

CLEFT CARE FOR ADULTS: HELPFUL RESOURCES

WEBSITES

- **American Cleft Palate Craniofacial Association (ACPA)**
acpacares.org
 - **Smile Train**
www.smiletrain.org
 - **myFace**
www.myface.org
 - **Face Equality International**
faceequalityinternational.org
 - **Cleft Lip & Palate Association (CLAPA)**
www.clapa.com/treatment/adults
 - **Beth's Cleft Lip and Palate**
bethscleft.com
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SUPPORT GROUPS

- 18+ support group is free and held at 4:30pm EST every other Saturday at www.myface.org/online-groups
 - Ask your Cleft Team for their own support groups/events or others that are local to the area
 - Ask about volunteering!
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SOCIAL MEDIA ACCOUNTS

- **CleftProud**
Instagram: CleftProud
Facebook: CleftProud
- **Iva M. Ballou**
Instagram: RealSophisticatedJoy
Facebook: Iva Ballou
- **Ashley Barbour**
Instagram: CleftLove
Facebook: CleftLove: Learning to Love My Smile