Parkinson's Disease Support Groups

**Bluefield**
2nd Tuesday at 2 pm; Virginia Ave. United Methodist Church; Jean Brown; 276-322-5715; 
[link](mailto: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](mailto:sjd3c@virginia.edu)

3rd Friday at 12:30 pm at ACAC; Albermarle Square Shopping Center; Susan Dietrich; 434-982-4482; 
[sjd3c@virginia.edu](mailto:sjd3c@virginia.edu)

Carepartners Group; 1st Thursday at 10:45 am; The Senior Center; Patsy Asuncion; 
[patasuncion@yahoo.com](mailto: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](mailto:patyaros@cox.net)

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

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

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

**Franklin**
3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; [dboyce124@gmail.com](mailto:dboyce124@gmail.com)

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

**Hampton**
1st Tuesday at 3:00 pm; Sentara. Susie Garrison; 757-827-2170; 
[jsgarris@sentara.com](mailto:jsgarris@sentara.com)

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

**Hillsville**
2nd Wednesday at 1:00 pm; St. Joseph Rectory. Mary Ann Riccitiello 276-728-0130; [mcox1753@gmail.com](mailto: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](mailto:gheinberg@verizon.net)

**Lynchburg**
3rd Tuesday at 2 pm at The Summit; Jimmy White; 434-239-2373; [whokie57@aol.com](mailto:whokie57@aol.com)

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

4th Wednesday, 5:30pm, Riverside Regional Medical Center, Medical Office Bldg. Sandy Snapp; 757-534-5837; 
[sandy.snapp@rivhs.com](mailto:sandy.snapp@rivhs.com)

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

**Fishersville**
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**Franklin**
3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; [dboyce124@gmail.com](mailto:dboyce124@gmail.com)

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**Hampton**
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[jsgarris@sentara.com](mailto:jsgarris@sentara.com)

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[conniesuer@verizon.net](mailto:conniesuer@verizon.net)

**Hillsville**
2nd Wednesday at 1:00 pm; St. Joseph Rectory. Mary Ann Riccitiello 276-728-0130; [mcox1753@gmail.com](mailto:mcox1753@gmail.com)

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3rd Tuesday at 2 pm at The Summit; Jimmy White; 434-239-2373; [whokie57@aol.com](mailto:whokie57@aol.com)

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3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center. Cynthia Dowd: 757-886-6381; 
[cindy_dowd@bshsi.org](mailto:cindy_dowd@bshsi.org)

4th Wednesday, 5:30pm, Riverside Regional Medical Center, Medical Office Bldg. Sandy Snapp; 757-534-5837; 
[sandy.snapp@rivhs.com](mailto: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

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

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

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

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

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

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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