	
American Cancer Society	http://www.cancer.org/	http://www.cancer.org/eprise/main/docroot/SHR/content/SHR_2.1_x_Man_to_Man?sitearea=SHR	
Karmanos Cancer Institute	http://www.karmanos.org/		
University of Michigan Comprehensive Cancer Center	http://www.cancer.med.umich.edu/index.html	http://www.cancer.med.umich.edu/prostcan/prostcan.html	
University of Pennsylvania	http://www.oncolink.upenn.edu/		
National Prostate Cancer Coalition		http://www.4npcc.org/	
American Urological Association (patient section)		http://www.auanet.org/patient_info/index.cfm	
US Too!		http://www.ustoo.com/	
National Association for Continence			http://www.nafc.org/site/index.html
Erectile Dysfunction site			http://www.niddk.nih.gov/health/urolog/pubs/impotnce/impotence.htm
Oncology Nursing Society	http://www.hopelink.com/clinicaltrials/7/clinicaltrials.jsp (for information on clinical trials)		http://www.cancerfatigue.org/