

Heart Beats Helps

You can access:

One-to-one Support

Parent volunteers are available to provide you with support after diagnosis, before surgery and at other times during your journey.

Group Support

Opportunities to connect with other parents, discuss challenges, and share information include:

- Parent & Tots daytime gatherings
- Moms' Night Out
- Dads' Night Out

Peer Support

Our Offbeats group is an opportunity for youth ages 12 to 17 to connect and have fun with other youth who know what it is like to have a heart defect. The group is led by Offbeats "alumni" who can relate to the youth from their own experiences.

Information

Our newsletter, *Keeping the Beat*, provides you with the latest information regarding pediatric cardiology, resource suggestions, personal stories, and upcoming events.

Family Gathering and Social Events

We have a number of opportunities to connect with other "heart families" throughout the year including:

- Our Annual Family Event during CHD Awareness Week (February 7-14)
- Summer Lake Day
- September Family Camp Weekend
- Christmas Party

If you are interested in any of these opportunities, email info@heartbeats.ca.

Contact Heart Beats

You can reach Heart Beats in several ways:

Ask at the Cardiology Clinic at the Alberta Children's Hospital for a Heart Beats Support Contact at:
403-955-7316

E-mail us at: info@heartbeats.ca

Visit our website at
www.heartbeats.ca

You can help children with Congenital Heart Disease:

To volunteer with Heart Beats
e-mail us at
info@heartbeats.ca

To provide financial support,
mail your donation to
**Box 30233, Chinook Postal Outlet,
Calgary, AB T2H 2V9**

Donate online at
www.heartbeats.ca

 **Heart Beats**
Supporting Children with Heart Disease

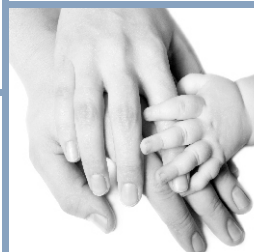
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Heart Beats
Supporting Children with Heart Disease



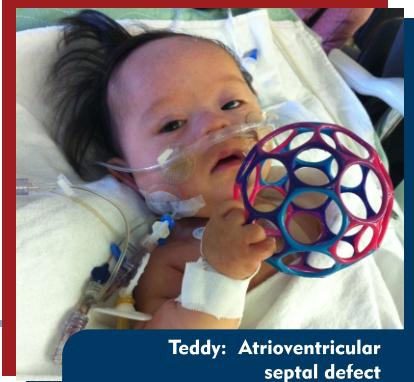
**Here
to
Support
You**

www.heartbeats.ca



You are not Alone

"When my son was diagnosed, I kept wondering – why us? Meeting other families helped me realize how common heart conditions are and it can happen to anyone."



Teddy: Atrioventricular septal defect

You may feel as though your whole world has turned upside-down when you find out your child has a heart defect. You can be overwhelmed with what is happening. You may not be able to express what you are feeling or respond to the information you are receiving from doctors, other caregivers, and friends. You can experience feelings of helplessness, fear, regret, and even guilt at the time of your child's diagnosis.

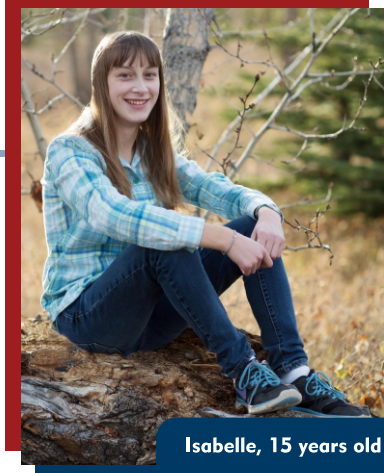


Teddy, 2 years old



Isabelle: Severe Aortic Stenosis, Hypoplastic Left Heart Syndrome

"The thought of surgery on my tiny baby scared me. Meeting other parents and hearing their experiences helped me with my feelings and improve our experience."



Isabelle, 15 years old

Surgery is scary for parents and children. Having information about what your family may experience can help. You can get advice on how to prepare your child and how to cope with this difficult experience.

"Having a child with a heart condition has changed me as a parent and a person."



Roman: Double Outlet Right Ventricle, Single Ventricle and Pulmonary Stenosis

Parenting is a life-long journey and it helps to have resources to deal with the particular challenges of raising a child with CHD. Moral support and practical advice regarding feeding issues, activity level, and child development has been offered to families for over 30 years.



Roman, 8 years old

The goal of Heart Beats is to assist families dealing with congenital heart disease by providing information, resources, and support.