



CANADIAN
ALOPECIA AREATA
FOUNDATION



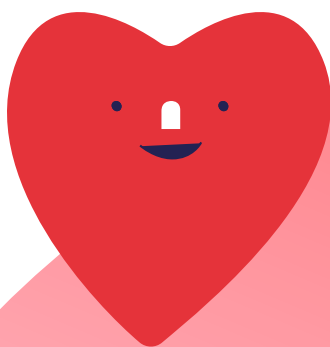
Bell
Let's Talk

Let's Talk Alopecia Areata

Isn't it just hairloss?

The simple answer is no.

alopecia areata places a great *psychological* and *emotional* burden on those diagnosed and their families.



Help end stigma

- Listen first
- Find out how you can help
- Learn the facts, bust the myths
- Offer to talk





Bell
Let's Talk

✗ Don't

Say things like:

"it's just hair"

"you're too stressed"

"it will grow back one day"

✓ Do

Be someone they can talk to

Educate yourself

Promote awareness

Get advice from a health
professional

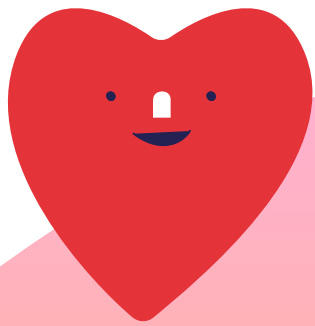
Connect with CANAAF

canaaf.org



We are here to support you.

If you are experiencing or have been through hair loss, we can provide you with resources to help.



CANAAF offers:

- monthly small group support sessions for children, adults, teens and parents via Zoom
- frequent educational & awareness sessions about alopecia & related topics
- an individual mentoring program



For more information visit www.canaaf.org