

These are the symptoms
I struggle with...

...these are the
feelings I feel...

...this is how I've
been coping...

...this is what I
do to heal...



My
PANS/
PANDAS
Journey

by:

...and this is my hope
for the future...

...because spirits
won't always be low.

...this is what I
want you to know...

...this is what PANS/
PANDAS has stolen...