

# Beyond Diagnosis: Empowering Parents Navigating Metastatic Cancer

Triage Cancer and Bright Spot Network are offering a free program for parents with metastatic cancer and the health care professionals who are supporting them.

This program includes:

- A 4-part educational webinar series
- Educational materials and resources
- Legal & Financial Navigation Program
- Family Resource Navigation Program

[TriageCancer.org/Parents](https://TriageCancer.org/Parents)



Helping families through cancer.

**Jun  
9**

12pm CT

## Parenting with Metastatic Cancer

This webinar will explore unique challenges facing parents living with metastatic disease. It will address the physical realities of chronic side effects, loss of abilities, and parenting with limited energy, alongside the emotional impact of anxiety, depression, guilt, grief, and navigating uncertainty. Social and relational strains, such as caregiver fatigue, stretched support systems, and partner care, will be discussed, along with the spiritual questions of meaning, hope, and resilience that arise in the face of serious illness. We will cover ways parents can harness enduring social support and resources, to focus their energy where it matters most. We will also provide guidance on how to talk with kids and support them through their own big feelings.

**Jul  
14**

12pm CT

## Navigating the Practical Issues of Metastatic Cancer: Insurance, Work, & Finances

This webinar will provide practical tips for navigating the practical and legal issues that parents diagnosed with metastatic cancer and caregivers may face, including understanding options around work and disability insurance, choosing and using health insurance, and managing finances.

**Aug  
18**

12pm CT

## Supporting Caregivers Through Metastatic Cancer

This webinar will address key resources and systems to support people caregiving for parents with metastatic cancer. Financial and legal resources, including FMLA and workplace accommodations, will be discussed, as well as practical ideas of how to engage your support network. Realistic self-care practices that decrease stress and promote overall wellbeing will be explored.

**Sept  
15**

12pm CT

## Legacy Work: Advance Planning & Meaningful End-of-Life Projects for Parents with Metastatic Cancer

This webinar will cover the practical and personal components of end-of-life planning for parents with metastatic cancer. Legal and financial concerns will be explored through discussions of advanced care and estate planning. This session will also address the more personal aspects of end-of-life planning, including meaningful interventions to support anticipatory grief and legacy project ideas for children.

To sign up to attend the webinars or receive these resources, visit:

[TriageCancer.org/Parents](https://TriageCancer.org/Parents)

Sponsored by:



## Practical Guides

Triage Cancer's Practical Guides are designed to help individuals and families navigate the real-world legal and financial topics that often arise after a cancer diagnosis. Each guide breaks down complex topics into clear, actionable information so you can understand your rights and make informed decisions.

### Practical Guide to Cancer Rights for Caregivers

Focuses on the unique challenges caregivers face, including taking time off work, job protections, and understanding paid and unpaid leave options.

### Practical Guide to Parenting with Cancer (coming soon)

Provides practical guidance on health insurance, employment rights, disability insurance, financial planning, and estate planning, talking with children about cancer, and planning for the future.

Learn more: [TriageCancer.org/Cancer-Rights-Guides](https://www.TriageCancer.org/Cancer-Rights-Guides)

## Bright Box and Bright Reads

When you're caring for a loved one with cancer, you may wish you had the time, and especially the energy, to help your kids learn, have fun, and connect. Sign up to receive two free books, *The Invisible String* and *Tiny Boat at Sea*, and three free art projects from Bright Spot Network, designed especially for the children of parents with cancer. Note: these art projects are best for kids 2-5 years old. Each family will also get a copy of Bright Spot Network's Guide: Talking to Kids About Cancer.



## Triage Cancer's Legal & Financial Navigation Program

The Legal & Financial Navigation Program provides free, one-on-one help for caregivers to understand and manage the legal and financial challenges that often arise after a cancer diagnosis. Parents and caregivers can connect with Triage Cancer's experienced team of attorneys and a network of free Certified Financial Planners®, to get clear, practical information about health insurance, employment and time off work, disability insurance, finances, and estate planning. Learn more and request help at [TriageCancer.org/GetHelp](https://www.TriageCancer.org/GetHelp).

## Bright Spot Network's Family Resource Navigation

Navigating a cancer diagnosis and treatment can feel overwhelming. [Bright Spot Network's Family Resource Navigation](#) can help you identify supports, resources, and coping strategies that will empower you and your family. Family Resource Navigation includes:

- Organizing your support system
- Connecting you to valuable national and regional resources
- Helping to make a plan for talking with your medical team about treatment decisions
- Coaching on how to talk to your kids about a cancer diagnosis, treatment, or metastatic disease
- Identifying coping techniques to decrease stress

