

Parkinson's Support Groups Around Virginia

Abingdon

1st Wednesday, 11am-1:30pm
Meets at Uptown Properties LLC
125 Charwood Dr, Abingdon, VA 24210
Contact Person: Beth McCoy, 276-739-8625

Arlington

2nd Tuesday and 4th Tuesday: 10:00 am – 11:30 am
Nancy Fiedelman; 571-286-5000
info@parkinsonsocialnetwork.org

Blacksburg

1st Thursday 2:30-3:30 pm; Warm Hearth Village;
Kenny Harrah; 540-443-3474; Judi McBride;
kharrah@warmhearth.org; mcbridejudi@gmail.com

Charlottesville

3rd Friday at 12:30 pm; Positively Parkinson's; Church of
Our Savior; 1165 Rio Rd. East; Denise Kilmer;
denise@photoworksgroup.com

3rd Tuesday; The PARC: In-person at The PARC, 4:45-
5:45. **OR** on Zoom 6-7 pm. Email info@the-parc.org

Care Partners:

1st & 3rd Thursday; 10:30 am; **ZOOM**; Nicki
Edgecomb; volvo394@gmail.com

In person meeting:

2nd and 4th Wednesday at 10:30am
The Center - 540 Belvedere Blvd
Ellie Syverud; ellie7349@gmail.com;
Liz Courain; courainlee@yahoo.com

Essential Tremor group; 2nd Thursday;
4 p.m. The Center; Rocky Shoemaker;
revrocky48@gmail.com

Chesapeake

3rd Thursday, 4:30 pm, APDA Support Group
Oak Grove Health; Brittany Mowfy;
brittany.mowfy@saberhealth.com

Eastern Shore/Onancock;

3rd Thursday at 2:00 pm; Eastern Shore Family YMCA;
Debra Murray; 757-678-6459; debrakmurray@msn.com

Fairfax

1st Wednesday; 12:30-2:00 pm; Insight Memory Care
Center; 3953 Pender Dr., Ste 100, Fairfax, VA
soniagow@inova.org; 703-375-9987

Falls Church

3rd Monday, 1-2 pm; BalletNova Center for Dance, 443
Carlin Springs Rd., Falls Church, VA 2041;
soniagow@inova.org; 703-375-9987

Franklin

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

Fredericksburg

Second Tuesday of each month at 3:15pm 3:15 at Stafford
Crossings Church, 1420 Forbes St., Fredericksburg,
VA; Contacts: Lisa Long: 540-840-8436
Peg York: 540-273-1590

Front Royal

4th Monday (unless holiday); 4:30-6:00
pm; Warren Memorial Hosp. Outpatient Ctr; Dana
Crone, dcrone@valleyhealthlink.co, or Noah Jordan;
njordan@valleyhealthlink.com; 540-635-0730

Hampton

Strong & Steadfast – Faith Based Support Group
Side by Side Care partner Group
The third Wednesday of the month, 5pm-6:30pm
strongnsteadfastpsg@gmail.com

Harrisonburg

3rd Saturday at 1:00 pm, Sentara
RMH Medical Center, Sarah McAdden;
sbmccadden@marybaldwin.edu

Hillsville

PD & Essential Tremor; **2nd Wednesday at 1:00 pm**; St.
Joseph Church Hall in Woodlawn. Mary Ann Riccitiello; 276-

728-0130; mcox1753@gmail.com; Stephen Turner; 276-
728-8221; turneredwards@embarqmail.com .

Lake Ridge

3rd Wednesday, 10:30 am – noon; Westminster at Lake
Ridge, 12191 Clipper Dr., Lake Ridge, VA 22192;
soniagow@inova.org; 703-375-9987

Lake of the Woods/Locust Grove

Orange County Lake of the Woods
Lake of the Woods Church
Second Thursday of the month at 4:30pm
Contact Lee Moore 540-972-0395
Leeatstm@aol.com

Louisa: 2nd Thursday at 1 pm; Betty Queen Center,
Louisa, VA; Maureen Deel; maureenkys@gmail.com;
804-357-2207

Lynchburg

3rd Tuesday, 11 am; YMCA, 3408 Old Forest Rd.,
Lynchburg; Renee Shrewsbury; Terry Brame -434-238-3581

IPMDC now supports a Parkinson Friends Group in
partnership with Jenifer Alty Massie, BrightStar Care of
Lynchburg. Contact Jenifer at:
jenifer.massie@brightstarcare.com
(434) 300-3220
Westminster Canterbury – Lynchburg, 501 V.E.S. Rd,
Lynchburg, VA 24503

Manassas/Gainesville

2nd Monday; 2:00-4:00 pm; Harper's Station; 15951 Loves
Mill Lane, Gainesville, VA; soniagow@inova.org; 703-375-
9987

Marian

The Southwest VA Parkinson's Support Group
Meets every 3rd Monday of the month
Emory & Henry College's Health Sciences campus [Lobby]
565 Radio Hill Road Marion, Va. 2435
Contact Person: Julia Castleberry DPT
jcastleberry@ehc.edu

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Parkinson's Support Groups Around Virginia

Newport News

Riverside Parkinson's Support Group

At the Cancer Center on the RPMC campus, 1st floor
12100 Warwick Blvd, Newport News, VA 23601

First Tuesday of the month at 5:30pm-6:30pm

O'Brien.Gossage@rivhs.com

APDA/The Hiddenwood Parkinson's Support Group
50 Wellesley Drive, Newport News, VA 23606

Last Wednesday of the month at 4:30pm-5:30pm

Zsavonne.Perryman@rui.net

Northern Neck/ Middle Peninsula

1st Monday; 1:15 pm; Rappahannock Westminster
Canterbury; Sarah Wilkins; 804-438-4341;

SWilkins@rw-c.org; exercise M, W, F at 11 a.m.

Care Partners: 1st Monday at 11am; Sarah Wilkins

Orange/Culpeper

2nd Wednesday of each month at 11:30 a.m., Powell
Wellness Center, 1005 Golf Drive, Culpeper, VA 22701.

Ginny Stanley; 804-690-4505; vawstanley@gmail.com.

Richmond

1st Tuesday at 6:00 pm, (Discussion); Circle Center,
4900 W. Marshall St., (behind Krispy Kreme on Broad
St.); Jay Burkhardt; 804-355-5717; in-person/Zoom
jburkhardt@circlecenterads.org

1st Monday, 1 pm; PADRECC, combined ZOOM/WEBEX
meeting with Philadelphia PADRECC-for veterans & non-
veterans; 804-675-5931; www.parkinson.va.gov/patients/asp

1st Wednesday, 10:30 am; Women's PO Group; VCU
NOW bldg. 4th floor conference room. Vondra Harrell,
MSW; vondra.harrell@vcuhealth.org; 804-364-6633

1st Saturday, 11am, APDA Power Over Parkinsons-Care
Partner Support Group; Circle Center, 4900 W. Marshall St.,
(behind Krispy Kreme on Broad St.)
Naomi McLeod, nmcleod@apdaparkinson.org
Margaret Preston, contact@poweroverpd.org

Brandermill Woods

each Tuesday, 3 pm; Parkinson's Chair Exercise Class;
Brandermill Woods Clubhouse;
-2nd & 4th Wednesday at 11 am: Movers & Shakers for

residents with PD, care partners, spouses;
-1st Wednesday at 11 am; PD care partners (only)
call 804-521-8274; Willia Lloyd;
wloyd@brandermillwoods.com .

Roanoke

3rd Tuesday at 1:00 p.m. In-person

Caregivers: 2nd Friday at 10 a.m.

All meetings are at Colonial Avenue Baptist Church
Please contact the support group (information below) for
more information

roanokeparkinsonsgrp.org@gmail.com ,
<http://roanokeparkinsonsgroup.org/>

Rocky Mount

Contact Letitia Furrow

LKFurrow@carilionclinic.org; 540-489-6368

Sterling

4th Thursday; 1:30 – 3:00 pm; Insight Memory Care Center;
45945 Center Oak Plaza, Ste 190, Sterling, VA

soniagow@inova.org; 703-375-9987

Smithfield

4th Saturday of the Month

Smithfield Library, 255 James St, Smithfield, VA 23430

Connie Kissam 1corin11.89@gmail.com

Virginia Beach

1st Wednesday, 10 am-noon. APDA Support Group
ZOOM. Ann Perkins; aperk100@gmail.com

Parkinson's Partners (Care Partner Support Group)

1st Mondays at 2pm; Gloria Siegel, facilitator
veggigi@gmail.com; 757-339-3833; ZOOM

APDA Young Onset Support Group- Empowerment
Neurofitness and Wellness Center

4th Wednesday of the month; 5:00pm-6:00pm
4402 Princess Anne Road #105, Virginia Beach
757-474-6300, info@enfwc.org

Warrenton

4th Wednesday, 12:15-2:00 pm, Cornerstone Baptist Church;;
Kendal Blaser; 540-222-6000;
parkinsonspiedmontsupportgroup.org

Williamsburg

1st Tuesday 1-2pm, APDA Partners In Parkinson's
(Caregivers)

ZOOM; Scott Brubaker; scott@apexptva.com, 757-969-5200

1st Thursday; 1-2:30 pm Brookdale - Williamsburg;

RSVP to Elliott Bray: ebay1@brookdale.com ;

Kim Owens, 757-707-3955

Wytheville

1st Tuesday; 6:30-7:30 pm; Heartland Health & Rehab;
contact Debbie or Caroline: 276-228-6200

Young Parkinson's Support Group

2nd Sunday at 2:00 pm; Diagnosed with
Parkinson's Disease prior to 40 years old and are
still under the age of 65,

RSVP with Ray Nyamete onyamete@gmail.com
via ZOOM

YOPD Group in Northern Virginia.

Please contact Anna Grill anna@yopnetwork.org for details.
Details at <https://yopnetwork.org/>

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Parkinson's Support Groups Around Virginia

RESOURCES

American Parkinson Disease Association Virginia

Chapter

apdavirginia@apdaparkinson.org

Events, Fundraising, & Donations - Kathryn

Wiesmann, 757-495-3062

Programs, Support Groups, & Education – Naomi

McLeod 757-408-8921 www.apdaparkinson.org/va

APDA National Office;

135 Parkinson Avenue; Staten

Island, NY 10305; 800-223-2732;

www.apdaparkinson.org.

The PARC; Parkinson's Activity & Resource Ctr.

1885 Seminole Trail; Suite 101

Charlottesville, VA 22901 www.the-parc.org;

info@the-parc.org

PADRECC; Parkinson's Disease Research, Education, &

Clinical Center; VA Medical Center; 1201 Broad Rd. Blvd.;

Richmond, VA 23249; 804-675-5931;

www.parkinsons.va.gov.

VCU Parkinson's Center

Neuroscience, Orthopedic, and Wellness Center;

11958 West Broad Street, Richmond, VA 23233,

main # 804-360-4669; vcuhealthnowcenter.org

Power Over Parkinson's (POP)

contact@poweroverpd.org

Address: 7201 Glen Forest Dr, Richmond, VA 23226

Phone: (804) 708-2246

Northern Virginia area (groups/resources):

PARKINSON SOCIAL NETWORK (PSN);

571-286-5000; www.parkinsonsocialnetwork.org

Inova Parkinson's & Movement Disorders Center (IPMDC);

www.ipmdc.org; Sonia Gow at sonia.gow@inova.org ;

703.375.9987.

PFNCA; 703-734-1017

Thursday podcast: Park Right Here Podcast on

Facebook, You Tube, Instagram, and X

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