Bright Spot Network
Bright Spot Network provides young cancer survivors who are parents of small children with a safe space for individual and familial healing, recovery, and reconnection. We do this through family-focused retreats, survivor "matchmaking," and connecting families with needed support and children’s therapy resources.

We focus on young parents and guardians caring for young children at the time of diagnosis, including those diagnosed during pregnancy.

https://www.brightspotnetwork.org

Camp Kesem
Camp Kesem is a free, week-long overnight summer camp experience designed for children ages 6 to 18 who are impacted by a parent’s cancer. At camp, we focus on creating fun experiences that help these children escape - even if for a short time - the challenges of coping with a parent's cancer diagnosis.

Campers find adventure and creativity, build trust in themselves, and create new friendships. Many children say that Camp Kesem is the best week of the year, and we agree!

https://www.kesem.org/programs-services/camp-kesem

The Dougy Center
The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

https://www.dougy.org
One Day to Remember
One Day to Remember strives to provide a curated experience that is individualized for each family—AND at no cost to them. These can be at home or at local attractions. Our goal is to give families dealing with advanced-stage cancer the opportunity to make lasting, positive memories. Included in the special day, we send a professional photographer so that every family receives a commemorative photobook.

https://www.onedaytoremember.org/

Rainbows for All Children
Rainbows for All Children trains adult volunteers in community-based sites such as schools, faith-based organizations, libraries or community centers to lead age-specific support groups for children and teens, ages 3-18, who are grieving from some type of loss. These groups provide a safe environment that encourages communication while identifying, navigating and discussing difficult feelings that accompany loss.

https://rainbows.org/

The WunderGlo Foundation
Colorectal cancer is the Number #2 cancer killer of both men and women and this disease greatly affects everyone in a family. The children of colon cancer patients endure a lot; one of their parents is most likely off work – on medical disability, and their family’s finances may be strained. Many children have OR will lose a parent to this disease during their young and impressionable lives. The Gloria Borges WunderGlo Foundation wants these children to know that we care.

Although we are a colon cancer organization with a Mission to Support research for “The Cure”, we have built “The Children of WunderGlo” programming because we want to do our part in helping these children attain the necessary building blocks to reach their own personal successes. We want these children to know that The Gloria Borges WunderGlo Foundation cares about their future.

https://wunderglofoundation.org/the-children-of-wunderglo/
Children's Treehouse Foundation
Founded in January of 2001 in Denver, Colorado, we are the nation’s only organization providing group-based, manualized and internationally delivered, psychosocial intervention developed specifically to support the emotional needs of children with a parent or caregiver who has cancer. This often overlooked aspect of cancer treatment now has a program that kids, parents and oncology professionals all rave about, the CLIMB Program.

https://childrenstreehousefdn.org/climb-programs/

EmpowerHer
empowerHER is an international nonprofit with a very specific mission — to empower, support, and connect children and young adults who have experienced the loss of a parent. We provide in-person events that remind them they are not alone in their grief, and a unique one-on-one mentor program with positive role models from the community who help show them that loss is survivable.

https://www.empoweringher.org/

Help with Hope
When a parent is diagnosed with cancer, it can be a very scary time for not only the patient but also for his or her children. Help with Hope’s goal is to support every child whose parent has been affected by cancer with compassion and understanding. This is accomplished through online support groups and care packages (containing a fluffy, comforting stuffed animal, journal or coloring book and a book on coping with their parent’s cancer).

https://helpwithhope.org/

Inheritance of Hope
We serve young families facing the loss of a parent due to terminal illness with resources and relationships for each family member. If you feel isolated or frustrated by illness, you are not alone – you are loved here! Inheritance of Hope offers legacy planning projects and trips for stage 4 patients and their family’s.

https://inheritanceofhope.org/
Melanie's Way
Mélanie’s Way is a Canadian charity that grants personalized ‘wishes’ to young women with metastatic or relapsed cancer. Our goal is to extend the definition of serving these women beyond the medical arena – to focus on maximizing joy and creating customized experiences and shared memories with their loved ones.
(Canada only)

https://www.melaniesway.com/

Pickles Group
At Pickles Group, we know that having a parent or caregiver with cancer can be a lonely, isolating experience. That's why our mission is to provide free peer-to-peer support and resources to kids affected by their parent or guardian's cancer. Pickles kids strengthen resilience, have fun with friends who get them, and heal along the way. Our approach is grounded in behavioral science and research that shows that kids are more likely to thrive through their parent’s cancer when they have access to three things:

● Open, age-appropriate information about cancer
● Coping skills to help them identify and process their feelings in healthy ways
● Connection with peers who share their lived experience

https://www.picklesgroup.org
Parenting with Cancer: What Kids Understand and How You Can Help Them

How might my child react during a parent’s cancer journey?

Children may express a range of emotions and behaviors in response to a parent’s cancer diagnosis or treatment.

They may:

• **Exhibit increased sensory-seeking behaviors.** This could include things like thumb sucking, chewing on a shirt or blanket, or touching things (including people or different textures). Consider setting up a quiet corner in your home as a place your child can go when things are feeling overwhelming.

• **Appear irritable, confused, fearful, sad or insecure.** There are a range of emotions that can come up. Remember that your kid is the same awesome kid that you’ve been raising, but they not be sure what to do with their emotions.

• **Regress.** Especially with younger kids, they may go back to behaviors you haven’t seen in a while.

• **Play out scenes of illness.** Kids process information through play. If what they’re acting out is not a totally accurate representation, that’s okay. This is how they process their world.

• **Repeat questions.** They’re seeking reassurance and testing you to make sure the answers stay the same. Consider asking back “do you remember what we talked about?” so they start to develop the language to use your words to help them reassure themselves.

• **Act as if nothing is different.** This is also a normal response and doesn’t mean they don’t care or love you less. Kids process in all different ways at all different times.

All of these behaviors are totally normal, but if anything is feeling extreme (like irritability that doesn’t go away, not playing with friends anymore, etc.), it may be beneficial to seek professional help for your child.

Remember to utilize your child’s support systems. Your child has a whole team of people in their corner—including their teacher, school counselor, and any therapists or other outside supports they receive. Communicate with those team members about the kind of language you’re using with your child, what questions they’re asking, and how you’re answering. Use your village!
Parenting with Cancer: What Kids Understand and How You Can Help Them

What can I do to support my child through a parent’s cancer journey?

Communicate with your child about cancer.

- Our instinct is to shield our kids from harm. But it can be scarier for a child to sense that something is going on but not be told explicitly.
- Start with honest, clear language, parceling out information as your child is able to process it. Start small, open and honest.
- Repeat concepts as needed. All of this language around cancer was new to you upon diagnosis; your child may not understand it the first time. As children grow and develop, they come back to information and process it differently and fill it in a bit more with each discussion.
- Avoid euphemisms such as “under the weather.” Use real words. Use the word cancer.
- Describing where the cancer is and how doctors are helping can help make it more concrete. Some children may need honest broad strokes more than very small details.

Prepare your child for changes in the person with cancer.

- Try to anticipate some of the physical changes that may occur, and talk to your child about them. Many children have questions about hair falling out from chemo, a port in someone’s chest, or other changes in appearance.
- Tell your child that cancer is different than an illness that they can “catch.” That means that sometimes medicine used to treat cancer can make people feel sicker, not better—this may be a new concept for them. Let them know that the person may feel good some days and not so good on other days.
- If the parent is having surgery, let your child know they may not be able to hug them tightly or sit on their lap, and that their parent might be more tired than usual.
- Give them alternatives. Explore ways your child might feel helpful, such as bringing their parent a drawing or watching TV next to them. Come up with a special symbol like a secret handshake to bond with their parent if they can’t hug the way they’re used to.
Parenting with Cancer:
What Kids Understand and How You Can Help Them

What can I do to support my child through a parent’s cancer journey? (con’t)

Pay attention to structure and routine.

• Even as adults, it’s comforting to know the plan! Children feel comfort when they know what to expect. Explain that there’s still a plan, but that everyone may need to be a little flexible about it.
• Your child’s daily schedule and roles of family members may change for short or long periods of time. Help your child anticipate these changes as best as possible.
• Use a calendar, checklist or picture schedule to provide guidance and reassurance about the daily routine. Having this as something to refer back to may help your child feel rooted in their routine.
• Reassure your child that even when someone has cancer, there will always be a daily routine and plan, and that they will be taken care of.

Address your child’s concerns.

• Some children worry that they caused their parent’s cancer or are in some way responsible. Reassure them that there’s nothing they did or said to cause the cancer, and there’s nothing they can do to fix it. It’s not their job to heal and cure the person who is sick.
• Assure your child that they are not alone, as many other children have someone in their lives with cancer.
• Children are likely to worry about someone dying from cancer, even if they don’t ask. Assure your child that there’s a lot of complexity, but that you will help them know what to expect.
• Reassure them that doctors do their very best to find the right treatment so that people with cancer can get better.
Parenting with Cancer: What Kids Understand and How You Can Help Them

What does my child understand about cancer?

Our job as parents is to help our children process the world around them, understand their emotions and express what they’re feeling in developmentally appropriate ways. All of our kids’ behaviors are communication and our job is to be detectives—which can be really difficult!

Infants and toddlers may not understand much of what’s happening, but even babies can sense changes in their environment. So, if there’s a change in the family system, even little ones can feel it.

Preschoolers are all about themselves! Their main lens is “how does this affect me right now?”

They have:
- A limited scope of understanding
- An emphasis is on the here and now
- A focus is on how it affects them

Elementary school children are starting to broaden their thinking a little bit.

They may:
- Be wondering: Did something I do cause this? Did I wish something bad?
- Show an interest in the biological aspects of cancer: where in the body are things happening?
- Ask broader questions about what’s happening, including concerns about death

Middle school children are starting to understand more complexities.

They may:
- Have heard about cancer before
- Think more abstractly or question their belief system
- Have broader concerns (worries about the death of a parent or that they may get cancer)
- Be inclined to seek support from peers rather than from adults

Teens understand complexities.

They may:
- Have concerns related to their own self-identity; they don’t want to feel different from peers
- Be caught between breaking away but also needing support
- Be inclined to seek support from peers rather than adults
- Need to hide their feelings to maintain a sense of control

Remember: You know your child the best. Each child’s own developmental path will have a great impact on how they process, experience and understand a cancer diagnosis.
Just Diagnosed with Cancer? Your Kids Will Be Okay.

So you have cancer. And young kids. Well...shoot. We understand the devastating nature of that combination. But we’re here to tell you—and we have science on our side—that your kiddos will be alright. Read on, pause for some deep breaths, and trust in the resilience of your beautiful and strong little ones.

Your kids will be okay if...

You parent from the couch. Or your bed.

Recovering from surgery? Not feeling well from chemo or radiation? Some experts say that even 10 minutes of your full attention will go a long way in filling your child’s cup. But when your energy is too low, consider this: boredom is a breeding ground for creativity. Some experts even endorse “lazy parenting”— stepping back and letting kids gain independence. This can certainly be practiced from the couch. Other studies show that unless we do something totally nuts, we’re not going to screw up our kids. We’re not saying your presence as a parent isn’t important. But we are saying that whatever love and attention you are able to give your kids — is enough.

You spend time taking care of yourself.

You have to secure your own oxygen mask before helping others. And right now — you might need ALL. THE. OXYGEN. And that’s okay. Parents need self-care to recharge in normal times. If you’re navigating cancer treatment, you need even more. To be your best self and best parent for your child, you must take care of you first.

They lean on another loving adult for a while.

If you are away from your kids — in the hospital, recovering away from home, traveling for treatment, etc.—they’ll also be okay. Research shows that kids need a secure attachment with one loving adult. While of course you want that to be you, your child will be okay if they transfer that attachment to your co-parent, a grandparent, or another close family member or friend. For a few days. Or weeks. Or as long as needed. (And no, they won’t forget about you in the meantime).

They watch more TV than usual.

You can also change this sentence to: they eat more junk food. Or: they drink formula. Or: the list goes on and on. If a global pandemic taught us anything, it’s that if our kids spend more time than usual doing XYZ — they’ll be alright. Kids thrive on routines — but there’s no rule saying we can’t change those routines when needed. Find the ones that work. And when life changes again, find new ones. Research in the child development world shows that as long as a child’s environment is “good enough”— they’ll be just fine.

You tell them the truth.

There’s no right or wrong way here, and you know your kids best. But they’re perceptive little creatures, and they often know when something is wrong. If you don’t address it, they may feel scared or confused. They may feel that way if you do address it — but then they’ll have you to guide the conversation, talk to them in a way they understand, and make them feel safe. Young kids develop through relationships — keeping yours truthful and caring will help them express themselves and problem solve, and continue to grow. And to be okay.

Deep breaths. One day at a time. Do your best. Repeat this mantra: the kids will be okay.
KESEM BELIEVES ALL CHILDREN FACING A PARENT’S CANCER DESERVE THE CHANCE TO FULLY EXPERIENCE THE JOYS OF CHILDHOOD AND BE THEIR BEST SELVES.

ABOUT KESEM

Kesem is the nation’s largest nonprofit that serves children coping with a parent or caregiver’s cancer diagnosis. Our mission is to support these children through and beyond their parent’s cancer with free, fun-filled creative programs and a lasting community. Today, Kesem operates at more than 130 local chapters across the country, including in the District of Columbia.

“CAMP KESEM HELPED MY DAUGHTER’S CONFIDENCE SO MUCH, AND THIS HAS CARRIED ON AFTER THE END OF CAMP. I CANNOT SAY ENOUGH ABOUT HOW GREAT OF AN IMPACT THIS PROGRAM HAS HAD ON MY CHILD’S EMOTIONAL WELL-BEING.”

- KESEM PARENT

kesem.org
OUR PROGRAMS AND SERVICES

Kesem provides free year-round support for children and families navigating parental cancer.

Our flagship program, Camp Kesem, is a week-long sleepaway camp. At camp, kids have fun and build connections with each other and counselors who understand and are trained to support their needs. Beyond our camp, children and their families engage with other community members through a continuum of free experiences.

- **Kesem Warm Welcome** a care package service that immediately includes all families in our greater community in a personal, supportive manner.
- **Kesem Friends + Family** community events hosted by one of our more than 130 chapters for former and prospective camper families, student leaders, and supporters.
- **Kesem Connections** ongoing communication for families with regular updates and important deadlines and events.
- **Kesem Online Resources** online access to topical resources—including publications, books, organizations, and resources.
- **Kesem By Your Side** customized support for children through the many challenges associated with a parent or guardian’s cancer journey.
- **Kesem Special Deliveries** personalized greetings for important milestones such as birthdays, memorials, etc., delivered by either traditional or electronic mail.

PROGRAM ELIGIBILITY

Youth ages 6-18 who have lost a parent to cancer, have a parent undergoing cancer treatment, or a parent that is a cancer survivor are eligible to register for Kesem.

A parent or guardian is anyone with primary or legal responsibility for a child. This includes biological, adoptive, and foster parents. It can also include grandparents and other relatives in parenting roles.

READY TO REGISTER?

SIGN YOUR CHILD UP FOR KESEM BY VISITING

WWW.KESEM.ORG
Testimonials

IN THEIR OWN WORDS...

"I had a tough year and Rainbows made me feel better."
- Katie, 11

"When I first started Rainbows I was a young, scared little girl. I felt all alone in the world. I lacked any self-confidence and I felt all my life's obstacles were because of something I had done wrong. Rainbows helped give me courage and strength."
- Abigail, Rainbows' Alum

"I've been impressed with his ability to cope and honestly understand his dad's death."
- Anna, Parent

How to Get Involved

BE AN ADVOCATE

- Spread the word to families you know who might need our support
- Provide our information to a school, organization, community center, non-profit or other agency that may be interested in hosting a group.

BECOME A FACILITATOR

Adult volunteers are trained and certified online to lead program participants through our curriculum which has been proven to reduce the negative impact of ACEs.

GIVE BACK

To keep this crucial resource free to all the youth who need it, make a contribution through our website.

Supporting Youth Through Hurt, to Healing and Hope

Free volunteer facilitated peer support groups for youth experiencing loss.

CONTACT US

847-952-1770
info@rainbows.org

614 Dempster St., Suite C
Evanston, IL 60202

JOIN OUR COMMUNITY
A parent or guardian who is separated or divorced.

A parent, guardian, or family member who has died.

A parent, guardian, or family member serving time in jail.

In addition to addressing the grief and loss from those specific ACEs, Rainbows helps build the resiliency of children experiencing a family members’ deportation, deployment, significant illness, or any other life-altering, traumatic event.

Children who receive help processing their feelings generally have higher self-esteem, better school attendance and study habits, and less emotional anxiety than those who do not. Peer support helps them feel less alone.

Since 1983, Rainbows has served almost 4 million children by providing them support and helping them to develop problem-solving and coping skills, manage anger and stress, lessen depression and anxiety, and reduce emotional pain and suffering.

For more information, please visit www.rainbows.org
Creating communities that connect youth with the support they need to navigate grief and heal from loss.

Do you know young people navigating a community crisis?

At Rainbows we believe that no one should have to navigate grief and loss alone, especially our youth. Our network of certified volunteer facilitators agrees.

**What is a community crisis?**
Rainbows defines a community crisis as, "a stressful experience shared by a community resulting in a collective disruption in their usual or normal daily activities or functioning."
Examples of these events include:
- Natural Disasters, Pandemic
- Mass Shootings
- Terrorist Attacks among many others.

**Why Rainbows?**
Rainbows has served almost 4 million youth by helping them to:
- Develop and strengthen problem solving and coping skills
- Learn stress and anger management
- Alleviate depression and anxiety
- Improve communication skills
- Reduce emotional pain and suffering.

Silver Linings Program
Support groups for youth affected by community crisis.

<table>
<thead>
<tr>
<th>Level</th>
<th>Age of Participants</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny Smiles</td>
<td>3-6 years Pre-K to Grade 1</td>
<td>Each group meets 8 times over the course of 4 weeks and each meeting is 30 minutes to an hour in length. Each meeting follows this model: Gathering, Storytime, Activity, Discussion, Song, and Reflection.</td>
</tr>
<tr>
<td>Stormy Days and Sunshine Plans</td>
<td>7-11 years Grade 2-5</td>
<td></td>
</tr>
<tr>
<td>Under My Umbrella</td>
<td>12-14 years Grade 6-8</td>
<td></td>
</tr>
<tr>
<td>Rollin' Toward a Rainbow</td>
<td>15-18 years Grade 9-12</td>
<td></td>
</tr>
</tbody>
</table>

**How much does it cost?**
Rainbows' groups are 100% FREE to all participants.

**How do I find a group?**
Visit www.rainbows.org and click “find support.” Type in your address to find the nearest group.

All groups are completely confidential. Want to join a group in your area?
Contact us:
info@rainbows.org
847-952-1770
Creating communities that connect youth with the support they need to navigate grief and heal from loss.

Do you know a young person navigating a loss?
At Rainbows we believe that no one should have to navigate grief and loss alone, especially our youth. Our network of certified volunteer facilitators agrees.

What is loss?
Rainbows defines loss as "the state or feeling of grief when deprived of someone or something of value." Grief can come in many forms such as:
- Death
- Divorce
- Deployment
- Incarceration
- Moving schools
- Illness of loved one and many other reasons.

Why Rainbows?
Rainbows has served almost 4 million youth by helping them to:
- Develop and strengthen problem solving and coping skills
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- Improve communication skills
- Reduce emotional pain and suffering.

Rainbows Program
Support groups for youth affected by a loss.

<table>
<thead>
<tr>
<th>Level</th>
<th>Age of Participants</th>
<th>Duration of Meetings</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunbeams</td>
<td>3-5 years</td>
<td>20-25 minutes</td>
<td>Meetings happen once a week for 12-14 weeks depending on the group. Topics covered include the five core elements of crisis intervention: 1. Calming 2. Self-efficacy 3. Connectedness 4. Hope 5. Sense of safety</td>
</tr>
<tr>
<td></td>
<td>(Pre-K and K)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rainbows</td>
<td>6-13 years Level I: Grades 1-2, Level II: Grades 3-4, Level III: Grades 5-6, Level IV: Grades 7-8</td>
<td>Lv. I: 25-30 minutes, Lv. II: 35-40 minutes, Lv. III: 45-50 minutes, Lv. IV: 55-60 minutes</td>
<td></td>
</tr>
<tr>
<td>Spectrum</td>
<td>14-18 years Level I: Grades 9-10, Level II: Grades 11-12</td>
<td>55-60 Minutes</td>
<td></td>
</tr>
</tbody>
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ABOUT US

The WunderGlo Foundation was launched by O'Melveny attorney Gloria Borges, 1-year after she was diagnosed with Stage-4 colon cancer at age 28. Gloria was on the partner path at her dream Law firm when cancer intruded. Gloria knew that this was another way to lead and help people. Gloria brilliantly ran WunderGlo for 2-1/2 years until her passing on January 5, 2014. When she started this non-profit, her mission was clear, The WunderGlo Foundation will not rest until there is a cure for colon cancer. We strive to save lives and support cancer warriors by raising funds for colon cancer research, promoting awareness, and encouraging healthy lifestyle choices. The WunderGlo Foundation seeks to empower & inspire those fighting the disease and those finding ways to eradicate it.

WHO WE ARE & WHAT WE DO

• WunderGlo has funded $1.75 million dollars in colon cancer research (grassroots)
• WunderGlo Funded Research has been published in 75-research papers.
• The Children of WunderGlo Annual Scholarships have been awarded to 27–graduating high school students who have lost a parent to colon cancer.
• Since 2016, WunderGlo distributes presents during the holidays to children throughout the country whose parents have a cancer diagnosis (all cancers).
• The Gloria Borges WunderGlo Foundation Reiki & Guided Meditation Program provides therapy for cancer patients, survivors, and their families.
• WunderGlo –as Patient Navigators facilitate consultations for patients with affiliate oncologists and surgeons at USC Norris Cancer Center and Keck Medical Center.
• On-Line Support Group: “WunderGlo Chat” is offered to patients/caregivers.
• In 2021, Southwest Airlines named The Gloria Borges WunderGlo Foundation in the top 2% of nonprofits recognized for spreading kindness in our community.
• For more information, please scan the QR code or visit www.wunderglofoundation.org

HOLIDAY MOVIE NIGHT, TOY COLLECTION & DISTRIBUTION FOR THE CHILDREN OF WUNDERGLO

The Gloria Borges WunderGlo Foundation started a beautiful tradition for The Holidays in 2016, when we began hosting our free “Tis The Wunder of The Season Family Movie Night”. Taking place on the Wednesday after Thanksgiving each year, we enjoy a magical evening feeling the true spirit & meaning of “The Holidays” while watching a delightful holiday movie together in our own private theater at Vintage Theatres, Los Feliz, CA.

This event launches our annual holiday collection drive of toys/books/gift cards from our generous guests & loyal supporters, which we wrap, ship & deliver to children whose families are affected by cancer. Our gifts are NOT “need-based”. Our goal is to do something kind for ALL children of ALL cancer patients, survivors, and for those who have lost a parent to cancer- 100% regardless of a family’s income level. Cancer doesn’t discriminate whose family it affects, so WunderGlo offers our presents and our support to ALL children of cancer patients (all cancers).

The Gloria Borges WunderGlo Foundation believes in supporting the children who are experiencing their parent’s cancer diagnosis in their own way and at their own level. The WunderGlo Foundation wants these children to know that we are a group of people in this world who care about their lives and what they go through. These are: “The Children of WunderGlo”.

WANT TO GET ON WUNDERGLO’S HOLIDAY GIFT LIST?

Every December WunderGlo makes our list and we check it twice! We document a list of the toys/gift cards to share with all of the families that WunderGlo supports. If you would like your child/children to receive a Holiday Present from WunderGlo, send an email to Santa’s helper, Becky Keller at becky@wunderglofoundation.org to request that your name & info be placed on WunderGlo’s annual holiday gifts distribution list. For additional information scan the QR code below.

In bringing smiles to children’s faces and to their parents during the holidays, WUNDERGLO’S “gift” is to add more love & joy to the season.
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THE GLORIA BORGES WUNDERGLO FOUNDATION SCHOLARSHIPS
It is with great pride that The WunderGlo Foundation offers annual scholarships to graduating high school students who are pursuing their secondary education. Our scholarships have been established to support & promote the continued development of “The Children of WunderGlo” whose lives have been impacted by a parent’s colorectal cancer diagnosis. The scholarship period is open from Jan. 1st through April 15th. For more information and to download the application - scan the QR code below. Email inquiries to: scholarship@wunderglofoundation.org

WUNDERGLO SCHOLARSHIPS - ELIGIBILITY & HOW TO APPLY
• Scholarship Amount: The Gloria Borges WunderGlo Foundation awards *three $4,000 scholarships per year.
*Additional scholarships may also be awarded based on funding availability from supporting donors in each year.
Eligibility:
• High School Graduating students
• Students who have lost a parent to colorectal cancer
• Minimum G.P.A. of 2.00
• Acceptance to a community college, 4 year college or university, nursing program, military or professional trade school
• Actual scholarship monies will be awarded upon proof of registration
• To apply, please download the application form on the WunderGlo website www.wunderglofoundation.org –or– use the QR code above.
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive.

The WunderGlo Foundation continues to hold our monthly Reiki and Guided Meditation Sessions virtually - via ZOOM Format.

You must register to receive an invitation: Email becky@wunderglofoundation.org

Once you are registered for our Virtual Program - you will receive an email prior to each session. The ZOOM invitation link will be sent out on the Sunday before each session date.

Virtual Program 2023 Dates: Mondays: February 13, 2023 - March 13, 2023 - April 17, 2023
- May 15, 2023 - June 19, 2023 - July 17, 2023 - August 14, 2023 - September 18, 2023
- October 16, 2023 - November 13, 2023 - December 11, 2023

One (1) Hour Session beginning at 3:00pm PST will be conducted once per month on ZOOM FREE for All Cancer Patients, Survivors, Caregivers, and Family Members

#WunderGlo #Reiki #MindBodySpirit How will you #LoveLife?