A child’s life-changing illness or injury is a terrifying experience – one with intense emotional impact on the patient and their family.

To support you on this journey, we’ve partnered with PTSD experts at the Center for Pediatric Traumatic Stress to create CopingSpace.org.

There you will find easy to understand, research-informed information that addresses many of your most pressing concerns.
We’re Here to Help

CopingSpace.org was designed to help the entire family cope with a child’s diagnosis, treatment and recovery, while building resilience for the future.

**Topics include:**
- Age-appropriate explanations and coping strategies for children
- The siblings’ unique experience and needs
- Warning signs a child is not coping well
- Techniques to reduce your stress and anxiety
- Tips for managing meals and family needs

Your Family Can Thrive

While it is common for families to experience some traumatic stress reactions following a life-threatening illness, injury or painful medical procedure, research shows most families ultimately do well and thrive. Outcomes can be improved through stress reduction and better coping strategies.

“When my son was diagnosed, I felt so overwhelmed and alone. CopingSpace gave me a place to start and had advice to help every member of my family.”

For more information, visit CopingSpace.org and contact a child life specialist, social worker or psychologist for additional support.