In order to educate and support our pediatric/young adult patients and their families about narcolepsy, we host an annual patient education series centered on core topics in narcolepsy. This forum is also a good way for children and young adults with narcolepsy to meet others going through similar challenges in a supported environment. In this session, we will focus on helping patients with narcolepsy learn how to cope with diagnosis and lifelong behavioral skills for managing symptoms. This meeting is aimed at patients aged 6-25 years.

10:00-10:30 AM: Intro/Review of Narcolepsy and research updates/Q and A (Dr. Kiran Maski)

10:30-11 AM: Coping skills and behavioral symptom management for narcolepsy (Dr. Eric Zhou)

11 AM to Noon: Lunch/Patient Panel (Patients and parents will participate in informal, separate small group discussions).

Please RSVP by 8/12/2017. Capacity is limited to 50 people. RSVP to Elaina Little at elaina.little@childrens.harvard.edu or call 617-919-6212. Please specify any food allergies.