



Join a virtual, wellness group for young adults with ACHD to learn new skills to support wellbeing

**SUPPORT
AND
CONNECTION**

Introducing WE BEAT: Transition/Young Adult

- **NEW THIS YEAR** – A 4-session, no-cost, virtual WE BEAT Young Adult ACHD group focused on wellness education and learning skills to promote wellbeing alongside other young adults with congenital heart disease.
- **WHAT** – WE BEAT is group wellness education (not group therapy!) focused on learning skills related to relaxation, mindfulness, pursuing passions, managing thoughts, practicing gratitude, and more! Each week focuses on a different theme of skills.
- **WHEN** – We plan to start offering groups beginning mid/late Spring 2024. Each group will take place over 4 weeks, with the same day and time each week.
- **WHO** – Young adult patients with congenital heart disease ages 18-30 years, pre-registration required to receive Zoom link. Additional study information and enrollment will happen during first session!
- **HOW TO REGISTER** – If interested in registering or have questions, please email um-webeat@med.umich.edu

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Congenital Heart Center
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