



WHAT IS IBD STRONG?

IBD Strong is a unique and vibrant community driven by and for the pediatric patient voice and experience. We believe that every child diagnosed with Inflammatory Bowel Disease (IBD) deserves hope and opportunities to thrive.

- We offer various programs built on the pillars of positive psychology and psychological resilience to provide hope and truly empower those with IBD and their support systems.
- We provide children with direct access to peers who have gone through a similar experience and have found ways to accept their diagnosis, adapt to the demands of their disease, and flourish in spite of its unpredictable setbacks.
- Especially in pediatrics, IBD is a family affair. We believe that when the entire family is supported, the child is more likely to be successful in adapting to their illness.
- We believe in being proactive about teaching our children with IBD resilience. We want all children with IBD to thrive.
- We are here to provide them with connection, hope, inspiration and empowerment.





IBD STRONG PROGRAMS & SERVICES

Someone Like Me: V'IBD Teens

Peer to Peer Mentorship

We pair diagnosed kids and teens with a teen or young adult mentor who can relate to their IBD experiences and challenges.

Families Like Ours: Family Team Partners

Peer to Peer Mentorship

We offer peer connection and support to family members who have a child, sibling, parent, partner or loved one diagnosed with Crohn's disease or ulcerative colitis.

Community Wellness

Group Support

As part of our Community Wellness program we offer yoga, meditation, sharing circles and other positive healing techniques in a relaxed and fun environment for the entire family.

V'IBD Arts

Expressive Arts Program

Our V'IBD Arts is driven by and for the kids and teens in our program who want to express themselves through creative outlets.

V'IBD Support Groups

Group Mentorship

We offer specialized support groups that address disease specific psychosocial impacts. These include ostomy, fistula, and j-pouch peer mentorship groups.



**SCAN TO LEARN
MORE ABOUT
OUR PROGRAMS**

Support in English, Spanish,
Farsi, French and Hebrew.

IBDSTRONG


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