



Family Wellness & Support Workshops

Join us in 2025 for 6 workshops focused on living and thriving with craniofacial differences, facilitated by expert speakers and discussion leaders

ELIGIBILITY: FAMILIES WITH 1) A CHILD/REN BETWEEN 8 AND 18 AND 2) WITH CRANIOFACIAL DIFFERENCES (CONGENITAL OR TRAUMATIC). NO COST, BUT COMMITMENT TO ATTEND AT LEAST 4 OUT OF THE 6 WORKSHOPS IS REQUIRED.

Offered by UC San Diego Department of Plastic Surgery & ConnectMed



OBJECTIVE

Empowering families through peer support, expert guidance, and resources

WHEN: EVERY OTHER MONTH, SATURDAYS, 2-4PM

January 18, March 15. May, July, September and November dates TBD

WHERE: BALBOA PARK AREA, SAN DIEGO, CA

Girl Scouts of San Diego Balboa Service Center
1231 Upas St, San Diego, CA

Ample parking, outdoor spaces & close to Balboa Park attractions, Little Italy, etc!

ANNOUNCING OUR FIRST SPEAKERS ON JAN. 18!

Lizzie & Maddie Adams, hosts of the "Courageously Kind" Podcast, on strategies for youth with craniofacial differences to build self-confidence and self-acceptance. (<https://www.courageouslykind.org>)



Courageously Kind

WORKSHOP DETAILS

- Separate breakout support sessions for parents, alongside interactive activities for kids & teens
- Workshop topics include: Building your Child's Confidence | Connecting with Friends & Family | Navigating Medical Concerns
- Limited to first 30 families to register!

REGISTER AT: <https://tinyurl.com/craniofamilies>

Contact Rita at ralbert@connectmed.org or 619-512-9652 (call/text) with questions!