



The Youth Sickling Through Life Program provides youth with year-round support. This includes scheduled one-on-one quarterly support from Care Navigators, family and peer group sessions, and structured guidance to increase knowledge, skills, and tools to improve the quality of their lives.

Additionally, the program provides outreach to doctors, other medical professionals, educators, coaches and all who will be playing a role in their lives.

This program helps reduce the risk that Sickle Cell Disease patients will fall through the cracks, and instead provides a vital resource for community members in need of hope, support, and empowerment to thrive throughout their lifetime.

## CONTACT US



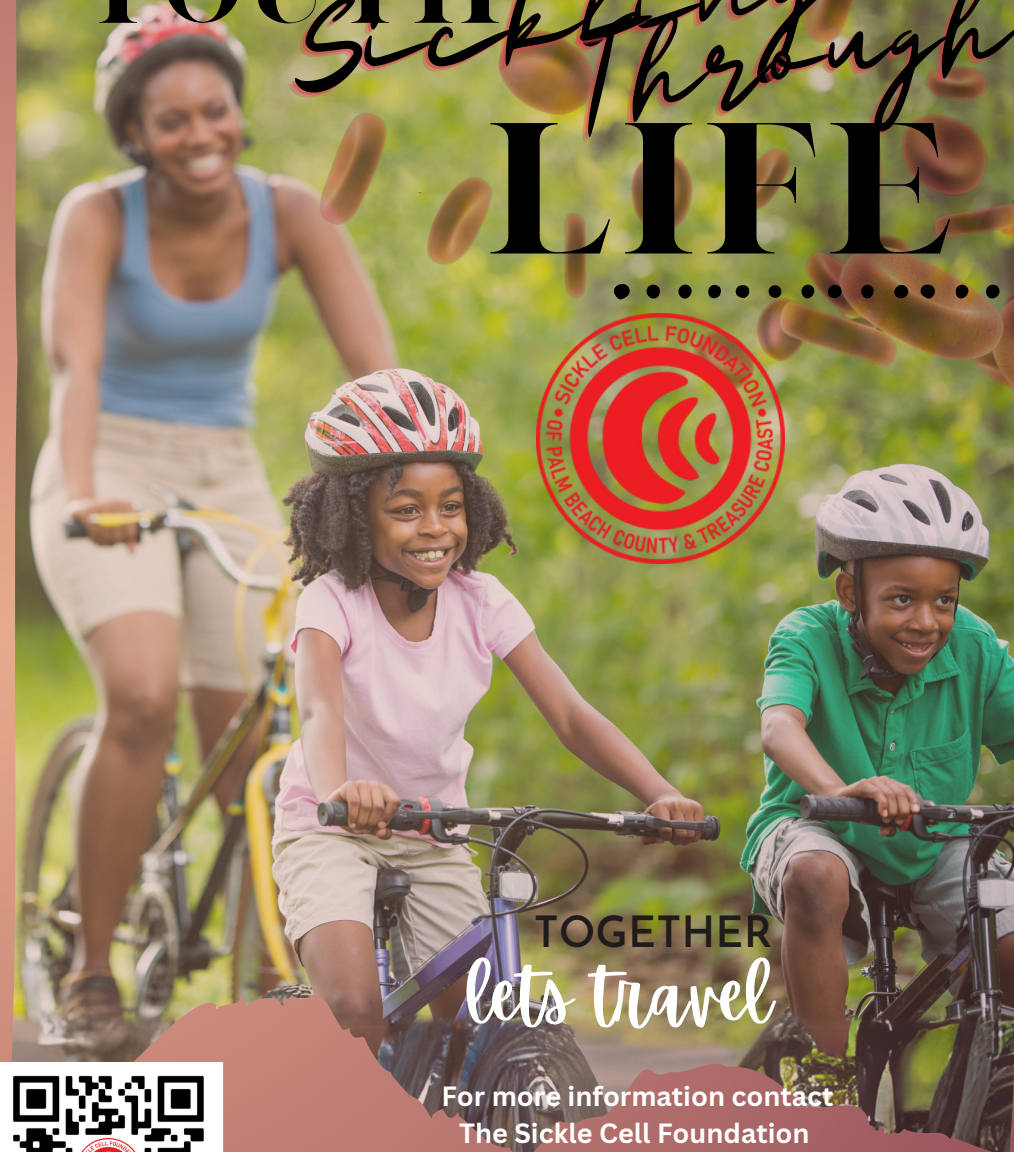
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SICKLE CELL FOUNDATION OF PALM BEACH COUNTY & TREASURE COAST, INC.

Presents

# YOUTH Sickling Through LIFE



TOGETHER  
*lets travel*



For more information contact  
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Ibis Charities Foundation



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# PROGRAM GOALS

Our Youth Sickling Through Life program at The Sickle Cell Foundation of Palm Beach County serves the youth of our community who are afflicted with Sickle Cell Disease/Trait by providing a comprehensive, holistic guidance to help them navigate a challenging time of their lives, transitioning from pediatric to adult care.



**Empowerment:** Teaching self-management skills empowers youth to take control of their health and make informed decisions about their treatment and lifestyle.



**Independence:** Equipping youth with the knowledge and skills to manage their disease fosters independence and self-reliance as they transition into adulthood.



**Improved health outcomes:** Proper disease management can lead to better health outcomes, reduced complications, and improved quality of life.



**Transitioning to adult care:** Because Sickle Cell Disease/trait is a lifelong condition, adolescent patients often transition from pediatric to adult healthcare without developing the skillset needed to maneuver through the system. Education about disease management facilitates this transition and ensures continuity of care.

# OUR FOUR CORNERSTONES

Youth Sickling Through Life well-being workshops that focus on 4 cornerstones:

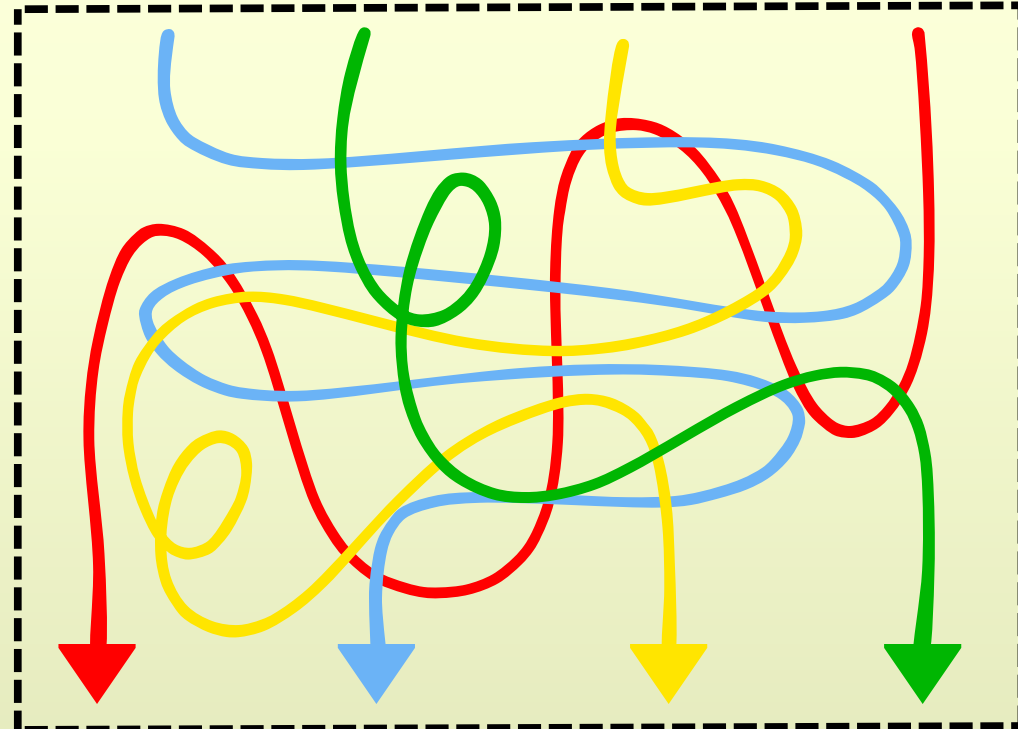
Match The Cornerstone To The Right path

Holistic Disease Management

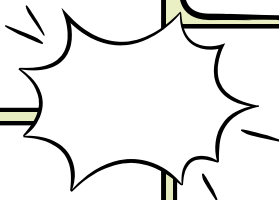
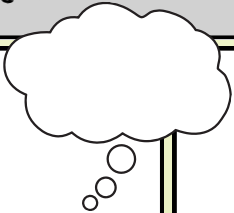
Mental Health & Stress Management

Healthy Eating & Nutrition

Goal Setting / Personal Development & Communication Skills



Write Your Own Comic



Blank comic book template with panels and icons for writing a comic.