

## Resources for DMD

- Parent Project Muscular Dystrophy: <https://www.parentprojectmd.org/>
  - *Spanish materials:* <https://www.parentprojectmd.org/care/care-and-support-materials/care-and-support-materials-spanish/>
  - *Local connect Facebook groups in states all over the country and a Mobile App*
- Muscular Dystrophy Association, Houston Gulf Coast, Support Groups:
  - <https://www.mda.org/>
  - <https://www.navigatelifetexas.org/en/services-groups-events/parent-groups/muscular-dystrophy-association-houston-gulf-coast-support-groups>
  - *Family support and local groups*
- Cure Duchenne: <https://www.cureduchenne.org/>
  - *Spanish:* <https://www.cureduchenne.org/abraza-este-momento/>
  - *DuchenneXchange: Social platform for anyone affected by Duchenne*
- Duchenne.com: <https://www.duchenne.com/resources>
  - *Doctors discussion guide, management guide, and other conversations*
  - *Advocacy groups and other organization directory*
  - *Spanish resources:* <https://www.duchenne.com/es/recursos>