# Ready, Set, Go…

**The Journey Forward After Childhood Cancer Treatment**

## A Day at the Beach for Children, Teens and their Families

Saturday, March 26, 2011, 9:00 am – 1:00 pm

- **9:00 – 9:30** Registration, Refreshments & Welcome
  - Phyllis Osterman, The Leukemia & Lymphoma Society

- **9:30 – 10:45** Concurrent Sessions
  - For Parents and Adult Family Members
    - Educational, Psychological, and Family Adjustment after Treatment
    - Dr. Nina Kadan-Lottick, Director of Yale HEROS clinic,
      Connie Nicolosi, LCSW, along with the HEROS team of psychologists
  - For Children:
    - A Day at the Beach: Exploring the Cancer Experience
    - Sandra Tripodi, LCSW, Director of Social Services at CancerCare and
      Nicole DiMartino, LCSW CancerCare
  - For Teens:
    - Thriving while Surviving
    - Erica Schwartz, Certified Child Life Specialist

- **10:45 – 11:00** Break

- **11:00 – 11:30** “KRAV Kicks Cancer”
  - An interactive experience with a Krav Maga instructor

- **11:30 – 12:30** The story of Smudge Bunny
  - A loveable baby rabbit who learns that life’s challenges often bring us to the things we treasure most.
  - Bernie Siegel, MD

- **12:30 – 1:00** Wrap-up, book signing and complimentary lunch

## Questions?

Contact Phyllis Osterman, Patient Services Manager, CT Chapter of the Leukemia & Lymphoma Society at 203-665-1417.

## RSVP

Space is limited. Siblings welcome. To Register for this free program go to: [ctchallenge.org/readysetgo](http://ctchallenge.org/readysetgo)

## Ready, Set, Go! supported by

- [HEROS Clinic](http://www.yale.edu)
- [CancerCare of Connecticut](http://www.cancercare.org)
- [CT Challenge](http://www.ctchallenge.org)

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"The HEROS Clinic was a light in the dark. Once they helped me understand my risks, and more importantly, what I could do to mitigate them - I felt empowered. It was such a relief to finally have someplace to turn with my questions.”

-Kelly, Naugatuck

"Just seeing other families at the CancerCare workshop was so reassuring. Since the workshop the boys are talking and we now know better how to answer their questions.”

-Joan, Fairfield