Get Involved

- **Local Chapters:** Access education programs, support groups, fundraising events, and volunteer opportunities. [www.crohnscolitisfoundation.org/chapters](http://www.crohnscolitisfoundation.org/chapters)

- **Take Steps:** Join our family-friendly walk program and connect with your local IBD community. Find a walk near you. [www.cctakesteps.org](http://www.cctakesteps.org)

- **Team Challenge:** Fight back against IBD, for yourself or a loved one, by training with us for a 10K, half marathon, marathon, triathlon, or cycle event. Join the team for support and make a difference. [www.ccteamchallenge.org](http://www.ccteamchallenge.org)

- **spin4 crohn’s & colitis cures™:** Join the new movement and participate in our indoor cycling relay to support IBD research. You’ll never go farther on a stationary bike. [www.spin4.org](http://www.spin4.org)


Make Your Voice Heard

- **Become an Advocate:** Accelerate progress toward curing and preventing IBD by joining our Advocacy Network. Urge your legislators to support IBD research and improve access to care. [www.crohnscolitisfoundation.org/get-involved/be-an-advocate](http://www.crohnscolitisfoundation.org/get-involved/be-an-advocate)

- **Influence IBD Research:** Propose, discuss, and vote on research questions through the IBD Partners program, a revolutionary research network for individuals with IBD. [www.ibdpartners.org](http://www.ibdpartners.org)

Join the conversation

- [facebook.com/ccfafb](http://facebook.com/ccfafb)
- [twitter.com/crohnscolitisfn](http://twitter.com/crohnscolitisfn)
- [youtube.com/ccfa](http://youtube.com/ccfa)
- [pinterest.com/ccfa](http://pinterest.com/ccfa)
- [instagram.com/ccfa](http://instagram.com/ccfa)

Support of this resource is provided through the Crohn's & Colitis Foundation annual giving program and through our donors.

For more information, please contact your local chapter:

Or contact our national office:

**Crohn's & Colitis Foundation**

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[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)

The Crohn’s & Colitis Foundation offers a comprehensive array of services to patients and caregivers touched by inflammatory bowel diseases. We also fund cutting-edge science, nurture young investigators, and finance underdeveloped areas of research.

Our Mission: to cure Crohn’s disease and ulcerative colitis and improve the quality of life of children and adults affected by these diseases.
Enhance Your Knowledge

• Local Events: Our chapters host education programs featuring community experts throughout the year.

• Virtual Education: Videos, webcasts, and interactive tools can easily be viewed and downloaded from our website.

• Brochures & Fact Sheets: Disease-specific publications are available free of charge, both online and in print.

• Social Media: Tips, resources, and stories are regularly shared on Facebook and Twitter.

Find Support

• Support Groups: Our chapters host monthly opportunities for you to connect with others in person.

• Power of Two: Our peer-to-peer mentor program allows you to speak to a mentor by phone.

• Crohn’s & Colitis Community Website: Our Crohn’s & Colitis Community provides patients and caregivers with a place to share their experiences and get support. www.crohnscolitiscommunity.org

• Camp Oasis: A coed program designed to enrich the lives of children with IBD.

Additional Online Resources

• I’ll Be Determined: Teaches disease management choices through games and videos. www.ibdetermined.org

• IBD Medication Guide: A searchable tool that provides information on medications for Crohn’s disease and ulcerative colitis. www.ibdmedicationguide.org

• Teen Website: Provides age-appropriate information and support to help teens manage their disease. www.justlikemeibd.org

• College Website: Provides tips and resources for students, as well as an opportunity to connect with others from campuses around the country. www.crohnscolitisfoundation.org/campus-connection

• Clinical Trials Community: Offers information, videos, and a searchable tool to find studies where patients can enroll to help advance research. www.crohnscolitisfoundation.org/research/clinical-trials-community

Visit www.crohnscolitisfoundation.org for more information.