



Mended *Little* Hearts is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended *Little* Hearts helps families move forward to find laughter, healing and hope.

Your local San Diego chapter members invite you to join us at any of our upcoming **VIRTUAL** Mended *Little* Hearts of San Diego events until we are able to meet in person after COVID-19 restrictions are released. Community events are a great way to meet other families and caregivers in the CHD community to share resources or experiences to support each other.

Virtual Teen Chat (teens only):

Most Saturdays

4:00 pm PST (Online via Zoom)

To pre-register for any of these teen chats,
contact our Teen Coordinator, Isabella at: izzyrose07@gmail.com

Upcoming Virtual Support Group Meeting (all ages):

Saturday, May 8, 2021

10:00 am PST (Online via Zoom)

Saturday, July 10, 2021

10:00 am PST (Online via Zoom)

To pre-register for any of these meetings,
contact our Lead Coordinator, Julie at: mlhofsd@gmail.com

Questions about our Mended Little Hearts or just need another heart parent or peer to talk to?

Please reach out to us by contacting our group leaders:

Lead Coordinator: Julie Marshall (760-583-8515 or mlhofsd@gmail.com)

Bravery Bag Coordinator: Cindy Edgerly (edgerlycynthia@gmail.com)

Heart Dad Coordinator: Gavin Hirst (hirstg@gmail.com)

Teen Coordinator: Isabella Hirst (izzyrose07@gmail.com)

Download the Digital Little Heart Guide: <https://mendedhearts.org/heart-guides/>

Become a *FREE* member at: <https://mendedhearts.org/connect/member-enrollment/>