



Mended *Little* Hearts is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended *Little* Hearts helps families move forward to find laughter, healing and hope.

Your local San Diego chapter members invite you to join us at any of our upcoming Mended *Little* Hearts of San Diego events.

Community events are a great way to meet other families and caregivers in the CHD community to share resources or experiences to support each other.

**We welcome you to join us at these upcoming events!**

**November Music Therapy\*:**

**Friday, November 22, 2019**

**4:00 pm – 4:30 pm**

Ocean Air Park / Rec Center

4770 Fairport Way

San Diego, CA 92130

**December Holiday Potluck:**

**Sunday, December 15, 2019**

**4:00 pm to 6:00 pm**

More details TBA

**December Music Therapy\*:**

**Friday, December 27, 2019**

**4:00 pm – 4:30 pm**

Ocean Air Park / Rec Center

4770 Fairport Way

San Diego, CA 92130

**Questions about our group or just need another heart parent to talk to?**

*Please reach out to us by contacting our group leaders:*

*Julie Marshall (760-583-8515)*

*or Kristen Crawford (310-883-8719)*

*or Email us at [sandiegoca@mendedlittlehearts.org](mailto:sandiegoca@mendedlittlehearts.org) or [mlhofsd@gmail.com](mailto:mlhofsd@gmail.com)*

**\*For music therapy, please RSVP to [mlhofsd@gmail.com](mailto:mlhofsd@gmail.com)**