ConnectMed INTERNATIONAL

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CAMP COSMOS IS NOW VIRTUAL!

Our recreational and therapeutic self-esteem camp for children and their families is practicing physical distancing, too!

Like the rest of the world, ConnectMed has had to re-think some of our 2020 events. We decided to offer **two** camps in 2020 – a **virtual camp on June 20th** and an **in-person camp in December**!

We currently have 51 families registered for our upcoming virtual camp!

Our virtual camp will feature celebrity guest speaker Jono Lancaster – founder of **Love Me, Love My Face Foundation** – and other special guests to lead fun activities and group discussions, such as:

- **Playworks** (playworks.org)
- **Aspiring Families Center for Mental Health & Wellness** (aspiring families.com)
- **Lori Mitchell**, San Diego author and illustrator of *Different Just Like Me* (differentjustlikeme.com)

It was so great to see some families during our "pilot test" for camp on May 16th! And we got critical insight into how we can make the virtual experience as positive and engaging as possible!

COMING NEXT

BEYOND CAMP COSMOS: RECURRING FAMILY GET-TOGETHERS

Now, more than ever, connecting and sharing experiences are crucial as we navigate this time of distancing.

ConnectMed is launching recurring family get-togethers in August to provide psychosocial support, bring families together, and facilitate access to resources. They will be virtual until we have the option to meet in-person.

These meetings will provide safe spaces for parents/caregivers to participate in facilitated group discussions, while kids engage in fun activities to build self-esteem and relationships.

Huge thanks to Title Sponsor **The Donegan Burns Foundation** for its sponsorship of our Camp Cosmos programs!

DONEGAN BURNS
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CONNECTMED at the CCA VIRTUAL RETREAT

Our friends at the **Children's Craniofacial Association** (**CCA**) have turned their amazing anual retreat virtual as well...and we are honored to participate by providing:

- facilitated group discussions in partnership with **Aspiring Families Center for Mental Health & Wellness**
- *Creativity in Action!* playacting with the **Robert Wagner** and his team from the Department of Performing Arts of La Jolla Country Day School

WHAT WE'VE BEEN UP TO...

INTERNATIONAL TRAINING OPPORTUNITIES

We may not be able to travel internationally, but we are staying connected with our international partners working in resource-limited communities and offering them ongoing **virtual training opportunities**.

For example, our international partners are invited to participate in weekly UC San Diego Health Plastic Surgery Virtual Grand Rounds. Regardless of the time differences, many of our partners regularly join these conferences and greatly appreciate the access to them!

We have had to postpone our **International Fellowship Program**, which typically starts in the summer, to early 2021. In the meantime, we continue to find new ways to connect with and provide resources and opportunities to our international partners for the remainder of 2020 – stay tuned!

COVID-19 RESOURCES

Website Resources

Our website, ConnectMed.org, features information that we regularly update to help you better understand COVID-19 and the life changes that accompany this crisis. We share public health information such as incidence of Covid-19, how the virus spreads, best practices for prevention, etc.

Importantly we also share strategies to help families - especially children - emotionally cope during this challenging time.

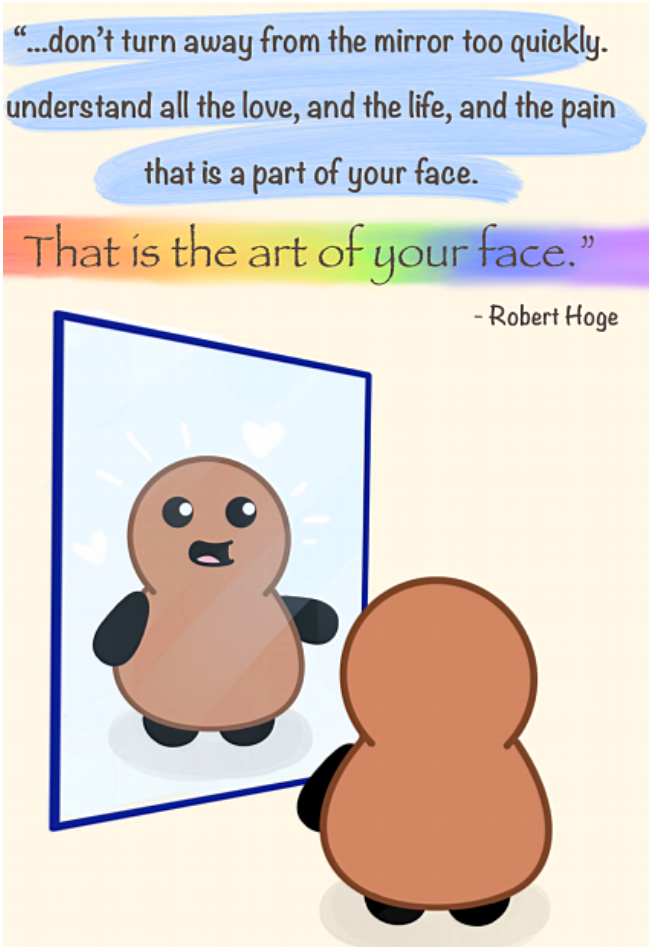
Visit ConnectMed.org
and click on our COVID-19 tab to access these resources

WHAT WE'VE BEEN UP TO...

#GivingTuesdayNow COVID-19 Giving Campaign

We have played our own small role in the global efforts to combat Covid-19 through our #GivingTuesdayNow Campaigns! Throughout the month of May, ConnectMed partnered with local volunteers in two causes close to our hearts:

- **Providing cloth masks for healthcare workers at Rady Children's Hospital.** We have provided 475 masks and counting! This preserves PPE for healthcare workers, while still protecting the health of workers at Rady's and the kiddos they care for!



- **Creating "love notes"** for our young patients to spread joy and hope, and inspire self-love and resilience. In honor of Mental Health Month, these uplifting notes will be sent to kids in San Diego, Tijuana, and beyond with visible differences and special needs!