



Family Wellness & Support Workshops

Join us in 2025 for a series of **NO COST** 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).

Offered by UC San Diego Department of Plastic Surgery & ConnectMed

Note: parents are welcome to come without children if they are unavailable or outside of the stated age range.



OBJECTIVE

Empowering families through peer support, expert guidance, and resources

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

January 18th, March 15th, May 3rd, July 12th, September 13th, and November 8th

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 SECOND SPEAKER ON MARCH 15TH!

Vanessa Acero, M.S., PsyD

With personal *and* professional experience with the craniofacial community, Vanessa specializes in stress & anxiety management for the whole family.

Plus...Lisa, a patient who will play D1 college lacrosse in the fall, will lead youth in basic skills games & training!



WORKSHOP DETAILS

- Separate breakout support sessions for parents, alongside interactive activities for kids & teens.
- **Limited to first 30 families to register! FIRST COME FIRST SERVE!**

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

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