



PWSA | USA 2023
NATIONAL CONVENTION

June 21 – 24, 2023 • Orlando, FL

FINDING YOUR COMMUNITY

Why You Don't Want To and Why You Must

By Jessica Patay

Founder and Executive Director of We Are Brave Together



[WEAREBRAVETOGETHER.ORG](https://www.wearebravetogether.org)



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**The loneliness of only-ness is
detrimental to our mental and physical health.**



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**“It is human nature and our birthright to find
a place where we feel **BELONGING.**”**

- Jessica Patay



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3 Reasons Why You Don't Want To Find Your Community

1. **You are too busy**
2. **You are afraid you will become more sad**
3. **You have been burned before**



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3 Reasons Why You Must Find Your Community

1. You deserve it



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“When you meet other parents who GET YOU, and get your story, it is comforting and transformative.”

- Jessica Patay



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3 Reasons Why You Must Find Your Community

- 1. You deserve it**
- 2. It is critical to your mental health**
- 3. It is an act of rebellion and self-compassion**



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SELF-COMPASSION

as defined by Dr. Kristin Neff

Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself, treating yourself as you would your best friend. You feel warmth and caring and a desire to help the suffering friend in some way. You offer understanding and kindness, rather than any judgment.

<https://self-compassion.org/>



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Community is a balm that soothes intense isolation.

- Jessica Patay



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YOU DESERVE TO BE IN A SUPPORTIVE COMMUNITY!



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THANK YOU!



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 Prader-Willi Syndrome Association | USA

THANK YOU



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