



Get Involved

Raise awareness and funds to find cures.

- **Local Chapters:** Access education programs, support groups, fundraising events, and volunteer opportunities: [www.ccfa.org/chapters](http://www.ccfa.org/chapters)
- **Take Steps:** Join CCFA's 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 further 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.ccfa.org/get-involved/be-an-advocate](http://www.ccfa.org/get-involved/be-an-advocate)

**Become a Citizen Scientist:** Influence IBD research by proposing, discussing, and voting on research questions through our CCFA Partners program, a revolutionary research network for individuals with IBD: [www.ccfapartners.org](http://www.ccfapartners.org)

### Join the Conversation

 [facebook.com/ccfafb](https://facebook.com/ccfafb)

 [twitter.com/ccfa](https://twitter.com/ccfa)

 [youtube.com/ccfa](https://youtube.com/ccfa)

 [pinterest.com/ccfa](https://pinterest.com/ccfa)

 [instagram.com/ccfa\\_/](https://instagram.com/ccfa_/)

For more information, please contact your local chapter:

Or contact our national office:



733 Third Avenue, Suite 510  
New York, NY 10017

800.932.2423

[info@ccfa.org](mailto:info@ccfa.org)

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

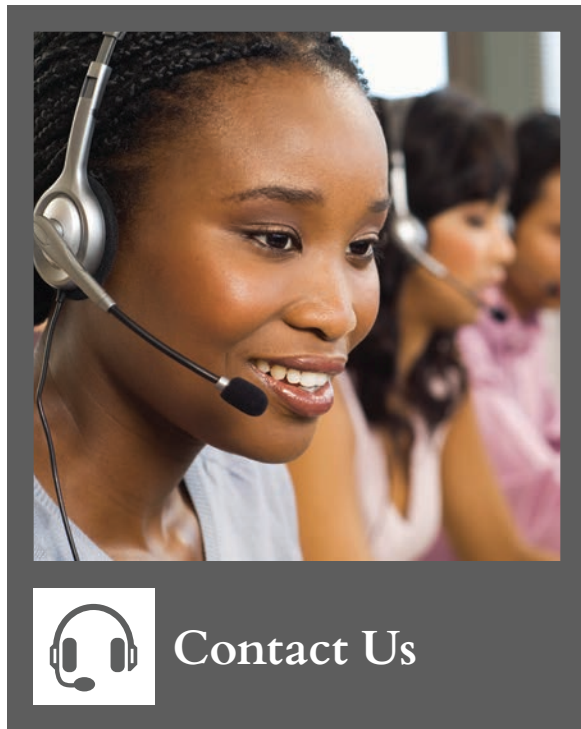
The Crohn's & Colitis Foundation of America (CCFA) offers a comprehensive array of services to patients and caregivers touched by inflammatory bowel diseases. We also fund cutting-edge science, nurture young investigators, and finance underdeveloped areas of research.

Our Mission: To cure Crohn's disease and ulcerative colitis and improve the quality of life of children and adults affected by these diseases.

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Education & Support for Patients with IBD



Contact Us

The Irwin M. and Suzanne R. Rosenthal Inflammatory Bowel Disease Resource Center (IBD Help Center) is here to provide information, support, and guidance to help you manage your disease and take charge of your life. Through the IBD Help Center, you can:

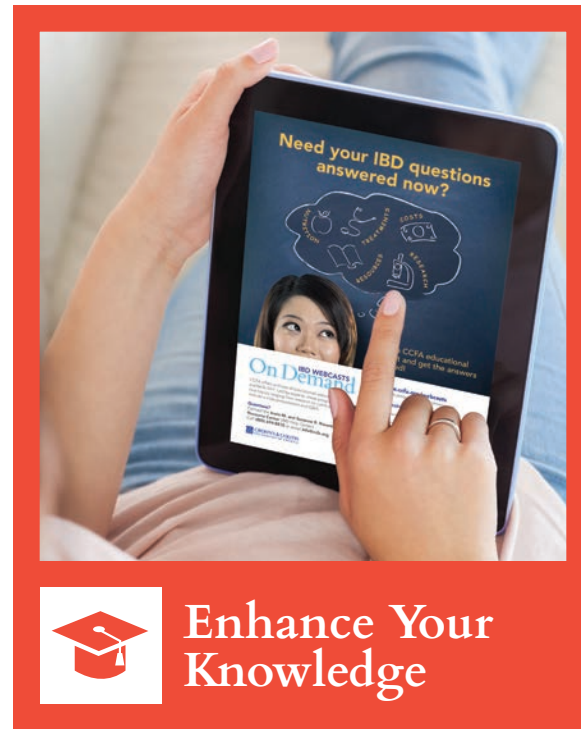
- Speak with a caring Information Specialist
- Get all of your questions answered
- Access the latest information on treatment options, coping strategies, and symptom management
- Order free brochures and fact sheets
- Get help in 170 different languages

Call or visit us online, Monday through Friday, 9:00 am to 5:00 pm ET.

**Phone:** 888.MY.GUT.PAIN (888.694.8872)

**Email:** info@ccfa.org

**Live Chat:** www.ccfa.org



Enhance Your Knowledge

There are a number of ways to learn more about inflammatory bowel diseases:

- **Local Events:** Our chapters host education programs featuring community experts throughout the year.
- **Virtual Education:** Videos and webcasts can be easily 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.



Visit [www.ccfa.org](http://www.ccfa.org) for more information.



Find Support

Find other people just like you.

- **Support Groups:** Our chapters host monthly opportunities for you to connect with others in person.
- **Power of 2:** Our peer-to-peer program allows you to speak with a mentor through email, phone, or video chat.
- **CCFA Community Website:** Provides patients and caregivers a place to connect through online support and discussion groups: [www.ccfacommunity.org](http://www.ccfacommunity.org)
- **Camp Oasis:** A co-ed camp program designed to enrich the lives of children with IBD.



Visit Us Online

We offer a variety of online resources:

- **I'll Be Determined:** Teaches disease management choices through games and videos: [www.ibddetermined.org](http://www.ibddetermined.org)
- **GI Buddy:** Online and mobile disease management tool that allows you to track your symptoms, medications, and diet: [www.gibuddy.org](http://www.gibuddy.org)
- **Teen Website:** Provides age-appropriate information and support to help teens manage their disease: [www.justlikemeibd.org](http://www.justlikemeibd.org)
- **College Website:** Provides tips and resources for students, as well as an opportunity to connect with others from campuses across the country: [www.ccfa.org/campus-connection](http://www.ccfa.org/campus-connection)