As a parent, you’d do anything for your child. When you found out your little one had scleroderma, you were likely filled with some shock, confusion and fear. Maybe you didn’t know what scleroderma was. Or its effects. Or what it would mean for your child’s future.

Luckily, the Scleroderma Foundation Michigan Chapter makes it our mission to increase awareness, raise funds for research and build support.

To help Parents of Children with Scleroderma, we’re excited to announce our newest support group designed specifically for you. This group joins a collection of existing groups throughout the state. Each week, we’ll focus on a different juvenile scleroderma topic – from social interactions to dietary tips.

It’s our hope that you’ll join us, ask questions, find comfort, and leave with a sense of hope and support for your child.

**DATE**

2/5/20  What to do when you are not getting medical answers quick enough  
4/1/20  The overwhelming feelings of parenting a child with a chronic illness  
6/3/20  Finding resources to help pay for the cost of your child’s medical and medications  
8/5/20  Helping your child adjust to a new school year  
10/7/20  Where to find medical attention for your child  
12/2/20  Unsolicited advice and scleroderma: How to manage those around you

**TIME**

7:30 – 9:00 p.m.

**LOCATION**

Please visit the “Support Group” page on our website, [Scleroderma-mi.org](http://Scleroderma-mi.org) to register

**CONTACT**

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2020 Parents of Children with Scleroderma Support Group Agenda

What To Do When You Are Not Getting Medical Answers Quick Enough

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “How difficult has it been for you to receive quick medical answers for your child?”

III. Education (20 minutes) **Useful Ways In Receiving Efficient And Rapid Medical Answers**

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips for how to make your doctor’s visit timely managed and effective in order to receive beneficial medical information

V. Mindful moment: A take away until we meet again (5 minutes)
I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “What kinds of factors cause an overwhelming feeling while caring for a child with a chronic illness?”

III. Education (20 minutes) **Helping parents work with overwhelming emotions**

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips for maintaining self-care for parents

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Parents of Children with Scleroderma Support Group Agenda

Finding Resources to Help Pay For The Cost of Your Child’s Medical and Medications

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “Do you currently have resources to help pay for the cost of your child’s medical needs?”

III. Education (20 minutes) Helping your child receive medical care and medications while being cost-effective

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips to receive lower-cost medications at the doctor’s office and pharmacy

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Parents of Children with Scleroderma Support Group Agenda

Helping Your Child Adjust to a New School Year

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “Do you as a parent partake in daily conversations about school with your child?”

III. Education (20 minutes) Communicating your child’s needs to the school administrators

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips to provide useful school resources for your child’s needs

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Parents of Children with Scleroderma Support Group Agenda

Where to Find Medical Attention for Your Child

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   - Reflective question: “Has it been difficult for you as a parent to find medical attention to care for your child’s medical needs?”

III. Education (20 minutes) Helping your child to receive optimum and convenient medical care

IV. Helpful tips (10 minutes)
   - Open discussion about helpful tips to decide whether your child’s medical attention needs to be evaluated in the doctor’s office, urgent care, or emergency room

V. Mindful moment: A take away until we meet again (5 minutes)
I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   - Reflective question: “How do you as a parent handle unsolicited advice about scleroderma from others?”

III. Education (20 minutes) **Responding to unsolicited advice from family members, friends, and strangers about your child’s chronic illness**

IV. Helpful tips (10 minutes)
   - Open discussion about helpful tips for distinguishing different kinds of helpful motives for unsolicited advice

V. Mindful moment: A take away until we meet again (5 minutes)