



Uniting Youth and
People with Parkinson's

BE A PART OF THE SIDEKICKS™ PROGRAM!

*Strengthen community relationships, enhance social skills and
feel pride of purpose in contributing to the well-being of others.*



WHAT is the Sidekicks program?

- » Sidekicks™ is a new intergenerational storysharing program that brings together youth and people with Parkinson's to share one another's stories in fun and creative ways that promote mutual understanding and foster connections.
- » Participants will attend three guided workshops, followed by a Storysharing Showcase Event and Celebration.

WHO can participate?

- » Any person with Parkinson's is encouraged to register. Care Partners are welcome.
- » Elementary through high school-aged children committed to attending all four sessions.

WHEN and WHERE do you meet?

- » May 25th and June 1st, 8th and 15th at 10am
- » Morgan Family YMCA - 1002 S. Pearl St. Tacoma, WA

NEXT steps?

- » For questions on Sidekicks, contact Kayla Ferguson at sidekicks@dpf.org or 1-866-358-0285, ext. 108.

Presented by:



In collaboration with:



ParkinsonsSidekicks.com