



Program Catalog

Beads of Courage, Inc. is a non-profit organization that is dedicated to improving the quality of life for children and teens coping with serious medical conditions, their families, and the clinicians who care for them through our Arts-in-Medicine Programs. We believe in creating a context for caring transactions to transpire through our community and encouragement programs.

The Beads of Courage programs have been thoughtfully developed with the expertise of nurses, child life specialists, art therapists, and other similar professionals. They are evidence-based and help to bridge the gaps in psychosocial support services. They offer simple, effective interventions for busy clinicians and promote arts-in-medicine for self-reflection, expression, and positive coping.

Certified Child Life Specialists run the Beads of Courage program, which supports hospitals, medical centers, non-profits, and community groups through various programs. The team is available to anyone using our programs to provide detailed information on the programs, facilitator tutorials and support, suggestions of best-practice and successful implementation models and more.

If you are interested in learning more, addressing additional questions, setting up a new program, ordering, or if you have funding concerns, please reach out to us at programs@beadsofcourage.org.

We look forward to helping you integrate these arts-in-medicine programs into your clinical practice and look forward to new partnerships and collaborations.

Table of Contents

2-3	Beads of Courage® Flagship Program
4-5	Beads of Courage® Bead Strong
6	Beads of Courage® Compassion & Courage (bereavement)
7-8	Beads of Courage® Sibling Support
9	Beads of Courage® DREAM Program
10-11	Beads of Courage® Bead Mindful for Clinicians
12	Beads of Courage® Program Investment Cost Sheet

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Beads of Courage® Flagship Program

Description

Beads of Courage® is our flagship program and an evidence-based intervention that supports the psychosocial and emotional care of children and teens coping with serious medical conditions and their families. It is the standard of care in more than 300 children's hospitals worldwide and is intended to be implemented in a clinical setting. Beads are given based on the Beads of Courage® Bead Prescription that serves as a clinical protocol. The beads are transformed into a form of narrative medicine.



Purpose

At enrollment, each child is given the Beads of Courage bead guide called the Beads of Courage® Bead Prescription. Their experience begins by giving a length of string and beads that spell out their name. Then, colorful beads, each representing courage during their treatment experiences, are given to the child by their professional health care provider as determined by the Beads of Courage® Bead Prescription. Their Beads of Courage collection allows them to RECORD, TELL, and OWN their stories of courage.

Goals

- ◆ Decrease illness-related distress
- ◆ Increase the use of positive coping strategies
- ◆ Help children and teens find meaning in illness
- ◆ Restores sense of self in children /teens coping with serious illness or medical conditions
- ◆ Provides something tangible the child/teen can use to tell about their courage displayed during treatment and after

Beads of Courage Flagship Participation:

Any child or teen with a serious medical condition or illness are able to enroll in the Flagship Program either through a participating hospitals or through our Beads in the Mail program including those with/in:

- ◆ Cancer and blood disorders
- ◆ Cardiac conditions
- ◆ Burn injury recovery
- ◆ Neonatal intensive care
- ◆ Chronic medical illnesses
- ◆ Rehabilitation care/Trauma/PICU
- ◆ Palliative and supportive care/hospice

What is included in the Beads of Courage Flagship Program?

The following is included in all new programs started at partner hospitals or organizations:

- All necessary program materials are accompanied by education, training and support to implement the program.
- Virtual training to educate the clinical team about program implementation and the science that guided the development of the program, which includes The Beads of Courage® Ambassador Workshop for Reflection and Renewal. Opportunity for continuing education credits is available upon request.
- Enrollment materials for members
- Procedure and alphabet bead collections are organized and sorted for ease of clinical use.
- Handmade one-of-a-kind treatment milestone beads
- Program literature (training manuals, the Beads of Courage® Bead Prescription, posters, and more)
- Ongoing support for the staff during the longevity of the program from the Beads of Courage Program team. Opportunities to train new staff and refresh existing ambassadors are available throughout the year.

Please note that all hospitals/organizations will be licensed to use the Flagship Program after the execution of a program participation agreement. Costs include BOC Program Team support throughout the process. Existing partner organizations wishing to add additional Flagship Programs will require an addendum to the existing program participation agreement

Initial Investment:

\$5,500 to start a new program (includes annual licensing fee/dues)

Annual investment

- Estimated \$1500-\$3000 needed for material refills to maintain the program annually.
 - ° Refills are ordered for 6 mos or more at a time.
- \$500 Annual licensing fee and dues

After program is established, all refill materials are ordered for 6 mos. or more at a time through our online store. **Please email programs@beadsofcourage.org for more information.**



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Beads of Courage® Bead Strong Program

Description

The Bead Strong Program was created to provide an experience in mindfulness. Mindfulness is achieved when an individual can calmly focus, be aware, and accept one's thoughts and feelings. Each Bead Strong activity uses several different tools, including mantras, art, breathwork, and beads to promote mindful practice.

- Mantras are short phrases or words that one can say to help calm the mind and stay positive
- Art provides for self-expression and a space to process life experiences in a meaningful way.
- Learning breathwork techniques equips participants with a tool to calm the mind with both physiological and emotional benefits.
- Beads in the program become symbolic reminders to the participants of their feelings, thoughts, and experiences during the activity.

Purpose

The purpose of the Beads of Courage Bead Strong Program is to provide an experience in mindfulness by incorporating the tools listed above to support the psychosocial and emotional well-being of anyone experiencing stressors in their lives. Adults and children alike can share this experience.

The themes can be used to address stressors related to illness, change, grief and bereavement, siblings support and more.

Goals

- Opportunities of self-reflection/self-awareness
- Improved communication
- Avenues for creative expression and movement
- Anticipatory grief/ Grief & bereavement support
- Encouragement and support for siblings
- Increased positive coping techniques
- Social and emotional support
- Focus on the "whole self" (mind, body & spirit)
- Strengthened sense of self and identity & improved self-esteem
- Support to anyone at any age that are impacted by illness/death
- Increased sense of hope and resilience Healing through art

Beads & Mantras



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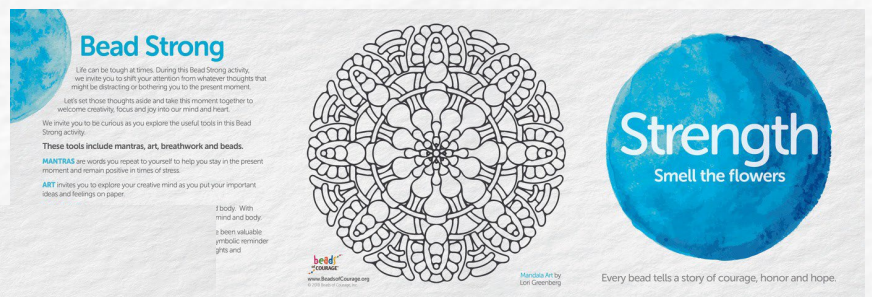
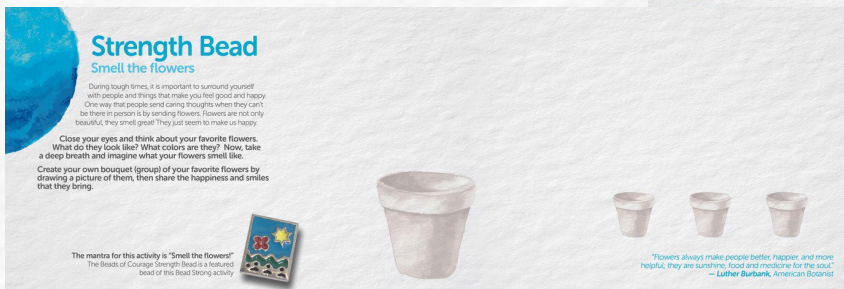
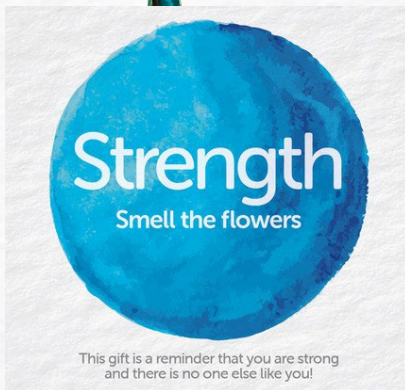


What is included in the Beads of Courage Bead Strong Program?

Bead Strong includes:

- Bead Strong activity
- Corresponding Mantra Bead
- Mantra Collector's Card
- Courage Clip with string and BOC logo bead
- Extra beads for stringing
- Facilitator's Guide*

Bead Strong Theme Set of 10 (supports 10 participants) - \$50 + S&H



Beads of Courage® Compassion & Courage

The Beads of Courage Compassion and Courage encompasses both programs and materials that can be used in any grief or bereavement programming. These can be woven into existing supportive programs that you are already implementing or they can be used to create a unique experience for those you are providing care.

- The Strand for Strength and Remembrance Program (described below)
- The Bead Strong Program (please see pages 4-5)
- The DREAM Program (please see page 10)
- Compassion & Courage beads:
 - Handmade Glass Beads for Reflection
 - Elephant Bead
 - Feather Bead
 - Butterfly Bead for Bereavement



Set of 10 - \$120 +S&H - \$12 per person

Beads of Courage® Strand for Strength and Remembrance Program

Available from the Center for Arts in Nursing <https://artsinnursing.org/>

Description

Since the beginning of human history, beads have been transformed into material representations of emotions, physical connections, thoughts and desires. The Strand for Strength and Remembrance Program honors and remembers a loved one by transforming beads into metaphors of remembrance and memory. It is available to strengthen and enhance existing bereavement services and intended to be facilitated by a caring clinician.

Purpose

During the workshop, participants (family and friends that have experienced the death of a loved one, including adults and children) are provided with 7 symbolic beads, including unique handmade glass beads, that become metaphors of remembrance to memorialize their loved one. This workshop is intended to help participants find strength as they move through their grief process. The finished strand is meant to be kept with the participant or in a special place to serve as a visual and tangible symbol for reflection on the legacy and love they have for the person they are grieving and their strength throughout their bereavement journey.

Goals

- To create a safe space to express emotions and grief
- To provide an opportunity to reflect on memories and process feelings.
- To connect people with others experiencing similar feelings (when done in a group setting)
- To create a beautiful strand that will serve as a reminder of their strength and courage as well as their hopes for the future
- To let those grieving know that they are not alone and allow them to keep their loved one's memory alive

Beads of Courage® Sibling Support

Description

The Beads of Courage® Sibling Support materials are designed to provide recognition and support of a sibling's emotional journey when the serious illness of a brother or sister impacts their lives.

Purpose

Beads of Courage, Inc. believes in providing family-focused support. We recognize that every child thrives in a supportive context that includes their family and the professional healthcare providers who care for them. Their quality of life is directly impacted by their family, their caring clinicians, and the community where they live.

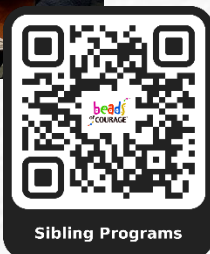
We hope that the Beads of Courage® Sibling Support materials will promote opportunities for siblings to communicate with medical staff or their family while they talk about their beads and the meanings. We also hope that the program will provide a source of encouragement to the sibling who needs to know that they are not alone during a very challenging time for them and their family.

Goals

- To provide recognition and support of a sibling's emotional journey
- To provide an medium to encourage open communication of thoughts and feelings
- To let siblings know that they are important in their family's story too
- To give siblings tangible symbols to remember their courage, strength and resilience

Beads of Courage® Sibling Encouragement Activities

Beads of Courage has developed simple, yet impactful, supportive activities to use in any sibling support initiative. These activities are wonderful for easy sibling-focused interventions either done on an individual level or in a group setting. This is a great addition to Sibling celebrations or events, as well as a continuation for those siblings who have already completed the Sibling Program (please see next page).



Sibling Dolphin Activity



Sibling Dolphin Activity,
Dolphin Bead &
Bracelet Kit

Sibling Bridge Activity



Sibling Bridge Activity, Bridge Bead &
Backpack/Courage Clip

\$30 to support 20 Sibs - \$1.50 pp
(Thank you to our Sponsor!)

Beads of Courage® Sibling Program

The Program includes a colorful Program Guide with a lanyard, a facilitation guide, and 25 unique beads with intention cards. The beads are packaged in 8 kits with 3 beads to a bag with colorful collector cards. The collector cards are intention cards provided with each bead that describe the bead's symbolism, include themes relevant to the coping support of a sibling, and talking points provided to encourage communication and healing opportunities. The themes that are present throughout the program are: Strength, hope, relaxation, protection, friendship, happiness, leadership, and growth.



What is included in the Sibling Program?

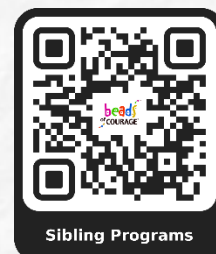
- A Facilitator's Guide
- Participant's Program Guide
- 25 Unique Beads
- Collector Cards
- Latex free string

*Letter beads for names are not included, but are available for an additional cost.



Sibling Program
\$500 supports 20 siblings

Optional add-ons:
\$925 for 100 of each letter



Beads of Courage® DREAM Program

Description

Beads of Courage encourages you to Draw and Relax: Embrace Art & the Mind!

It is important to take a moment from our day to care for ourselves and feel connected to others. Beads of Courage® believes in the power of art, expression, and connection. Our dream is for everyone to draw, reflect, and embrace the healing power of art. We invite you to DREAM with Courage Tiger (Draw & Relax: Embrace Art and the Mind). Encourage those you support to take a time out of their day to be kind to themselves and DREAM big!

SCAN ME



Each DREAM activity is also paired with an animation facilitated by our virtual Child Life Specialist! Check them out!

Purpose

DREAM is a great tool to support staff/staff in training who are on the education path for child/teen psychosocial and emotional support to use with those in their care. It is easy to implement, perfect for those newly establishing clinical/professional emotional support skills. It was also developed for busy clinicians who want to continue to provide quality interventions to those in their care when timing is limited. It can be used in any setting and with any age group.

BEADS OF COURAGE

The mission of Beads of Courage is provide innovative Arts-in-Medicine programs for children coping with serious illness, their families, and the clinicians who care for them.

DREAM Draw & Relax: Embrace Art & the Mind

Easy to implement yet powerful in its intention to provide a moment of self-care and enjoyment connecting with one another, engaging in an art activity, reflecting on meaningful poetry, and stringing a symbolic bead. Includes access to our animation library to guide participants through each activity.

Bedside - Groups - CCTV - 1:1 - Individual Respite/Reflection

Partner Package with Custom Logo Bead* - \$1800 +s&h

*estimated delivery 10 weeks

- 500 custom logo beads on backpack clips
- 50 of 4 different and unique activity themes (200 total DREAM experiences)
- 200 DREAMcatchers
- Extra Logo Beads = Donor Gift!

Partner Package - \$600 +s&h

- Without Custom Logo Bead
- 50 of 4 different and unique activity themes (200 total DREAM experiences)
- 200 DREAMcatchers
- Perfect for CCTV, ER, infusion, bedside!



Join our partnership in caring today! >>



DREAM Bundle



<https://hov.to/e7328b1f>

Beads of Courage® Bead Mindful for Clinicians

Available from the Center for Arts in Nursing – <https://artsinnursing.org/>

\$200 to support 10 Clinicians - \$20pp



Description

The Beads of Courage® Bead Mindful Program was developed for the professional clinician as a way to create a consistent practice of personal reflection and rejuvenation in a high-paced, high-tech, emotionally challenging healthcare environment. Guided by the theories of Tich Naht Hanh, Kabat- Zinn and Dr. Jean Watson, the program seeks to provide a moment of mindful practice that may lead to enhanced awareness, clarity, understanding, peace, positive purpose, collaboration and healing.

Since a mindful practice must be cultivated through conscious, deliberate, ongoing practice, the program is intended to be implemented over a year with a new bead given to staff as an object to focus their intentions on each month's meditation mantra and mindful moment. Each monthly program card also includes poetry selected by Dr. David Sadker, a facilitator from the Center for Courage and Renewal.

Purpose



The Bead Mindful Program provides staff with the opportunity to allow them to have a mindful moment to participate in selfcare. The self is the foundation upon which all other interactions rest, therefore, conscious, mindful care of the self is critical to providing an authentic and compassionate presence with others. The self is strengthened through reflection on meditations, mantras, and inspiring poetry within a moment of mindfulness in the midst of their day to day patient care. We believe that the more passionate we are about our vision, our purpose, our lives, the more vital it is to take time to reconnect with our deeply held values and beliefs. Allowing the time for connection to self, enhances the renewal and unification of one's mind, body, heart and spirit, which is then reflected in enhanced patient.

Goals

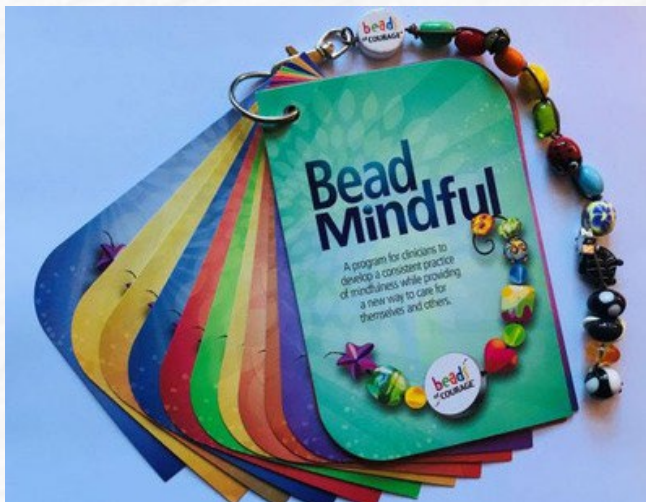
- Providing clinicians with an experience in mindfulness with unique beads given that serve as meaningful objects to focus their intentions each month. Through this conscious, deliberate, ongoing practice one strengthens their ability to practice mindfulness regularly, or acquires the "ability to pay attention, moment-to-moment, to the unfolding of one's experiences" (Kabat- Zinn, 2003). The beads become a tangible reminder that mindfulness can be achieved.
- Strengthening of the self, the core which leads to enhanced moments of caring as described by Jean Watson's Transpersonal Caring and Caritas Practice.
- Reduction of compassion fatigue and burnout in the professional healthcare provider through self-awareness, self-reflection, mindful practice, and enhancement of self-care.
- Strengthening interpersonal mindfulness, providing non-judgmental present moment awareness to interactions with others, patients, families, and co-workers.

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What is included with Bead Mindful?

- Facilitator's Guide for program implementation success which includes an exercise in mindful breathing as the anchor to the present moment, suggested implementation strategies, and a brief review of Jean Watson's Caritas
- 12 Rounds of Mindfulness each with 1 focal bead and 1 card including: meditations, mantras, poems and quotes (each round packaged ready to support 10 clinicians)
- 4 Artist-made glass beads (to be given quarterly to each clinician): symbolizes a patient or a family each clinician has cared for. *Value for these handmade, glass beads is \$4-5 per bead
- 50 Care Note Cards to write down intention of hand made bead
- Ring to collect 12 Rounds of Mindfulness cards
- Courage Clip with Beads of Courage Logo Bead and String
- Small Bags to support bead distribution when using a team approach
- 13 "Graffiti Wall" posters to hang and encourage staff communication for each round

Optional: Additional Artist-made glass beads can be added to provide opportunities for more reflection. (additional beads can be ordered at an added cost: \$150/50beads)



Bead Mindful for Clinicians

\$200 supports 10 clinicians
(\$20/clinician for 12 sessions!)

Available from the Center for Arts in Nursing





<https://artsinnursing.org/>





Program Price Sheet

Pricing and availability are subject to change

Flagship Program Start Up	\$5000	programs@beadsofcourage.org
Initial & annual licensing fee	\$500	
Annual need average	\$1500-\$3000	
Sibling Program 20 Siblings Supported/Kit	\$500	
Sibling Encouragement (Dolphin or Bridge) 20 Siblings Supported/Kit	\$30	
Strand for Strength & Remembrance (10 People Supported/Kit)	\$120	
Bead Strong (10 People Supported/Kit)	\$50	programs@beadsofcourage.org
DREAM Partner Bundle 200 People Supported/Bundle Bundle w/ Custom Logo Bead	\$600 \$1800	programs@beadsofcourage.org
Bead Mindful 10 Clinicians Supported/Kit	\$200	

Beads of Courage is a 501(c)3 non-profit organization. All costs are a donation towards program materials, program development, clinical staff support, & overhead operation costs. Shipping and handling is extra.

**Thank you for considering Beads of Courage & the Center for Arts in Nursing Programs.
Please contact programs@beadsofcourage.org with any questions.**