



Adult CF Support Group

Meg Dvorak, LCSW
Adult CF social worker

About the group

- Meets monthly on first Friday
- 11:30am to 1pm
- Location LKS Center, room # varies
- E-mail distribution list provides specifics
- FB page and CF Center Website
- Focus on sharing of feelings, experiences, and thoughts related to living with CF
- Topics and discussion points introduced

Patient Feedback

- *The CF support group has provided me a safe and honest place where I can talk with other adults with CF. A specific topic is usually introduced and that is the starting point for great discussions. I would encourage anyone with CF who would like to meet others that share a very unique and special bond with you, that being CF, to join in our monthly group. I so look forward to our meetings and have made several very special friendships along the way.*
- *I attend support group because it helps to know I am not alone, and to make new friends who understand in the way that only another person managing the crazy disease of CF can. I also hope I can support others affected by CF.*



Newborn Support Group

Lindsey Martins, MSW

About the group

- Meets monthly on first Monday
- 12:00pm to 1pm
- Location: Pediatric Clinic (730 Welch Rd.)
- FB page and CF Center Website
- Focus on sharing of feelings, experiences, and thoughts related to CF at home
- Topics and discussion points introduced

New!

CF Parent Support Group

(Parents of children ages 1wk-3yrs of age)

As a parent of newly diagnosed a child with cystic fibrosis, we would like to cordially invite you to a join our new LPCH CF parent support group

As you know, having a child with cystic fibrosis can be stressful and overwhelming at times. We would like to help! Beginning this April, we have planned a series of monthly meetings which will be moderated by the social worker. We will have focused discussions on a number of relevant topics, and hope that parents can come and take advantage of this opportunity to:

- Give parents an opportunity to meet each other
- Allow parents to provide support to others in the CF community
- Share resources and ideas
- Update each other on new thoughts in CF Care

When: First Monday of every month
Where: 730 clinic conference room; 730 Welch Rd Palo Alto, 94304
Time: 12:00-1:00 PM

Due to limited space availability, the number of participants is limited. If you're interested in joining, please **RSVP** as soon as possible to **Lindsey Martins**~ 650-736-1905 or lmartins@lpch.org

- *Sorry, due to infection control concerns this support group is intended for adults only in order to minimize the risk of cross-infection.*