



Jan and her daughter, Claire, enjoying Granville Island

Meet Jan Frew, pediatric cardiology nurse

Where did you grow up?

In Campbell River on Vancouver Island.

Where do you work?

At BC Children's Hospital in the Surrey Pediatric Cardiology Partnership Clinic.

What made you want to be a pediatric nurse?

I love working with kids! The resilience and cheerful attitude (for the most part) that I see in my patients is inspiring. As a big bonus, as a pediatric nurse have I been able to take care of Cinderella, Batman, Superman, and Spiderman (kids in pajamas, but it still counts, right?!).

What are your main responsibilities?

I set up and run the Surrey Partnership clinic and help care for the kids in the Fraser Valley with cardiac concerns.

What do you like about working at Surrey Memorial?

I really enjoy the clinic environment. It is a clinic where nothing will hurt! Most kids are quite anxious about coming into the hospital, but in the Surrey clinic, we can see kids and their families close to their homes and in a quiet, positive environment.

How does Surrey differ from BCCH?

Since I come to Surrey with only one sonographer and one cardiologist, the main difference between BCCH and Surrey is the volume of kids and families that come through the clinic in one day.

Can you tell us a memorable experience from your work history?

I have many wonderful experiences in my work history; most of all I like the

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Volunteers needed

Our families enjoy the spring, summer, fall, and winter gatherings that CHN sponsors. We are always looking for volunteers, so if you have some time, talent, and expertise that you are willing to share, please contact Sam Aitken at: saitken@childrensheartnetwork.org.

THE VIEWS EXPRESSED IN THIS NEWSLETTER ARE THOSE OF THE AUTHORS, AND NOT NECESSARILY THOSE OF THE BOARD OF THE CHILDREN'S HEART NETWORK. THE BEST SOURCES OF MEDICAL INFORMATION ARE YOUR CHILD'S PHYSICIAN AND THE HEALTH CARE PROFESSIONALS WHO PROVIDE CARE FOR YOUR CHILD.

Heart Matters

5151 Canada Way, Burnaby, BC V5E 3N1
Tel: 604 521-3037 | 1 877 833-1773
chn@childrensheartnetwork.org



/ChildrensHeartNetwork



COFFEE GROUPS NEAR YOU

These groups meet monthly; come and meet other heart parents while enjoying treats on CHN. For more information please contact:

ABBOTSFORD – [Rachel Gammon](#)
footballmama02@hotmail.com

CHILLIWACK – [Melissa Martz](#)
mellymartz@outlook.com

KAMLOOPS – [Miranda Brown](#)
cmazn2003@yahoo.ca

KELOWNA – [Karla Allan](#)
kdvk@hotmail.com

LANGLEY – [Tecia Beulens](#)
tbeulens@telus.net

MAPLE RIDGE/TRI-CITIES – [Amylou Watkins](#)
amylouwatkins@hotmail.com

NANAIMO – [Andrea Van Rossum](#)
andrea.vanrossum@gmail.com

PRINCE GEORGE – [Veronica Vandermeulen](#)
veronica0603@gmail.com

RICHMOND – [Kate Walker](#)
kwalker@childrensheartnetwork.org

VANCOUVER – [Samantha Aitken](#)
saitken@childrensheartnetwork.org

VICTORIA – [Teri Godin](#)
terigodin@gmail.com



YOUNG ADULT HEART NETWORK COFFEE GROUP

We have a group for young adults living with heart disease. For more information please contact:

[Lauren Fougner](#) | lfougner@uvic.ca

THANK YOU

CHN would like to thank The Province of BC for its continued support of CHN through its Community Gaming Grants program.



The Province of BC

SIGN UP TO GET CONNECTED

If you have a child growing up with heart disease please email us at chn@childrensheartnetwork.org so that we can add you to our mailing list to receive invitations to all our fun events!

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KRISTA MOLIA – Vancouver Island Hearts of Gold youth coordinator

Spencer's pacemaker tune-up makes him run faster

BY HEATHER TELFORD



Spencer after his first surgery.... and speedy Spencer now!

We were expecting our first child and it was the day of the 5-month detailed ultrasound. We were excited to find out if we were having a boy or a girl. We were having a boy! That was overshadowed by the news that he had a serious heart defect, called transposition of the great arteries. After an uncomplicated pregnancy and birth, our baby boy was born on December 10, 2010. He was a perfectly pink baby that was whisked off to the PICU, part of us wondered if there was a big mistake, since he looked normal. We soon realized the complexity of heart defects and diagnosing a fetus/newborn.

After meeting many doctors, consultations, tests, and ultrasounds, Spencer was re-diagnosed with tetralogy of Fallot. He didn't need surgery in the first week of life; he was being sent home with his new parents to grow stronger with an anticipated surgery within the first year of life.

We were followed closely by the Heart Center and I enjoyed the first 9 months of my mat leave with my seemingly normal baby. At 10 months Spencer had what they call a "tet spell" and was rushed to the hospital after a seizure from low oxygen levels. It was time for surgery. The 5-hour surgery went well, there were no complications, and after a few days in the hospital, Spencer, mom, and dad were back

home recovering. When Spencer was 16 months old, he became a big brother when Liam was born.

When Spencer was 2-½ it was time for his second surgery. Dr Gandhi explained this surgery was a little more complex, and to have the best outcome he would likely have to remove the muscle. This meant there was a 90% chance that Spencer would need an implanted pacemaker and heart block (i.e., pacemaker dependent). The idea of a pacemaker scared us; it was overwhelming to think my Thomas the Tank Engine obsessed kid couldn't play with his favorite trains because of the potential interference with the magnets. I soon realized my fears and concerns were just that—my perception changed once I realized he didn't show any signs of discomfort when playing trains and it had no impact on his activities, energy level, sports, or his day-to-day life.

Dr Sanatani suggested during one of his pacemaker checks that his settings were adjusted to make him run faster. Spencer is convinced to this day that he runs faster after every checkup. Spencer is a thriving 6-½ year-old, the tallest in his class, loves math, games, playing with friends, and outdoor activities. He is excited about becoming a big brother again but this time to a sister in a few weeks.

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Spencer thinks having a pacemaker is cool and reminds his family regularly that he gets us invited to all sorts of awesome CHN events. We started attending CHN events in the past couple years and it has been a great way for us to connect with heart families and hear about everyone's unique journey. We were lucky enough to attend the CHN fishing trip at Critters Cove this past July and Spencer met his first pacemaker friend. They had an instant connection after sharing their pacemaker scars.

We often reflect and realize our journey gives us perspective—1 in 100 kids are born with a heart defect, so “why not us?” vs “why us?” We are a strong, balanced couple and consider ourselves to be lucky to have two wonderful boys who have nothing that impacts their day-to-day lives. There are many people who have known Spencer most of his life and are shocked to hear about his heart defect. We don't let this define us; it is just our journey as a family and as parents. We are excited to welcome our daughter in the next couple weeks as our journey continues. 🍓



The Telford family this summer.

Meet Jan Frew, pediatric cardiology nurse *cont'd from page 1*

relationships that I get to make over the years with families and their kids. Walking through a diagnosis, preparation for surgery, and then following up for years after cements a special bond between a nurse and a family. There is a wealth of history and relationship behind a smile and a welcome that is unique to this role.

Did you have a mentor?

Yes, and this will come as no surprise: Jan Rooks was instrumental in my practice as a new grad on the ward, and then again when I started working in the clinic a few years ago.

Outside work, what do you like to do for fun?

I love to read and I enjoy photography. I also decided to try running this year and even though I have never, EVER run farther than from my car to a building in the rain, I am meeting my goals and finally seeing improvement!

Do you have kids? Pets?

I have one cat and three kids. All four are always hungry and constantly running out the door for various activities (the cat most of all). 🍓



Mastering the new rods and bringing in the big one with our amazing guides Brian & Cathy.

Critter Cove: An experience of a lifetime

BY SHAUNA BOYKO

Being connected with the Children's Heart Network provided our family with an experience of a lifetime that we won't soon forget. We were sent on a fishing trip to Critter Cove in Nootka Sound. Words cannot describe the experience of open armed welcoming and generosity that ten lucky children encountered. Each of the ten children and their families had lived the challenges of heart surgery.

Our journey began on a Thursday evening after work, when we packed up our car and headed from Kamloops to North Vancouver to spend the night. Early the next morning everyone met at the Horseshoe Bay ferry terminal, and instantly introductions were made as the children started to play together, a sign of what the weekend was to be! When the ferry arrived in Nanaimo, we gathered our bags and headed off to the Wilson's bus (thank you to the Wilson's bus company for their generous donation of transportation and driver). Along the way we stopped for lunch and Tim Horton's provided donuts and drinks for everyone. After several more hours we safely made it to Cougar Creek via twisty, windy roads. As we got off the bus we were met by our fishing guides Brian and Cathy Watson, they helped us load all of our gear onto their boat, and we headed off to Critter

Cove, a floating fishing resort!

Each family had their own cabin that had bunk beds and another bed that comfortably slept four. We had a fridge and running water for hot showers, as well as a toilet (this is not roughing it!). Inside our cabin were two fishing rods and tackle boxes for our boys. They could hardly wait to learn how to use them! As all the children went out to fish off the docks, we had an opportunity to socialize with everyone and try some wonderful fish appetizers while telling our children's heart stories. This was just a taste of all the wonderful food that we would be served to us that weekend! I must put a plug out to one of Critter Cove's neighbours who is 82! She made so many cookies and treats for the children, I believe that they filled the entire back of a truck when they were transported to the resort! Many of the guides have been doing this for years, and it was so much fun to listen to the stories being told. After dinner, the Fisheries and Oceans guides provided each child with his own fishing license, a t-shirt, and a goodie bag. The Coast Guard and the RCMP boats also were around all weekend!

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The next morning we met up with Brian and Cathy, and we headed out to the open sea. We eagerly watched the depth and fish finder, looking for a school of fish. Unfortunately, we were just not lucky in catching any fish, but got to enjoy the beautiful coast line. Brian and Cathy took us to their island and our boys got to swing on their large rope swing (even my husband Richard went on it). Later that afternoon when we returned to Critter Cove we found out that only three families had not been lucky in catching a salmon. So after dinner, Brian and Cathy took us back out and my son Carter caught his first fish, a mackeral. He was so excited to show his new friends what he had caught! He then proceeded to use it for bait to try his luck at the docks while we waited for the fireworks show that evening. The fireworks were absolutely breathtaking! A company volunteered their time put on an amazing 8-minute show for all the families, fishing guides, and volunteers to help celebrate Canada's 150th birthday.

Sunday morning we headed out early to see if we could break our streak of bad luck. After waiting so long the day before, it was pure excitement when the fishing line got pulled. Patience paid off, as we caught an 18.5-lb. sockeye salmon! We then caught two more, 8 lb. and 3 lb. Although luck was with us, we had to pull the lines in and have an early lunch as everyone was to head to Yuquot for the afternoon. The Coast Guard and the RCMP used their Zodiacs to take everyone out to the large Coast Guard cutter, the *M. Charles M.B.* vessel. We got to enjoy a tour of the vessel while we sailed for 45 minutes to Friendly

Cove. Once again, we got transported by Zodiacs to the island that had a beautiful lighthouse, an old church, and beaches. It did not take long before the children were collecting beautiful smooth rocks and seashells. It was a warm afternoon so many of the children were playing in the water. Overhead a Search and Rescue Buffalo plane was flying, doing tricks in the air for us. When we headed back to the docks to catch the Coast Guard vessel back to Critter Cove we found out that one of the families had found an ancient fishing sphere that was presented to a native tribe representative. He gave a speech and educated us on the historical value of this find.

On the trip back to Critter Cove, many of the children had gotten wet, so their clothes were hanging on the heat vents of the ship. It was a far quieter trip back and friendships continued to be built amongst everyone. Once back at the resort a fishing derby off the docks began, and toques from Critter Cove were handed out to all the children. The excitement that everyone had was contagious. I think every child caught something! After dinner, Brian and Cathy took my husband and my boys out fishing again while I tried to get our bags repacked. Boy was there ever excitement when they came home. I heard the excitement of everyone at Critter Cove before I figured out why. My boys caught the largest fish of the season for the resort, a 26-lb. sockeye salmon. All the children came to see it and when Brian cleaned it for us, one of the children requested to hold the heart. That heart was passed around for everyone to see and touch.

Monday morning came too quickly. We had to pack up and say good bye to our guides. My son Carter summed it up perfectly by referring to Brian and Cathy as his third set of grandparents. The kindness and generosity that they shared with our family will always have a special place in our hearts. All summer when anyone asked Carter what he did this summer, he was eager to talk about his experience at Critter Cove and the new friends he made, and his new passion for fishing. If you ever get an email from Jessica offering this amazing opportunity, please don't hesitate to go. You will be blown away by the kindness and warmth this weekend will bring you. Another unexpected bonus from this fantastic weekend was connecting with another Kamloops family, the Kopytkos. Although older, our boys have a special bond between them, which I hope can be built upon.

This is an experience of a lifetime, where stories were shared and friendships built. Thank you to all involved in this amazing opportunity, including CHN, the volunteers, and our fishing guides Brian and Cathy, and most importantly the Forbes family for hosting this event. 🍷



The largest fish of the season so far – a 26 pounder!



TRAINED RESOURCE PARENTS WHO OFFER ONE-ON-ONE SUPPORT

At times, coping with your child's diagnosis and care can be stressful and feel overwhelming. Talking to another parent who's been there can make a world of difference.

If you'd like to connect one-on-one with another heart parent, we have a province-wide network of resource parents trained to support other parents. Resource parents are in communities all over British Columbia and are available to listen and offer support and information through phone calls, e-mails, or in person.

To connect with a resource parent please contact our coordinator Sam Aitken at 1-877-833-1773 or chn@childrensheartnetwork.org

"I was pregnant when the ultrasound showed my fetus had a serious congenital heart defect, and I didn't know where to turn to for advice and information about what to expect. I was referred to a local resource parent whose child was in elementary school with the same heart defect, and she gave me answers to my questions and the reassurance I needed to have optimism for what my baby would go through for his multiple surgeries, and also that he would have a good quality of life. After my son was born, other resource parents supported me through school and hospitalization challenges, and one parent and her heart child even visited my son and I at BCCH when he was recovering from open heart surgery." —Judy Tsukijima, Heart Mom



**CHILDREN'S
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Bull or no bull: The facts on energy drinks for Canadians

BY CONNIE ENS, CARDIOLOGY NURSE CLINICIAN

What is an energy drink?

Energy drinks are beverages marketed as an easy and fast cure to fatigue and improving mental and physical performance. They generally contain sugar, caffeine, or other stimulants such as guarana. They do not rehydrate the body and should not be used as a fluid replacement.

Are energy drinks the same as sports drinks?

No. Sports drinks typically contain electrolytes such as sodium, potassium, and a high amount of sugar.

What other ingredients can be found in energy drinks that have the same effects as caffeine?

There are too many ingredients listed to review. Except for caffeine and guarana (which contains caffeine), there is no scientific evidence that these other ingredients can increase energy, enhance physical endurance, or promote weight loss.

What is guarana?

It is a plant, the seeds of which are used for the caffeine it contains. Some supplements and drinks call it the “natural caffeine.” One gram of guarana seed contains about 47 mg of caffeine.

Is there a safe amount of caffeine for healthy children and teens?

Health Canada Regulations for Energy drinks were updated in 2012 so that:

- All sources of caffeine must be included in the total amount of caffeine per serving
- Serving sizes must be clearly defined on the label
- Maximum allowed caffeine per serving is 180 mg (the same as a 240 ml cup of filtered drip coffee)

Health Canada recommends that the maximum daily caffeine intake for children under 12 years of age should not exceed 2.5 mg per kg.

So approximately:

- 4 to 6 year olds = 45 mg per day (about one 355 ml can of cola)
- 7 to 9 year olds = 62.5 mg per day (about one and a half 355 ml cans of cola)
- 10 to 12 year olds = 85 mg per day (almost two 355 ml cans of cola)



- Teens should follow the 2.5 mg per kg recommendation, however older or heavier teens may be able to consume up to the adult limit of 400 mg per day.

Are there any benefits of caffeine?

The research in adults has been extensive and there are definite potential benefits when consumed responsibly:

- Increases energy
- Enhances physical performance
- Enhances cognitive performance
- Quickens reactions
- Increases the ability to concentrate and focus attention

Are there adverse effects of caffeine above the recommended amounts?

Yes, several:

- Nervousness
- Irritability/anxiety
- Sleeplessness
- Increased urination (dehydration)
- Abnormal heart rhythms
- Stomach upset

Are energy drinks safe for our children that have heart issues?

There is no easy answer as there is minimal research on the physiological effects of energy drinks on this population.

In people that have electrical heart issues such as long QT syndrome or CPVT, there has been a suggestion that

for some, caffeine can further prolong the QT interval, which could increase the risk of a sudden cardiac event. This was only one study and there was a limited number of study participants.

For children with structural heart defects or progressive heart muscle conditions there is no evidence one way or the other. As far as medications, there is always the potential that caffeine could have an adverse interaction.

The bottom line

Every child is unique with his or her heart condition. The safety of caffeine would be an excellent question for discussion with your cardiology team. Have your child take the responsibility for asking. As parents we know that generally, the more we talk, the less they listen.

Read the labels carefully. If the drink is purchased in Canada, all the ingredients must be listed, as well as serving sizes and total amount of caffeine from all sources. Children learn best by the examples we present day to day. Try not to have this conversation with your child with a steaming cup of java in your hands. ☕

Resources

www.canada.ca/en/health-canada/services/food-nutrition/foods-marketed-natural-health-products/caffeinated-energy-drinks.html

www.eatrightontario.ca/en/Articles/Caffeine/Facts-on-Energy-Drinks.aspx

www.canadianbeverage.ca/wp-content/uploads/2016/01/CBA-EnergyDrinks-Handout-EN_1A.pdf

davidhammond.ca/wp-content/uploads/2014/12/2016-Energy-Drink-Consumption-Reid-et-al.pdf

www.webmd.com/vitamins-supplements/ingredientmono-935-guarana.aspx?activeingredientid=935
<https://www.dietitians.ca/Dietitians-Views/Food-Regulation-and-Labelling/Caffeine-and-Health.aspx>



100+ Women Who Care donate \$15,000 to CHN



Krista Molia – CHN Coordinator Victoria, Debra Bartlett – 100+ Women Who Care Saanich co-founder, and Judy Tsukijima – Saanich Heart mom

100+Women Who Care Saanich Peninsula made an incredibly generous \$15,000 donation to the Children's Heart Network—thank you! And special thank you to heart mom Judy Tsukijima who tirelessly worked to promote the work of CHN to this group of wonderful women. This donation will have a huge impact on the support and services we provide to children and families in the Victoria and Saanich Peninsula area. We are hoping to host a Weekend Family Camp for our island families in June 2018. If your heart family is interested in connecting with other heart families at a weekend getaway in Sooke, please email provincial coordinator Samantha Aitken at saitken@childrensheartnetwork.org.

My Lady Gaga experience


BY BREANNA WEST

One of the cool things about being part of the Hearts of Gold group is that sometimes a once-in-a-lifetime opportunity comes along. On August 1, 2017 Children's Heart Network was given 10 tickets for the Lady Gaga concert at Rogers Arena. Of course everyone wanted to go, so Kristi, the Lower Mainland Hearts of Gold leader, decided to draw names. I was one of the lucky ones!

Although the concert started a bit late (due to technical problems), it was fantastic! The stage consisted of four different platforms on which she sang and played all her oldies as well as some of her new ones. My favorite song and performance was "A Million Reasons" because she just played the piano all by herself and you could hear her so clearly.


There were also fabulous light shows that accompanied each song. Oh yeah, we also watched from a booth, which made the experience even cooler. Thank you to whoever made this opportunity possible. It will remain one of my favorite experiences with Hearts of Gold. 🍷




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GivingTuesday is a National Giving Day

Most people know about Black Friday and Cyber Monday... now GivingTuesday is coming to Canada on November 28, 2017. It is a new Canadian movement for giving and volunteering, taking place each year after Cyber Monday.

"We have two days that are good for the economy. Now we have a day that is good for the community too."

On November 28th, please consider supporting the Children's Heart Network.

Go to: www.canadahelps.org/giv3/48131 and pick the CHN as your charity to support. You will receive a tax receipt for all donations \$20 or greater.



Make-A-Wish Foundation & Children's Wish Foundation

MAKING A DIFFERENCE IN THE LIVES OF CHILDREN WITH CHD

Growing up with a CHD can often mean surgeries, procedures, medication and a lifetime of appointments. In some cases, it can also mean periods of extended hospitalization. In recognition of these and other challenges facing these children and their families, Children's Wish Foundation and Make-A-Wish have granted the wishes of some of these brave children. For many, the excitement and anticipation of their wish coming true can have a positive effect on their healing and makes treatment seem more bearable. These wishes have included family vacations, computer systems or meeting a favorite celebrity. Any Canadian child between the ages of 3 and 17, regardless of economic background, who has been diagnosed with a life-threatening illness qualifies for a wish. This includes children with complex heart disease who have had life-saving surgery; in fact, several members of the CHN have received a wish. The condition does not have to be terminal - in many cases children who have received wishes have gone on to lead normal adult lives. Children can be referred for a wish by a parent or other family member, friend, medical professional or even a teacher. The application is then sent to the child's treating physician who verifies the illness. A representative then meets with the child and family to determine a wish that is safe and appropriate. Most wishes can be granted within a couple weeks of receiving approval, and in some cases, even within days if the situation is an emergency. A child who is eligible for a wish can only receive one within his or her lifetime by either foundation.

For more information on referring a child, please contact the following:

The Children's Wish Foundation of Canada

450 – 319 West Pender St.
Vancouver, BC V6B 1T3
T: 604-299-2241 T: 1-800-267-WISH (9474)
F: 604-299-1228 E: BC@childrenswish.ca

Make-A-Wish® BC & Yukon

112-2025 W. Broadway
Vancouver, BC V6J 1Z6
Phone: 604-688-7944
Toll free: 1-866-277-9474 (WISH)
General email: bcchapter@makeawish.ca



What's Happening?

Pumpkin Patch—Lower Mainland

Connect with other heart families while enjoying all the activities Taves Apple Barn Farm: hayride, corn maze, bouncy castles, and more. Look for the CHN tent near the grass parking field. We will have hot chocolate, treats, apples, and kids can take home a pumpkin!

When: 21 October from 11am. to 1pm.

Where: Taves Apple Barn and Pumpkin Patch, 333 Gladwin Rd., Abbotsford

RSVP: with number of children/adults to saitken@childrensheartnetwork.org. Please ensure your membership is up to date.

Growing Up with Heart Disease Conference—Journeys

The Children's Heart Network is pleased to present "Growing Up With Heart Disease: Journeys." This is a collaborative conference by and for families and health care professionals. It's an opportunity to learn from the experts—physicians, nurses, psychologists, researchers, fellow parents, and other heart kids—and to connect, share, and support each other.

When: 4 – 5 November

Where: Chan Centre for Family Health Education (at BC Children's Hospital)

Information and registration: www.chnevents.org

Breakfast with Santa—Lower Mainland

Save the date! The email invitation will be going out shortly. If you would like to help with raffle donations please contact provincial coordinator Samantha Aitkin at saitken@childrensheartnetwork.org as soon as possible.

When: 25 November

Where: The Delta Villa Grand Casino, 4331 Dominion St., Burnaby (note new venue)

Renew your membership & consider a donation

This is the perfect time of year to renew your CHN membership (\$25 per family per year) and to consider making a tax-deductible donation to CHN. www.canadahelps.org/en/charities/childrensheart-network/#donate_now

Thank you to our generous donors





CHILDREN'S
Heart Network

GROWING UP WITH HEART DISEASE JOURNEYS

November 4-5, 2017

*A collaborative conference by professionals
and families for professionals and families*

Chan Centre for Family Health Education

(at BC Children's Hospital)

950 West 28th Ave., Vancouver, BC

The Children's Heart Network is pleased to announce the ninth Growing Up with Heart Disease conference. This is a collaborative conference by and for families and health care professionals. It's an opportunity to learn from the experts—physicians, nurses, psychologists, researchers, fellow parents, and other heart kids—and connect, share, support each other.

Parent and Health Care Professional Program

Plenary speakers, concurrent sessions, and workshops on:

- Current research and innovations in pediatric cardiac care
- Strategies for supporting children with heart disease
- Heart health and physical activity
- Dealing with issue like hospital discharge, school, and nutrition...and don't miss the conference favorite: a special presentation by youth from the Hearts of Gold Youth Program!

Children's Program

The Children's Program will be available for infants (6 months or older) and children up to age 12. (Babies under 6 months can attend the conference sessions with a parent.) The program welcomes children with heart disease and their siblings. Qualified early childhood educators will care for and have a variety of fun age-appropriate art and activities for the kids. You will be able to relax and enjoy the conference while your kids play and have lots of fun!

Hearts of Gold Youth Program

The Youth Program welcomes all youth with heart disease and their siblings aged 13-19 years. The Hearts of Gold Program caters to the needs and interests of youth and provides a forum for expressing their ideas related to living with heart disease.

For online registration visit www.chnevents.org

Health care professionals, parents, youth, and children of all ages are welcome.