



*"When the unthinkable happens, the lighthouse is hope.  
Once we choose hope, everything is possible."*

## Welcome to the San Diego Central County Parkinson's Support Group

We are pleased to share this letter with you about our organization, a 501(C)(3) non-profit corporation. We serve the San Diego Central County Parkinson's community with both virtual and live support group meetings – each one a chapter of this organization.

### Mission Statement:

We improve the quality of life for all people living with Parkinson's by providing:

- **SUPPORT** through our group meetings and social gatherings.
- **EDUCATION** through our website and video e-Library, Speakers' Series, Newsletter & Events Calendar.
- **SCHOLARSHIPS** to participate in programs promoting vocal and physical exercise.
- **COMMUNITY OUTREACH** to support research and the development of programs designed to help people with Parkinson's, as well as their families and friends.

In addition to this letter, we offer a monthly Newsletter and Calendar which together provide information about virtual activities including meetings, social gatherings, exercise opportunities, educational events and materials, and other resources available to you. You will also find contact information, and various opportunities in which to meet people just like you. The Newsletter and Calendar can be found on the first page of our website:

<https://sdccpsg.org/>

Parkinson's is a complicated spectrum of symptoms. It can progress in vastly different ways. No two Parkinson's journeys are alike, but we can learn from one another. We are in this together. Most importantly, the information provided will assure you that you are not alone.

We welcome your participation, ideas, suggestions, and especially your presence, virtually and/or live. We have a variety of volunteer opportunities; these are what make it all work. To receive our monthly Newsletter, Calendar, and updates, please fill out our Contact Information Form, which may be completed online at:

<https://docs.google.com/forms/d/e/1FAIpQLSeWJp9K3IMlYxGk4ak9LSHZ-RBSZ0S0oYx4wfpnj1-E9-rVYg/viewform>

We encourage you to join us and look forward to your involvement, as well as getting to know you! For further information, please visit our website, listed above, and let us know what you like, as well as your suggestions for making it more helpful.

Questions? Do not hesitate to contact me, or one of the Board members listed in our Newsletter. We are here to provide our participants and newcomers a welcoming and supportive experience.

Thank you for your interest!

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