



PEDIATRIC
H.E.L.P.
ORGANIZATION

PANDAS/PANS AWARENESS MONTH

NEW • FREE WEEKLY SUPPORT GROUP

The HELP Circle

A support group for parents and caregivers of children with
PANDAS & PANS, with families who understand.



Every Monday • 7:30–8:30 pm PT • on Zoom **FIRST SESSION**
Mon, October 5

SESSION 1 THEME

Sharing our stories and setting the space

Getting to know one another, sharing as much of our journeys as we'd like, and setting the agreements that make this group ours.

- **Share your journey:** first signs, diagnosis, and life at home now
- **Talk through treatment plans:** what's worked, and what hasn't
- **Practical know-how:** school, insurance, flares
- **Care for the caregiver:** you need support too



Scan to register

We'll email you the private Zoom link.
It's shared only with registered members.

pediatrichelpp.org/support-group

Free

Confidential

Parents & caregivers

"Every Child Deserves HELP"

Hosted by **Danielle Rubin-Luchs**, President

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The HELP Circle is peer support. It isn't medical advice or therapy. If a child is in crisis, call 911, or call or text 988.