

DO YOU
HAVE SICKLE
CELL PAIN?

WE CAN HELP!



THE COMFORT ABILITY PROGRAM FOR SICKLE CELL PAIN

Discover! Better ways to manage your sickle cell pain

Boost! Your confidence in your ability to manage stress and your health

Learn! Strategies based on science and research – they really work!



KIDS AND TEENS WILL...

- Hear how others cope with the challenges of sickle cell disease
- Learn mind-body skills to manage pain and stress
- Explore new ways to improve your mood
- Get motivated with support from an NFL player

PARENTS AND CAREGIVERS WILL...

- Learn how relaxation and pain coping skills can help your child
- Read about helpful school supports
- Get new resources to support your child's health



This program is for patients ages 8-18 who have sickle cell disease. The program includes a book and videos. After completing the program, you can keep the book and can watch the videos again at any time. The program works best if you do it with the help of someone on your healthcare team.

To sign up, just talk to a member of your team to find out how to get started!

Proud partner of ChildKind International: Making children's comfort a cornerstone of compassionate medical care.

Visit us
online!



Connect with us for additional resources!

www.thecomfortability.com

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Dana-Farber/Boston Children's Cancer and Blood Disorders Center