Parkinson's Disease Support Groups

Bluefield
2nd Tuesday at 2 pm; Virginia Ave. United Methodist Church; Jean Brown; 276-322-5715; brown_rj3659@verizon.net

Bridgewater
3rd Tuesday at 2 pm; Bridgewater Retirement Community; Diana Koepp; 540-828-4799

Charlottesville
2nd Monday at 1:30 pm; Westminster Canterbury of the Blue Ridge (on Pantops); Susan Dietrich; 434-982-4482; sjd3c@virginia.edu

3rd Friday at 12:30 pm at ACAC; Albemarle Square Shopping Center; Susan Dietrich; 434-982-4482; sjd3c@virginia.edu

Carepartners Group; 1st Thursday at 10:45 am; The Senior Center; Patsy Asuncion; patasuncan@yahoo.com; 434-529-8094

Chesapeake, Portsmouth, Suffolk
2nd Saturday, 1 pm, Church of St. Therese-Chesapeake. Pat & Steve Yaros; 757-637-7445; patyaros@cox.net

Danville
2nd Wednesday at 2:00 pm, Trinity Methodist Church. Jim and Marjorie Hamilton; 434-791-4493; shopman33@comcast.net

Eastern Shore/Onancock
Last Monday at 3:00 pm, Kathy Bowen; 757-710-4826; katwade0713@gmail.com

Fishersville
1st Saturday, 2:00 pm, Augusta Health; Community Care Bldg., Joyce Huddle; 540-943-2229; joyce229@comcast.net

Franklin
3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; dboyce124@gmail.com

Fredericksburg
4th Wednesday at 10:30 am; disability Resource Center; Jim & Earline Haney; 540-371-7334; scout1977@hotmail.com

Hampton
1st Tuesday at 3:00 pm; Sentara. Susie Garrison; 757-827-2170; jsgarris@sentara.com

Harrisonburg
3rd Saturday at 1:00 pm, Rockingham Memorial Hospital. Eva Showalter; 540-810-5210; conniesuer@verizon.net

Hillville
2nd Wednesday at 1:00 pm; St. Joseph Rectory. Mary Ann Riccitiello 276-728-0130; mcox1753@gmail.com

Loudoun
1st Tuesday at 1:30; Ashby Ponds, 21160 Maple Branch Terrace, Ashburn, VA. Gary Heinberg; 703-404-5563; gheinberg@verizon.net

Lynchburg
3rd Tuesday at 2 pm at The Summit; Jimmy White; 434-239-2373; whokie57@aol.com

Newport News
3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center. Cynthia Dowd: 757-886-6381; cindy_dowd@bshsi.org

4th Wednesday, 5:30pm, Riverside Regional Medical Center, Medical Office Bldg. Sandy Snapp; 757-534-5837; sandy.snapp@rivhs.com
Parkinson's Disease Support Groups

Roanoke
3rd Tuesday at 2:00 pm Ronald McDonald House. Eric Anderson; 540-721-1994; parkinsonsyahgroup@gmail.com

Norfolk/Virginia Beach
1st Wednesday, 10 am. St. Andrew’s United Methodist Church; 757-495-3062; info@hrparkinsons.com
3rd Thursday, 2:30 pm; Harbor’s Edge; contact Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com
3rd Saturday at 10 am, St. Gregory’s Church, Damian Hall; 757-495-3062; info@hrparkinsons.com
Caregivers: 3rd Thursday; 1:30 pm; Art Studio Harbor’s Edge; Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com

Northern Neck/Middle Peninsula
2nd Wed at 1 pm; Rappahannock Westminster Canterbury. Rita DePew; 804-435-9553; rita.depew@kaballero.com
2nd Wed at 1 pm; R-WC Orange Last Wed. each month at 2 pm; Dogwood Village Senior Living; Ginny Stanley; 804-690-5696; pvstanley@verizon.net

Richmond
1st Tuesday of each month at 7:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.); Jay Burkhardt; 804-355-5717; jburkhardt@circlecenterads.org
4th Thursday at 1 pm PADRECC, McGuire VAMC; Lynn Klanchar; 804-675-6952; www.parkinsons.va.gov/Richmond
Women’s PD Group; 1st Friday at 10 am; Sarah Lageman; sarah.lageman@vcuhealth.org; main # for PD Center: 804-360-4669

Suffolk
4th Monday; 3 pm; Lake Prince Woods; Denise Brown; dbrown@uchas.org; 757-923-5513
4th Wednesday, 5:30pm
William.riley.8@us.af.mil
(757) 344-4319

"On Offense" is a positive focus support group formed by William Riley, a person with Parkinson’s 4th Wednesday, 5:30pm
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3rd Saturday at 10 am, St. Gregory’s Church, Damian Hall; 757-495-3062; info@hrparkinsons.com
Caregivers: 3rd Thursday; 1:30 pm; Art Studio Harbor’s Edge; Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com

New Group!
TOAD Support Group (Rare Dementia)
every 4th Friday from 2:00-3:30pm
The Rec Room
4116 W Broad St
Richmond, VA 23230
lollywad@gmail.com
TOAD-support@googlegroups.com
Laura Wadsworth; 804-366-4140

Richmond
1st Tuesday of each month at 7:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.); Jay Burkhardt; 804-355-5717; jburkhardt@circlecenterads.org
4th Thursday at 1 pm PADRECC, McGuire VAMC; Lynn Klanchar; 804-675-6952; www.parkinsons.va.gov/Richmond
Women’s PD Group; 1st Friday at 10 am; Sarah Lageman; sarah.lageman@vcuhealth.org; main # for PD Center: 804-360-4669

Staunton
2nd Tuesday at 2:00 pm; Legacy at North Augusta; Emily Anderson; 540-213-8900; eanderson@legacyatnorthaugusta.org

Women’s PD Group; 1st Friday at 10 am; Sarah Lageman; sarah.lageman@vcuhealth.org; main # for PD Center: 804-360-4669

Rocky Mount
Call 540-489-6368 for information

3rd Thursday, 2:30 pm; Harbor’s Edge; contact Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com
3rd Saturday at 10 am, St. Gregory’s Church, Damian Hall; 757-495-3062; info@hrparkinsons.com
Caregivers: 3rd Thursday; 1:30 pm; Art Studio Harbor’s Edge; Kori Poplin; 757-616-7937; kpoplin@harborsedgenorfolk.com

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Parkinson's Disease Support Groups

Williamburg
2nd Monday at 1:00 pm, Williamsburg Landing. Jack Hostetter; 757-221-0160; wpsg@cox.net

Winchester
2nd Tuesday; 11 am, Winchester Church of God. Cheryl Reames; 540-662-4632; winchesterparkinsons@gmail.com
3rd Monday; 11 am, Shenandoah Valley Westminster Canterbury; contact info same as above

Young Parkinson's
4th Wednesday; 60 years and younger; Teresa Grigsby; 919-801-5199; tlgrig50@gmail.com

Mlee Parkinson's Group of Central Virginia; MLeeyoungonsetPD@gmail.com; Blog: http://maulebach.blogspot.com/; Twitter: @MleeGrp

Other Resources:
Hampton Roads Chapter, American Parkinson Disease Association; 757-495-3062; www.hrparkinsons.com

Richmond Metro Chapter, American Parkinson Disease Association
Kathy Morton; 804-261-5201; www.parkinsonrichmond.com

APDA National Office
135 Parkinson Avenue
Staten Island, NY 10305; 800-223-2732; www.apdaparkinson.org

APDA Information & Referral Center of Virginia
PO Box 801018; Charlottesville, VA 22908
Susan Dietrich, Coordinator; 434-982-4482

Southeast PADRECC, Parkinson’s Disease Research, Education, and Clinical Center
V.A. Medical Center; 1201 Broad Rd. Blvd.; Richmond, VA 23249; 804-675-5931; www.parkinsons.va.gov

VCU Parkinson’s and Movement Disorders Center
Neuroscience, Orthopaedic, and Wellness Center; 11958 West Broad Street, Richmond, VA 23233; clinic number: 804-360-4669; pdcenter@vcuhealth.org vcuhealthnowcenter.org

Northern Virginia area
PFNCA; 703-734-1017; for information about groups in Alexandria, Arlington, Fairfax, Gainesville, Manassas, & Springfield; www.parkinsonfoundation.org

The Melvin Weinstein Parkinson Foundation may be able to help those who cannot afford special equipment or supplies needed to manage the daily challenges of Parkinson’s disease, Marsha Anthony, 757 313-9729; help@mwpf.org; OR www.mwpf.org

CONTACT Susan Dietrich with changes; sjd3c@virginia.edu; 434-982-4482