

Moms often struggle with talking to their children about their cancer...

*"I'm doing the best I can with just instinct. I would like to know more about better ways to reach her."*

-Mother of a 5 year old

*"They get sad sometimes. I can't do stuff with them and they don't know why, and if I tell them they still don't understand."*

-Mother of elementary-aged children

*"Still to this day it's difficult to explain this will be forever... But it's kind of hard to explain to a 7-year-old. And I wish that I had that place for me to go and get that support."*

-Mother of a 7 year old

*"She didn't really talk about it. Maybe that's because she didn't know how to put it into words"*

-Parent of a 9 year old

We are here to help.

**For more information, call:**

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***Taking Time to Connect***  
**is brought to you by:**



PARTNERSHIP FOR THE ADVANCEMENT OF  
**CANCER RESEARCH**

supported in part by NCI grants U54  
CA132383 (NMSU) and  
U54 CA132381 (Fred Hutch).

## **Taking Time to Connect**

A Study Comparing Education Programs for Hispanic Mothers Diagnosed with Cancer



*Helping you and your children cope with your cancer.*



We ARE Public Health

## Why should I take part in this study?

- To learn how to improve your and your child's ability to cope with cancer.
- To help improve programs designed for Hispanic cancer survivors.



## Taking Time to Connect is for moms who:

- Are Hispanic
- Have been diagnosed with cancer (stage 0, I, II, or III) in the past 2 years
- Have a child 5 to 17 years old
- Live in New Mexico or Texas



## In this study you will:

- Participate in **1 of 2 educational programs** with a health educator
- Complete **3 surveys** (one before and two after the program)



## In this FREE study, you can learn to:

- Add to your self-care
- Manage your cancer-related stress
- Talk to your child about your cancer
- Help your child cope with your cancer
- Ask loved ones for help

## You will receive:

- A \$10 gift card after each education session
- A \$25 gift card for each survey
- A directory with cancer resources for your county

## Study time & place:

- All education and survey sessions are scheduled at **times that are convenient for you**
- All sessions are done **over the phone** so that you can **participate in the comfort of your own home**