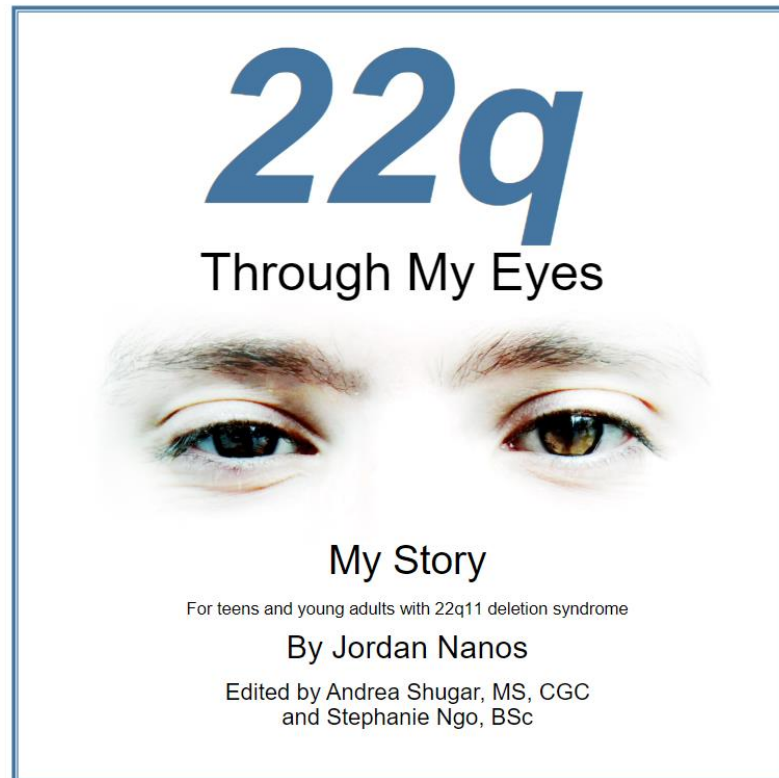


A book for teens and young adults with 22q11DS deletion syndrome written by a young adult with 22q11DS



In this inspiring book, Jordan Nanos, a young adult with 22q11 deletion syndrome shares with us his personal journey growing up with 22q. He talks openly about some of the challenges he has experienced with respect to social skills, bullying, learning, mental health, transitioning to adulthood and keeping safe. Jordan discusses some of the strategies he has used to help cope with these challenges. He encourages others to focus on their strengths and accept themselves for who they are, reminding us that we all have the ability to find happiness within ourselves.

This book can be purchased through Genetic Counsellors of Ontario (see link below). The cost is \$20.00 and includes shipping. All proceeds will be donated to the SickKids Foundation 22q11DS Family Fund.

<https://www.gcontario.org/online-store>