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As summer nears an end and school begins, there are many big things in motion at Charlotte's Hope Foundation. Whether you're a parent navigating the challenges of raising a child with complex medical needs, or a supporter helping to make a difference in these families' lives, we are grateful you're part of our community! Here are a few resources and updates to encourage you in your parenting journey and keep you in-the-know.

ADVOCACY ACADEMY

For those in our community, the fear of a child's complex medical diagnosis is all too real. It doesn't end at diagnosis; it lingers as we navigate the uncertainties of pediatric medical challenges—fear of the future, the impact on our families, and the unknown.

When fear arises, try these three tips:

1. Name Your Fear: Identify what scares you. Bring it out of the shadows and confront it directly.
2. Focus on What You Can Control: While some fears, like an upcoming appointment, may seem overwhelming, remember your strength. You and your child are capable, and with the support of the medical community, family, and Charlotte's Hope Foundation, you can face whatever comes, step by step.
3. Balance Fear with Faith: Fear and faith can coexist. As the Bible reminds us, "Be not afraid." Trust in your faith to handle what's beyond your control.

Remember, fear can propel you to be your child's best advocate, turning a challenge into a journey of strength.

PODCAST OF THE MONTH

[Advocating for your Child's Health and Wellbeing While Managing Your Fears](#)

Fear is the force that can propel you toward courage.



LISTEN HERE



MISSION MOMENT

A new research paper is published because of the power of community curated by Charlotte's Hope Foundation. Charlotte, co-founder Emily's daughter, has an ultra-rare disease called Hardikar Syndrome and upon diagnosis in Spring of 2023, there were a mere ten cases known around the globe.

Charlotte's Hope Foundation began including #Hardikar in all social media posts and before we knew it, we discovered an additional ten families! This was not an intentional effort, but an incredible testament to the power of community. This allowed Children's Hospital of Philadelphia to provide a sample population for the third-ever-published research paper on Hardikar Syndrome. The findings from this paper will help families proactively care for their children in ways unknown before its publishing. [You can read the full research paper here.](#)

PROGRAM UPDATE

Coming soon (we are targeting the end of October) is a brand new website that will more readily provide services and resources to parents at their greatest time of need. The new site will greet visitors with hope, empathy, and reassurance they are not alone.



WAYS TO SUPPORT THE CAUSE

"I want to help other parents going through similar experiences." This is a very common sentiment among the parents we serve. [Rally Hope Family Fundraiser](#) is an opportunity for parents, friends and supporters to create their own fundraising page in support of Charlotte's Hope Foundation, making it easy to tap into their community of friends and family to support this incredible cause.

START YOUR FUNDRAISER

Because of your generosity, we are there from the moment of impact, guiding them through the complexities of pediatric care and transforming them into confident advocates for their children's optimal quality of life. Every dollar makes a difference, thank you!

DONATE TODAY



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