

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; patasuncion@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

Hillsville

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

"On Offense" is a positive focus support group formed by William Riley, a person with Parkinson's 4th Wednesday, 5:30pm
William.riley.8@us.af.mil
(757) 344-4319

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

Caregivers: 1st Monday; 10 am; 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

Last Wednesday; noon; Tarrant's West Restaurant; Fred Woodlief, DDS;
804-378-7577;
fpwoodlief@gmail.com

TOAD Support Group (Rare Dementia)

New Group!

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

Roanoke

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

Caregivers: 2nd Friday at 9:30 am; Colonial Baptist Church; Susan Young; 540-339-6708

Rocky Mount

Call 540-489-6368 for information

Staunton

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

Suffolk

4th Monday; 3 pm; Lake Prince Woods; Denise Brown;
dbrown@uchas.org; 757-923-5513

Parkinson's Disease Support Groups

Williamsburg

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](https://twitter.com/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