



Family Wellness & Support Workshops



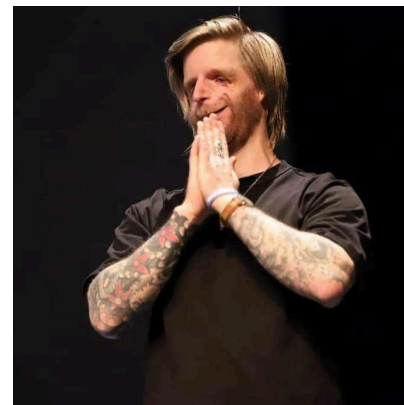
Sat. May 3, 2-4 PM

Join us for the 3rd in our series of NO COST workshops focused on living and thriving with craniofacial differences, facilitated by expert speakers and discussion leaders

Offered by ConnectMed & UC San Diego Department of Plastic Surgery



Featuring Jono Lancaster:
craniofacial advocate, public speaker & author
of *Not All Heroes Wear Capes*



Limited to first 30 families to register! FIRST COME FIRST SERVE!

OBJECTIVE

EMPOWERING FAMILIES THROUGH PEER SUPPORT, EXPERT GUIDANCE, AND RESOURCES

Support sessions for parents/caregivers, alongside (optional) separate interactive activities for kids & teens

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!

ABOUT OUR MAY 3RD GUESTS

- **Jono Lancaster** is the co-founder of the *Love Me Love My Face Foundation* which raises awareness of Treacher Collins Syndrome and other craniofacial conditions. He advocates for self-love and being the biggest hero in your own life!
- Our friend & school Arts Director **Robert Wagner** will engage youth in confidence-building icebreakers & group activities based on creativity, role-playing and improvisation.

In honor of May 4th, our theme and special guests from Healing Little Heroes Foundation are all about Star Wars. May the 4th be with you!

REGISTER AT: <https://tinyurl.com/CMWellnessWorkshop3>

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