

What is Totally TEEN?

In collaboration with the St. Louis Children's Hospital Foundation, we are pleased to offer Totally TEEN – a FREE, bi-monthly, therapy program for teenagers with NF1. Specifically created to improve conversational skills and heighten executive functioning, this program aims to provide your child with the necessary tools to maintain healthy and successful relationships and improve independence in everyday tasks.



Washington University Neurofibromatosis (NF) Center

Located inside St. Louis Children's Hospital
One Children's Place, Suite 2130
St. Louis, Missouri 63110

314.454.6120 | NFClinic@wustl.edu

WASHINGTON UNIVERSITY
NEUROFIBROMATOSIS CENTER

NF CENTER

EXCEPTIONAL CARE through
GROUNDBREAKING RESEARCH

St. Louis Children's Hospital and Washington University Physicians comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966)。

Totally TEEN

Thrive. Engage. Educate. Neurofibromatosis.
A social and life skills program for teenagers with Neurofibromatosis Type 1

Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

Washington
University in St. Louis
Physicians

What is NF1?

Neurofibromatosis type 1 (NF1) is the most common type of neurofibromatosis, affecting approximately 1 in 3,000 individuals. This genetic condition affects almost every organ system, causing a predisposition for tumors to grow on nerves in the brain and throughout the body. In addition, individuals with NF1 often struggle with delays in learning, social skills, executive function, sensory processing, attention, and motor/coordination skills.



Follow us on Facebook or Instagram to register for upcoming events.



Format of Totally TEEN

Totally TEEN is a social and life skills group for teenagers (13-18) with NF1. Sessions will be held bi-monthly on Saturdays for approximately 2 hours at various locations throughout the Greater St. Louis area (e.g., Schnucks Cooking School, St. Louis Science Center and Topgolf).

With assistance from the NF Center Occupational Therapist and a clinical psychologist at St. Louis Children's Hospital, each session will focus on improving communication and skillsets needed to prepare for adulthood. Sessions may focus on:

- Handling embarrassing feedback and bullying
- Choosing appropriate friends and social activities
- Exploring career interests
- Managing your spending money
- Preparing food

Registration requested. Please contact NFCenterEvents@wustl.edu for more information.

How will Totally TEEN help my child?

Through a mixture of group discussions and interactive events, your child will develop necessary skills to cultivate and maintain new friendships, strengthen their confidence in challenging situations and prepare for adulthood roles.

In addition, Totally TEEN will provide you and your child the opportunity to meet and interact with other families dealing with similar challenges.

