I was diagnosed with Crohn's Disease in the Spring of 2019 when I was 15 years old. I am now 18 and a senior in high school. In the months leading up to my diagnosis, I experienced severe abdominal pain that was primarily brought on by eating. Pain is very hard to endure, and it would occasionally interfere with school and volleyball which was very difficult for me. Towards the beginning of my diagnosis when I didn't know how to best manage my symptoms, I had a very hard time. Looking back, I think it would have been helpful to connect with another patient. I reached out to Stacy of Connecting to Cure Crohn's and Colitis this past summer in order to create a one-to-one mentorship program. Connect 2 Connect pairs newly diagnosed patients with people like me who have had more experience managing their disease and can offer guidance to newer patients. Through this program, I began mentoring Millie, a 6 year old girl who just turned 7. Millie has ulcerative colitis and she and I have been talking via FaceTime. On our calls, we talk about anything and everything, including our health but we also just talk about our lives. She loves to show me around her room, talk about our siblings, and tell me about her experiences at school. We also talk about how she feels when her stomach hurts and when she has to take medication. Our meetings are a great balance of me mentoring her about IBD, and me just being there as her friend so we know that our diseases connect us, but that we are so much more than that.