

# 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

**2<sup>nd</sup> Tuesday and 4<sup>th</sup> Tuesday: 10:00 am – 11:30 am**  
Nancy Fiedelman; 571-286-5000  
[info@parkinsonsocialnetwork.org](mailto:info@parkinsonsocialnetwork.org)

## Blacksburg

**1<sup>st</sup> Thursday 2:30-3:30 pm**; Warm Hearth Village;  
Kenny Harrah; 540-443-3474; Judi McBride;  
[kharrah@warmhearth.org](mailto:kharrah@warmhearth.org); [mcbridejudi@gmail.com](mailto:mcbridejudi@gmail.com)

## Charlottesville

**3<sup>rd</sup> Friday at 12:30 pm**; Positively Parkinson's; Church of  
Our Savior; 1165 Rio Rd. East; Denise Kilmer;  
[denise@photoworksgroup.com](mailto:denise@photoworksgroup.com)

**3<sup>rd</sup> Tuesday; The PARC:** In-person at The PARC, 4:45-  
5:45. **OR** on Zoom 6-7 pm. Email [info@the-parc.org](mailto:info@the-parc.org)

## Care Partners:

**1<sup>st</sup> & 3<sup>rd</sup> Thursday**; 10:30 am; **ZOOM**; Nicki  
Edgecomb; [volvo394@gmail.com](mailto:volvo394@gmail.com)

## In person meeting:

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 10:30am**  
The Center - 540 Belvedere Blvd  
Ellie Syverud; [ellie7349@gmail.com](mailto:ellie7349@gmail.com);  
Liz Courain; [courainlee@yahoo.com](mailto:courainlee@yahoo.com)

**Essential Tremor group; 2<sup>nd</sup> Thursday;**  
**4 p.m.** The Center; Rocky Shoemaker;  
[revrocky48@gmail.com](mailto:revrocky48@gmail.com)

## Chesapeake

**3<sup>rd</sup> Thursday**, 4:30 pm, APDA Support Group  
Oak Grove Health; Brittany Mowfy;  
[brittany.mowfy@saberhealth.com](mailto:brittany.mowfy@saberhealth.com)

## Eastern Shore/Onancock;

**3<sup>rd</sup> Thursday** at 2:00 pm; Eastern Shore Family YMCA;  
Debra Murray; 757-678-6459; [debrakmurray@msn.com](mailto:debrakmurray@msn.com)

## Fairfax

**1<sup>st</sup> Wednesday**; 12:30-2:00 pm; Insight Memory Care  
Center; 3953 Pender Dr., Ste 100, Fairfax, VA  
[soniagow@inova.org](mailto:soniagow@inova.org); 703-375-9987

## Falls Church

**3<sup>rd</sup> Monday**, 1-2 pm; BalletNova Center for Dance, 443  
Carlin Springs Rd., Falls Church, VA 2041;  
[soniagow@inova.org](mailto:soniagow@inova.org); 703-375-9987

## Franklin

**3<sup>rd</sup> Tuesday**, 7 pm; Southampton Memorial  
Hospital Auditorium; Doug Boyce; 757-562-4432;  
[dboyce\\_124@gmail.com](mailto:dboyce_124@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

**4<sup>th</sup> Monday (unless holiday); 4:30-6:00**  
pm; Warren Memorial Hosp. Outpatient Ctr; Dana  
Crone, [dcrone@valleyhealthlink.co](mailto:dcrone@valleyhealthlink.co), or Noah Jordan;  
[njordan@valleyhealthlink.com](mailto: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  
[strongsteadfastpsq@gmail.com](mailto:strongsteadfastpsq@gmail.com)

## Harrisonburg

**3<sup>rd</sup> Saturday at 1:00 pm**, Sentara  
RMH Medical Center, Sarah McAdden;  
[sbmccadden@marybaldwin.edu](mailto:sbmccadden@marybaldwin.edu)

## Hillsville

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

728-0130; [mcox1753@gmail.com](mailto:mcox1753@gmail.com); Stephen Turner; 276-  
728-8221; [turneredwards@embarqmail.com](mailto:turneredwards@embarqmail.com).

## Lake Ridge

**3<sup>rd</sup> Wednesday, 10:30 am – noon**; Westminster at Lake  
Ridge, 12191 Clipper Dr., Lake Ridge, VA 22192;  
[soniagow@inova.org](mailto: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](mailto:Leeatstm@aol.com)

**Louisa:** **2<sup>nd</sup> Thursday at 1 pm**; Betty Queen Center,  
Louisa, VA; Maureen Deel; [maureenkys@gmail.com](mailto:maureenkys@gmail.com);  
804-357-2207

## Lynchburg

**3<sup>rd</sup> 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](mailto:jenifer.massie@brightstarcare.com)  
(434) 300-3220  
Westminster Canterbury – Lynchburg, 501 V.E.S. Rd,  
Lynchburg, VA 24503

## Manassas/Gainesville

**2<sup>nd</sup> Monday**; 2:00-4:00 pm; Harper's Station; 15951 Loves  
Mill Lane, Gainesville, VA; [soniagow@inova.org](mailto:soniagow@inova.org); 703-375-  
9987

## Marian

The Southwest VA Parkinson's Support Group  
**Meets every 3<sup>rd</sup> 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](mailto:jcastleberry@ehc.edu)

# Parkinson's Support Groups Around Virginia

## Newport News

### Riverside Parkinson's Support Group

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

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

[OBrien.Gossage@rvhs.com](mailto:OBrien.Gossage@rvhs.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](mailto:Zsavonne.Perryman@rui.net)

## Northern Neck/ Middle Peninsula

1<sup>st</sup> Monday; 1:15 pm; Rappahannock Westminster Canterbury; Sarah Wilkins; 804-438-4341; [SWilkins@rw-c.org](mailto:SWilkins@rw-c.org); exercise M, W, F at 11 a.m.

**Care Partners:** 1<sup>st</sup> Monday at 11am; Sarah Wilkins

## Orange/Culpeper

2<sup>nd</sup> 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](mailto:vawstanley@gmail.com)

## Richmond

**1<sup>st</sup> 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](mailto:jburkhardt@circlecenterads.org)

**1<sup>st</sup> Monday, 1 pm;** PADRECC, combined ZOOM/WEBEX meeting with Philadelphia PADRECC-for veterans & non-veterans; 804-675-5931; [www.parkinson.va.gov/patients/asp](http://www.parkinson.va.gov/patients/asp)

**1<sup>st</sup> Wednesday, 10:30 am;** Women's PO Group; VCU NOW bldg. 4th floor conference room. Vondra Harrell, MSW; [vondra.harrell@vcuhealth.org](mailto:vondra.harrell@vcuhealth.org); 804-364-6633

**1<sup>st</sup> 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](mailto:nmcleod@apdaparkinson.org)  
Margaret Preston, [contact@poweroverpd.org](mailto:contact@poweroverpd.org)

## Brandermill Woods

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

residents with PD, care partners, spouses;

-1<sup>st</sup> Wednesday at 11 am; PD care partners (only)  
call 804-521-8274; Willia Lloyd;  
[wlloyd@brandermillwoods.com](mailto:wlloyd@brandermillwoods.com) .

## Roanoke

### 3<sup>rd</sup> Tuesday at 1:00 p.m. In-person

**Caregivers:** 2<sup>nd</sup> 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](mailto:roanokeparkinsonsgrp.org@gmail.com) ,  
<http://roanokeparkinsonsgroup.org/>

## Rocky Mount

Contact Letitia Furrow

[LKFurrow@carilionclinic.org](mailto:LKFurrow@carilionclinic.org); 540-489-6368

## Sterling

4<sup>th</sup> Thursday; 1:30 – 3:00 pm; Insight Memory Care Center;  
45945 Center Oak Plaza, Ste 190, Sterling, VA  
[soniagow@inova.org](mailto:soniagow@inova.org); 703-375-9987

## Smithfield

### 4<sup>th</sup> Saturday of the Month

Smithfield Library, 255 James St, Smithfield, VA 23430

Connie Kissam [1corin11.89@gmail.com](mailto:1corin11.89@gmail.com)

## Virginia Beach

**1<sup>st</sup> Wednesday,** 10 am-noon. APDA Support Group

ZOOM. Ann Perkins; [aperk100@gmail.com](mailto:aperk100@gmail.com)

Parkinson's Partners (Care Partner Support Group)

**1<sup>st</sup> Mondays at 2pm;**Gloria Siegel, facilitator

[veggigi@gmail.com](mailto:veggigi@gmail.com); 757-339-3833; ZOOM

APDA Young Onset Support Group- Empowerment  
Neurofitness and Wellness Center

**4<sup>th</sup> Wednesday of the month;** 5:00pm-6:00pm

4402 Princess Anne Road #105, Virginia Beach  
757-474-6300, [info@enfwc.org](mailto:info@enfwc.org)

## Warrenton

**4<sup>th</sup> Wednesday, 12:15-2:00 pm,** Cornerstone Baptist Church;;

Kendal Blaser; 540-222-6000;  
[parkinsonspiedmontsupportgroup.org](http://parkinsonspiedmontsupportgroup.org)

## Williamsburg

**1<sup>st</sup> Tuesday** 1-2pm, APDA Partners In Parkinson's  
(Caregivers)

ZOOM; Scott Brubaker; [scott@apexptva.com](mailto:scott@apexptva.com), 757-969-5200

**1<sup>st</sup> Thursday;** 1-2:30 pm Brookdale - Williamsburg;

RSVP to Elliott Bray: [ebray1@brookdale.com](mailto:ebray1@brookdale.com) ;

Kim Owens, 757-707-3955

## Wytheville

**1<sup>st</sup> Tuesday; 6:30-7:30 prn;** Heartland Health & Rehab;  
contact Debbie or Caroline: 276-228-6200

## Young Parkinson's Support Group

**2<sup>nd</sup> 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](mailto:onyamete@gmail.com)  
via ZOOM

## YOPD Group in Northern Virginia.

Please contact Anna Grill [anna@yopnetwork.org](mailto: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](http://www.apdaparkinson.org/va)

#### **APDA National Office:**

135 Parkinson Avenue; Staten

Island, NY 10305; 800-223-2732;

[www.apdaparkinson.org](http://www.apdaparkinson.org).

### **The PARC; Parkinson's Activity & Resource Ctr.**

1885 Seminole Trail; Suite 101

Charlottesville, VA 22901 [www.the-parc.org](http://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](http://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](http://vcuhealthnowcenter.org)

### **Power Over Parkinson's (POP)**

[contact@poweroverpd.org](mailto: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](http://www.parkinsonsocialnetwork.org)

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

[www.ipmdc.org](http://www.ipmdc.org); Sonia Gow at [sonia.gow@inova.org](mailto:sonia.gow@inova.org) ;

703.375.9987.

**PFNCA; 703-734-1017**

April 15, 2025

**Thursday podcast:** Park Right Here Podcast on Facebook, You Tube, Instagram, and X