



# NEWSLETTER

FEBRUARY 2026 | VOLUME 2

## A MESSAGE FROM OUR GROUP:

Hello everyone,  
February may be short, but for those of us living with Ehlers-Danlos Syndrome, winter can feel especially long. This month's support group newsletter is all about community, self-compassion, and awareness—because surviving winter with EDS takes real strength, even on the quiet days.  
We're really glad you're here.

## FEBRUARY FOCUS: SELF COMPASSION

With Valentine's Day in the middle of the month, we're reframing February as a time to practice self-kindness—especially toward bodies that don't always cooperate. Self-care might look like:

- Saying no without explaining
- Using accommodations without guilt
- Letting "good enough" be enough
- Allowing grief and gratitude to coexist

You don't need to earn rest. You deserve it.



## FEBRUARY EVENTS

📅  
TUE  
03

### VIRTUAL MEETING

A time to meet peers facing similar experiences.

📍 Google Meet

🕒 12 noon

📅  
WED  
11

### VIRTUAL MEETING

Connect with others who truly understand what you're going through

📍 Google Meet

🕒 7 PM

📅  
SUN  
15

### COMPLICATED SCREENING

Join us for the world wide screening of the Documentary *Complicated*.

📍 Location: TBD

🕒 11 AM

📅  
MON  
23

### TEEN VIRTUAL MEETING

A chance for teens to feel heard, understood, and empowered.

📍 Google Meet

🕒 4 PM

🌐 For more information, visit our website or follow us on social media.  
[www.clovisfresnoeds.com](http://www.clovisfresnoeds.com)

## LIVING WITH EDS IN THE WINTER

Cold weather can increase pain, stiffness, fatigue, and joint instability for many people with EDS. If

you've noticed more flares lately, you're not alone.

A few gentle reminders from within our group:

- Keeping joints warm can help reduce stiffness and pain
- Compression wear, braces, and mobility aids are tools—not failures
- Resting before you're exhausted is part of managing EDS
- Flares are not caused by lack of effort or willpower

Listening to your body is an act of self-respect.



### EDS FACTS (BECAUSE AWARENESS MATTERS)

- Ehlers-Danlos Syndromes (EDS) are a group of inherited connective tissue disorders that affect collagen
- Common symptoms include joint hypermobility, chronic pain, fatigue, skin fragility, and frequent injuries
- EDS affects multiple body systems, not just joints
- Many people with EDS experience delayed diagnosis or misdiagnosis
- There is currently no cure, but symptom management and support can improve quality of life
- Your symptoms are real. Your experience is valid.

## RARE DISEASE AWARENESS DAY — FEBRUARY 28

February is Rare Disease Awareness Month, and Rare Disease Day is February 28.

12 of the 13 types of EDS are considered rare.

Awareness matters because it leads to:

- Earlier diagnosis
- Better medical understanding
- More compassionate care
- Less isolation for those living with rare conditions

If you have the energy, consider wearing zebra stripes, sharing a post, or simply acknowledging the day in your own way. And if you don't—that's okay too. Awareness includes rest.



## SUPPORT GROUP UPDATES

- Zoom Meeting - Tuesday February 3rd at noon, Wednesday February 11th at 7 PM.
- Teen Zoom Meeting- Monday February 23<sup>rd</sup> at 4 PM
- Complicated Movie Screening 2/15
- 3rd annual Roll & Walk is coming up in the beginning of May watch for information coming in the near future!

Remember: participation is always optional. Being here in whatever way you can is enough.

### A FINAL NOTE

Living with EDS can be isolating, frustrating, and exhausting—but you don't have to carry it alone. This group exists to offer understanding, validation, and a space where you don't have to explain yourself.

Thank you for being part of this community and for supporting one another through the ups and downs.

Sending warmth and gentle thoughts to all of you this February.



### CONTACT US:

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