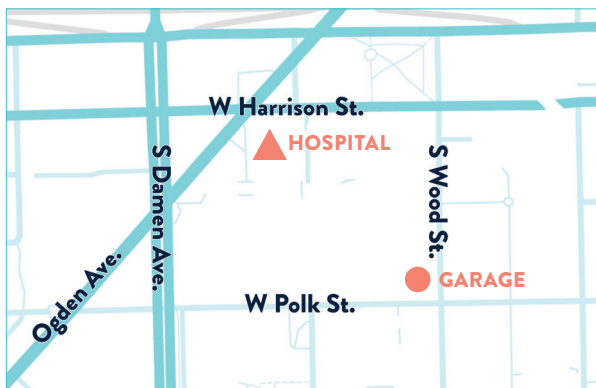


**What:** A program to help kids 8 to 18 and families dealing with medical conditions. Families will have one individual meeting followed by 2 two-hour group sessions per week for six to eight weeks. Child and parents participate together with other families.

Siblings are welcome and snacks are provided!

**Where:** John H. Stroger, Jr. Hospital of Cook County, 1969 W. Ogden Ave, Chicago, IL 60612

Parking garage is at the corner of Polk and Wood. Follow the signs inside the hospital to the cafeteria. Meeting rooms are located next to the cafeteria.



Program is partially funded by the Illinois Children's Healthcare Foundation.

**When:** At your individual meeting, you can choose the schedule that works best for you:

- Two weekday evenings, 5:30 to 7:30 pm OR
- One weekday evening, 5:30 to 7:30 pm, AND Saturday morning, 10:00 am to noon

**Cost:** FREE for participants. Bus passes or parking validation available.

To learn more or to schedule your individual meeting, call Maria Macias at 312-864-1247

**MAKING AN IMPACT.**

**COOK COUNTY HEALTH**  
cookcountyhealth.org

# THE MEND PROGRAM

Does your child have a medical condition that:

- Is hard to manage?
- Makes family life a challenge?
- Is stressful for you and your child?
- Is causing other problems such as missing school?

If you answered yes to any of the above, you're not alone. The MEND program can help.



COOK COUNTY HEALTH

A photograph of a woman with dark braids and a young girl with curly hair. The woman is wearing a light blue denim shirt and is looking down at the girl with a smile. The girl is wearing a bright yellow dress and is looking up at the woman. They are outdoors, with a blurred background of greenery and a building.

# JOIN OTHER FAMILIES TO LEARN HOW TO GET THE DISEASE UNDER CONTROL AND BRING FUN BACK TO YOUR FAMILY!

Not sure if MEND is for you?

Common conditions include but are not limited to:

- asthma
- cancer
- diabetes
- chronic obesity
- seizures
- stomach conditions
- sickle cell

Ready to get started? Schedule your individual meeting to discuss your situation and join a group. Then, you can start the sessions as soon as you are ready.

**Cook County Health**

**MAKING  
AN IMPACT.**

[cookcountyhealth.org](http://cookcountyhealth.org)

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**HEALTH**