

Workshop Title	Target Audience	Description	Length (min)	Facilitated By
Series 1				
VWD: Ask the Expert	• Teenagers; 14+ • Adults; 18+ • M/F	As a person with or a caretaker of someone with VWD, you may have many questions, including, "What are the genetics of VWD? How do I manage my VWD? Can I get joint bleeds with VWD?" This nurse-led workshop will go over the basics of VWD and give participants a chance to ask questions so they can walk away feeling informed about their health!	60 min	• Nurse
Advocating for Your Care in the ER with VWD	• Adults; 18+ • M/F	Having to advocate for yourself or a loved one's care with VWD can be difficult, especially in an urgent situation! This workshop will cover how to prepare in advance for an emergency, and provide information to help navigate difficult situations that you may encounter when in the emergency room.	60 min	• Speakers Bureau • NHF Staff
VWD: Your Voice Matters	• Adults; 18+ • VWD • M/F	Knowing how to advocate for yourself, and feeling like your concerns are heard, can be an obstacle you face as you live with your bleeding disorder. During this workshop, participants will share their stories and gain tools on how to advocate for themselves in many facets of life including in their relationships, the healthcare system and in the workplace.	60 min	• Speakers Bureau • NHF Staff
Series 2				
Women With Bleeding Disorders: Connections, Treatment, and Advocacy				
Women Bleed Too :Q&A	• Teenagers; 14+ • Adults; 18+ • FEMALES ONLY	Women can have bleeding disorders, too! As a woman with a bleeding disorder, you may have questions about not only how your bleeding disorder may impact your life but how best to manage it. This workshop goes over the basics of bleeding disorders in women and allows participants to ask their questions to the nurse facilitator so they can walk away feeling empowered!	60 min	• Registered Nurse
Finding Strength through the Struggle	• Adults; 18+ • Females ONLY	As a woman with a bleeding disorder, you have individual struggles and triumphs. There are many people - even some you haven't met - who care deeply about the challenges you face. Join us for this interactive workshop that will focus on you; your hopes and your empowerment. Participants will learn how to harness frustration and turn it into positive action. They will walk away feeling energized and ready to face a new day!	60 min	• NHF Staff
Advocating for Yourself as a Woman	• Adults; 18+ • Females ONLY	As a woman with a bleeding disorder, you will often face a lack of understanding about how your diagnosis affects you from an array of people; health care providers, co-workers, friends and policy-makers. This workshop teaches communication strategies and tools for you to advocate for your needs.	60 min	• Speakers Bureau • NHF Staff
Series 3				
Hemophilia Treatment: Now and the Future				
Gene Therapy Basics for Hemophilia: What You Need to Know	• Adults; 18+ • M/F	Recently there has been an explosion of innovative research in the treatment of Hemophilia utilizing gene therapy technology. This workshop will help you develop a basic understanding of the complexities of gene therapy including terminology, how gene therapy works, and identifying the potential, limitations, risks and unknowns associated with gene therapy. We also provide a brief introduction to other novel therapies and an overview of what treatments are currently approved. Gaining a high level understanding of gene therapy will enable community members to have robust conversations with their providers and to ultimately make the best decision on treatment.	60 min	• NHF Staff • Speakers Bureau - Nurse Educator
The Basics of Innovative Therapies: What You Need to Know	• Adults; 18+ • M/F	We continue to see significant research and innovation in the treatment of Hemophilia. It is becoming more important than ever to stay informed on all the advancements and innovation - what they are, how they work in the body and how safe they are. Understanding all the options including currently approved treatments, the pros and cons and the promise and limitations of each type of therapy will enable community members to have informative conversations with their providers and to ultimately make the best decision on treatment. This presentation is designed to provide a basic overview of current and future treatment options for hemophilia, making these complex concepts more understandable.	60 min	• NHF Staff • Speakers Bureau - Nurse Educator
Communicating with Providers	• Adults; 18+ • Patients, Caregivers, Parents • M/F	YOU are your most important advocate in the health care system. If you have a child, you are also their most important advocate. In order to be a strong advocate for yourself and/or your child, it is important for you to learn how to make your concerns heard and understood. By improving communication and advocacy skills, participants will learn to speak more effectively and secure appropriate treatment.	60 min	• Speakers Bureau • NHF Staff
Series 4				
Mental Health				
Mental Health Basics	• Adults; 18+ • M/F	Millions of people in the U.S. are affected by mental illness each year. According to the National Alliance on Mental Illness, approximately 20.6 % of U.S. adults experienced mental illness in 2019 (51.5 million people). This represents 1 in 5 adults. It is important to recognize and have a basic understanding of the spectrum of mental illness, in addition to understanding the layers of stigma related to mental health. This workshop will help define mental health and mental wellness giving participants an overview of anxiety, depression, and other mental health disorders.	60 min	• Speakers Bureau - SW or Licensed Professional Counselor
Talking About What Isn't Talked About	• Adults; 18+ • M/F	Stigmas about mental illness is rooted within social media, culture, religion and personal perception. Having a negative belief about mental illness can be detrimental in a person's ability to seek help or even assist others. In this workshop we will learn and recognize the stigma around mental health as it relates to cultural norms and perception.	60 min	• Speakers Bureau - SW or Licensed Professional Counselor
Managing Stress & Improving Wellness	• Adults; 18+ • M/F	Everyone feels the elements of stress throughout their lifetime, from starting a new job to moving into a new home or dealing with the plethora of issues related to COVID 19 and social distress. As a result stress can affect your health in a variety of ways from the physical to the emotional. The areas that cause the most stress may change in different phases of a person's life. This workshop will explore the dynamics of stress and begin the discussion on how to work through stress. More importantly participants will also explore a variety of techniques and tools on how to manage stress in their daily lives.	60 min	• NHF Staff
Series 5				
Navigating Your Bleeding Disorders Care and Community				
Choose to Take Control	• Teenagers; 14+ • Adults; 18+ • M/F	Being a good consumer is more than just access to products and care, it is also about knowing the do's and don'ts that impact your daily life with a bleeding disorder. It's about understanding your disease, choosing a care team, clearly communicating your needs and accepting responsibility for making the decisions that ensure your safety and wellbeing. During this interactive presentation, we will discuss tips, tricks and tools available to help you become a better self-advocate and an overall good consumer.	60 min	• Speakers Bureau • NHF Staff

Go to Dinner, Go to Jail	•Teenagers; 14-17 yrs. old •Adults; 18+ •M/F	Having a bleeding disorder comes with great responsibility to get the best care possible. This interactive session will give you information on the sometimes confusing acronyms - HTC, 340B, HRSA, etc. - which can be a roadblock to getting care. We will also cover the critical questions to ask when choosing a factor provider. Finally, we will address the responsibility that parents, patients, pharmaceutical and homecare representatives have in following the rules and laws that affect us all.	60 min	•NHF Staff
Social Media in the Bleeding Disorders Community; Benefits & Risks	•Adults; 18+ •M/F	Have you ever discussed your or your child's bleeding disorder on social media, or on a website for fundraising or advocacy purposes? Have you ever joined an online discussion group to give or receive advice? Talking about your own bleeding disorder or your child's online can create a digital history that may last longer than you intended. Join the discussion on the best ways to use social media as a member of the community, what to look for and what to avoid, and what the future might hold.	60 min	•NHF Staff
Series 6		Move and Improve		
It's Not Too Late to Save Your Joints	•Adults; 18+ •M/F	Whether you have never had a joint bleed or have had more than you would like to count, it isn't too late to learn more ways to prevent future joint damage. In this presentation you will learn small steps for incorporating safe physical activity into your routine and identifying and addressing a joint bleed when it takes place.	60 min	•Speakers Bureau - PTs or Nurses
Navigating Pain	•Adults; 18+ •M/F	Many people with bleeding disorders find that bleeding-related pain and joint damage impact their quality of life. This session will improve understanding of how pain affects people with bleeding disorders and approaches for managing pain. It will also provide resources for communicating with your provider to ensure that pain associated with bleeding and joint damage is addressed appropriately.	60 min	•Speakers Bureau - PTs or Nurses
Playing it Safe	•Teenagers; 13+ •Adults; 18+ •M/F	Staying active is imperative for people with bleeding disorders, it helps you retain and regain joint health, prevent mobility issues and lead to a better quality of life. Join this presentation to find motivation, support, and easy-to-use resources that can help you find the sport or exercise that's the right fit for you.	60 min	•Speakers Bureau - PTs or Nurses

*Community Education Sponsors (CES): Accredo, Bayer, CSL Behring, Grifols, Hemophilia Alliance, Pfizer, Sanofi Genzyme, Takeda, and The Alliance Pharmacy

**Gene and Innovative Therapies Sponsors: BioMarin, Genentech, Optum Specialty Pharmacy, Pfizer, Inc., Sangamo, Sanofi Genzyme, Sigilon, Spark Therapeutics, Takeda and UniQure

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