

DYSTONIA  
MEDICAL  
RESEARCH  
FOUNDATION  
CANADA



FONDATION DE  
RECHERCHE  
MÉDICALE SUR LA  
DYSTONIE  
CANADA

*serving all dystonia-affected persons  
d'asservant toutes personnes atteintes de dystonie*

## Going Forward: DMRF Canada Newsletter

This year marks 45 years of Dystonia Medical Research Foundation's service to the dystonia community. While we continue our mission to find a cure, we want to take a moment to thank you for your support over these years.

In 2021, we have plans to continue to invest in meaningful research and improve patient support programs. We were pleased to attend the annual **DMRF Medical & Scientific Advisory Council (MSAC)** virtual meeting last month. It was inspiring to see outstanding dystonia research experts from around the world, lend their time and expertise to help fulfil the mission of finding a cure for dystonia. Thanks to DMRF staff for organizing this meeting.



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## Webinar Series: Supporting Dystonia Patients During the Covid-19 Pandemic

We wanted to start the new year out right by offering webinars aimed at providing tools and resources to support your well-being. The webinars, along with useful patient tools and resources are available on our website [here](#).

**Thank you to Allergan, an Abbvie Company, for their generous support.**



## Join our Monthly Giving Team

Now more than ever, DMRF Canada is grateful for you - the dystonia community. Together, we have funded, volunteered, advocated, and raised awareness for the 50,000 Canadians living with dystonia.

We are proud to have been able to continue to serve you and work together toward our shared goals. So much in our world has changed, but the need for more dystonia research and patient support programs remains the same. Today, please consider becoming a monthly donor. For as little as \$5.00/month, you can fuel the next research breakthrough and change the lives of Canadians living with dystonia.

**[Donate Now!](#)**

## Online Resources and Support Groups



Have you been having difficulty staying connected with others around you? Do you feel that you have trouble communicating how you feel, especially during this time of social distancing? We have an extensive list of [online resources and support groups](#) to help you cope.

**PS: Not ready yet to become a monthly donor? You can also make a one-time donation by clicking [here](#).**

### DMRF Canada Face Masks



You can help protect yourself and raise awareness of dystonia. Click [here](#) to find out how you can order a face mask.

### Facebook Fundraising



Did you know that you can fundraise for DMRF Canada using Facebook? You can set up a page on your own Facebook account, and the donations will be sent to DMRF Canada.

Get started today by following these simple steps [here](#).



**Save the [Date!](#)  
June 2021**

We are thrilled to announce that Chuck's Run, Walk and Wheel for Dystonia has been renamed **'Freedom to Move: Run, Walk and Wheel for Dystonia'** *In memory of Chuck Saundercook.*

Like last year's event, *Freedom to Move* will take place for the **entire month of June** and is open to everyone across Canada. Stay tuned for registration details launching soon! [Click](#) here for more details.

**We Need Your Help:** DMRF Canada is encouraging you to reach out to your networks for help with prize and/or sponsorship opportunities. Please email [info@dystoniacanada.org](mailto:info@dystoniacanada.org) for more details.

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## Generalized Dystonia Community Meeting



There will be a virtual meeting for persons with generalized dystonia to share and learn from each other's experiences on March 28 at 11 am PST. To register, please click [here](#).

Special thanks to Jessica Ouilhet for facilitating this meeting. Jessica also helped keep the community virtually connected during the pandemic last year. If you are interested in volunteering for DMRF Canada, please email us at [info@dystoniacanada.org](mailto:info@dystoniacanada.org).

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## Navigating Your Mental Health and Well-Being Webinar Series



DMRF Canada would like to extend a heartfelt thank you to **Mike Stroh, Registered Psychotherapist and Founder and Director of 'Starts With Me'**, for generously offering his time to host a 3-part webinar series for us! Session 1 is now available to watch [here](#). There is still time to register for Session 3, which will take place on March 24. If you would like to register, please click [here](#).

\*Please note that DMRF Canada will **NOT** be recording sessions 2 and 3 and these sessions will not be available for later viewing.

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## **Upcoming Support Group Meetings and Webinars**

DMRF Canada is proud to connect patients with support groups around the country. Click [here](#) to find a support group in your area.

### **Quick Links**

**[Winnipeg Support Group Meeting - March 13, 2021](#)**

**[Navigating Your Mental Health and Well-Being Webinar Series: Third Session - March 24, 2021](#)**

**[Neurologic Music Therapy - ONLINE March 26, 2021, 2pm - 3pm EST](#)**

**[Generalized Dystonia Support Group Meeting - March 28, 2021](#)**

