Connect Through Mentorship

Parkinson's Connect: Empowering Through Mentorship

Connect with someone who understands your journey. Parkinson's Connect offers a supportive environment where people with Parkinson's and their care partners can connect with mentors who understand their experiences.

Support from Someone Who Understands

1. **Emotional support**

   Share your experiences with a mentor who understands the challenges of living with Parkinson's or supporting a loved one who does.

2. **Practical coping strategies**

   Learn from shared experiences and explore ways to navigate everyday challenges.

3. **Encouragement and connection**

   Build a supportive connection that can help you feel empowered and more confident in your Parkinson's journey.

Neuro Challenge Foundation for Parkinson's has partnered with the Parkinson's Association of San Diego to bring this mentorship program to people with Parkinson's and their care partners.

To learn more about the Mentorship Program, visit NeuroChallenge.org or call 941-926-6413.