

# About RENEW & Rise

Renew & Rise is a mental health program designed to provide compassionate, trauma-informed counseling for individuals and families impacted by cancer. Offered by My Sister's Keeper in partnership with Rise Counseling Group, this initiative combines holistic support with professional expertise to address the emotional and mental health challenges faced by our community. Whether you're managing the complexities of a diagnosis, coping with grief, or preparing for loss, Renew & Rise offers the tools, guidance, and support needed to build resilience and foster emotional well-being.

## About Our Partnership with Rise Counseling Group

This program is delivered in collaboration with Rise Counseling Group, a trusted provider of licensed mental health services. Their experienced team is dedicated to helping individuals and families navigate life's challenges with care and professionalism. Together, we are committed to supporting emotional wellness and creating pathways to healing for those affected by cancer.

Learn More About Rise Counseling Group: Visit [risecounselinggroup.com](http://risecounselinggroup.com) for additional information about their team, services, and expertise.



## Empowering Emotional Wellness for Families Impacted by Cancer

216-333-1819

16200 Euclid Ave, Cleveland, OH

[info@MySKCle.org](mailto:info@MySKCle.org)

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



# RENEW & Rise

- In Partnership with Rise Counseling Group
- Providing Individual and Family Mental Health Support

[www.myskcle.org](http://www.myskcle.org)



## Who Can Benefit?

- ✔ Women undergoing cancer treatment.
- ✔ Family members, including caregivers and children, coping with grief or trauma.
- ✔ Individuals experiencing stress or emotional challenges related to a loved one's diagnosis.

## Empowering Emotional Healing

Through Renew & Rise, we're committed to supporting you and your family on your journey to wellness. Together, we'll create a space for healing, growth, and resilience. My Sister's Keeper

Mission: Surrounding Women Undergoing Cancer Treatment with a Supportive Community.

Revitalizing the spirit of sisterhood.

## Our Core Services

We always offer a wide range of consulting services to address the diverse needs of our clients, including:



### Individual Counseling:

One-on-one sessions with licensed mental health professionals to address trauma, anxiety, grief, and stress.



### Family Support Counseling:

Helping families process shared challenges, prepare for loss, and strengthen connections during cancer journeys.



### Group Therapy:

Interactive sessions for individuals and families to explore coping strategies, build resilience, and find community support.

## How to Get Started

Complete the Service Request Form

- Visit [myskcle.org](https://myskcle.org) to fill out the online form.

Insurance & Cost

- If you have insurance, we'll bill your provider.
- If uninsured, services may be free or offered at reduced rates based on funding.

*You'll be notified about covered sessions before services begin.*