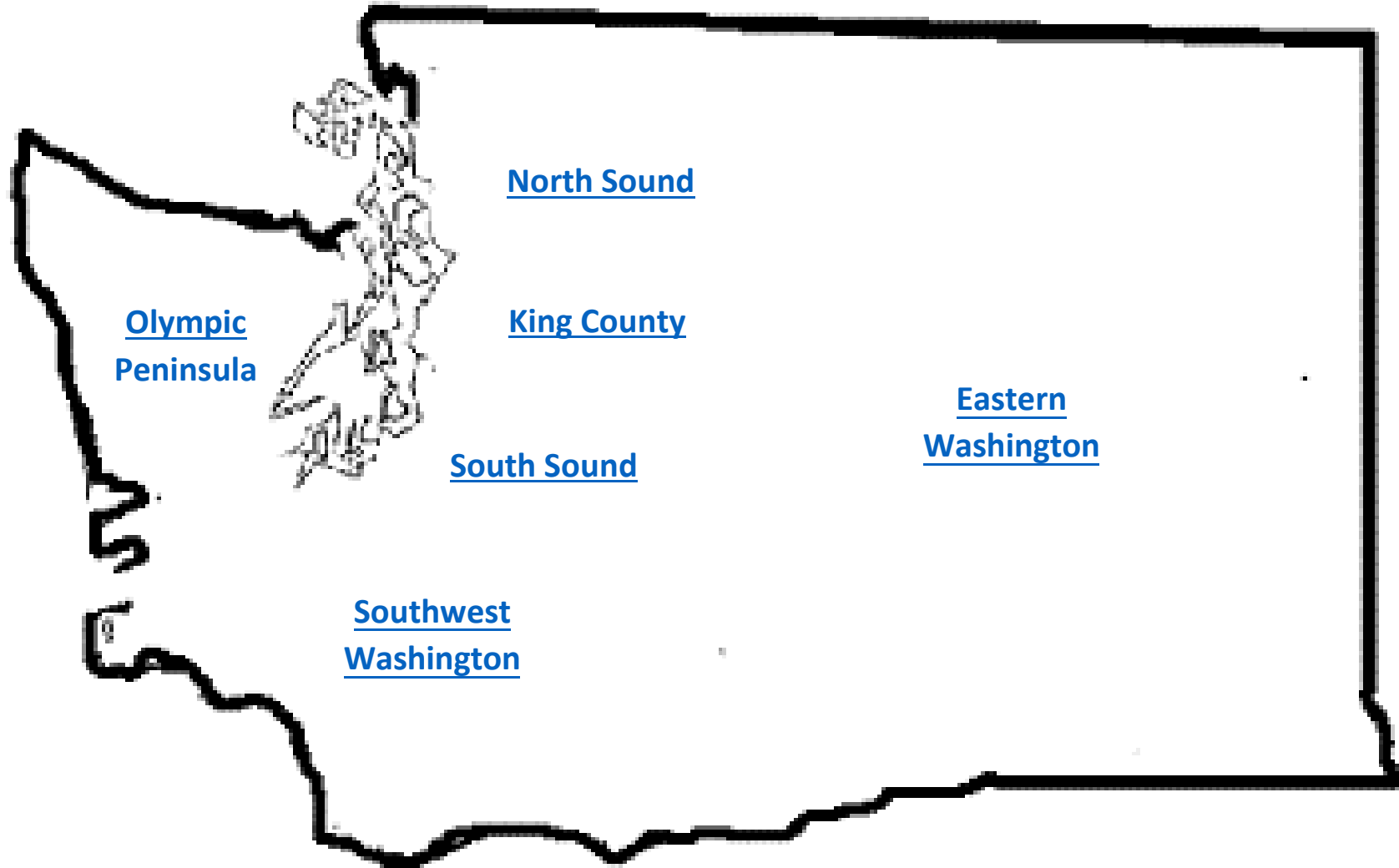


Please Select the Region

Please note: Support groups might change periodically.

Before attending a support group for the first time, please get in touch the person listed as the contact.



KING COUNTY

| City | Focus | Meeting Site | Time | Leader | Ph # | Email |
|---------------|-------------|--|---|---------------------------|---|---|
| Bellevue | Young Onset | North Bellevue Community Center 4063 148th Ave NE | 1st Wednesday of the month at 7:00 pm | Suzanna Eller, MA, LMHC | (206) 320-2084 | SuzannaAPDA@gmail.com |
| Bothell | General | North Shore Senior Center, room 203 10201 E Riverside Dr. | 3rd Tuesday of the month at 10:00 am | Janet Zielasko | (425) 286-1035 | janetz@mynorthshore.org |
| Covington | General | St. John the Baptist Catholic Church 25810 156th Avenue SE | 3rd Tuesday of the month at 10:30 am | Stephanie Lawson | (206) 579-5206 | steph.pdgroup@gmail.com |
| Federal Way | General | Foundation House 32290 1st Ave S. | 3rd Tuesday of the month at 1:30 pm | Gail Allen | (253) 252-2258 | gballen@comcast.net |
| Issaquah | General | Our Savior Lutheran Church 745 Front St. S | 2nd Monday of the month at 1:30 pm | Allison Fine, MSW | (206) 226-1097 | balancemaintains@gmail.com |
| Kirkland | Caregiver | Evergreen Health, Room: TAN-134 12040 NE 128th St | 2nd & 4th Tuesday of the month at 1:00 pm | Melissa Tribelhorn | 206-748-9481 | melissa@nwpf.org |
| Kirkland | Men's Group | Evergreen Medical Center: De Young Pavillion, Rainier Room 12040 NE 128th St | 2nd Tuesday of the month at 3:00 pm | Ross Webb and Bob Johnson | (425) 825-7564 (Ross) (425) 821-9807 (Bob) | webbslrd@msn.com bobcarolejohnson@frontier.com |
| Mercer Island | General | Mercer Island Community Center 8236 SE 24th St | 1st Tuesday of the month at 2:00 pm | Debbie Hanson, PT | (206) 275-7609 | thehansonfive@hotmail.com |

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| Redmond | General | Emerald Heights10901 176th Cir. NE | 3rd Thursday of the month at 1:00 pm | John Waltner | (425) 556-8140 | johnw@emeraldheights.com |
| Seattle | Carepartner | Greenwood Senior Center 525 N 85th St | 3rd Tuesday of month at 1:00pm | Carin Mack, MSW | (206) 230-0166 | socialwkr@comcast.net |
| Seattle | General | Horizon House 900 University St | 4th Monday every month, 1:30 pm | Allison Fine, MSW | (206) 226-1097 | balancemaintains@gmail.com |
| Seattle | General | Providence Mt St Vincent 4831 35th Ave SW | 1st Tuesday of month at 2:30pm | Kristine Kumangai, MSW | (206) 937-3701 ext 28345 | Kristine.kumangai@providence.org |
| Seattle | General | The Hearthstone 6720 E Green Lake Way N | 2nd Tuesday of the month 2:00 pm | Jane Sepede | (206) 517-2266 | jsepede@hearthstone.org |
| Seattle | General | Arrowhead Gardens 9200 2nd Ave SW | 3rd Thursday of the month at 10:00 am | Dagmar Cronn | (206) 327-1818 | cronn@oakland.edu |
| Seattle | General | University House Wallingford 4400 Stone Way Ave N. | 2nd Monday of the month, 3:00 pm | Ann DeMaris Davids | (206) 545-8400 | Demaris.davids@eraliving.com |
| Seattle | Mindfulness for Parkinson's | Merrill Gardens at Ballard 2418 NW 56th St. | Last Wednesday of the month at 6:30pm | B Bartja Wachtel, MSW | 206-250-9166 | emfmbartja@gmail.com |
| Seattle | Veterans - Older Adult Veterans with Cognitive Impairment/ Chronic Mental Health or Medical Conditions | Seattle VA Hospital 1660 S Columbian Way Mental Health Dept, Bldg 1, Room 186 | 1st and 3 rd Tuesday. | Clair Rummel, PhD | (206) 764-2188 | kris.fredrickson@va.gov |

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| Seattle | Veterans: Caregivers of Veterans/Ve terans who are Caregivers | Seattle VA Hospital 1660 S Columbian Way- Mental Health Dept, Bldg 1, Room 185 | 1st and 3 rd Tuesday. | Kris Fredrickso n, LICSW | (206) 764-2188 | kris.fredrickson@va.gov |
| Seattle | Atypical | Swedish Cherry Hill 500 17th Ave | Call to attend | Suzanna Eller, MA, LMHC | (206) 320-2084 | SuzannaAPDA@gmail.com |
| Seattle | Caregiver | Swedish Neuroscience Institute 550 17th Ave, Casey Room | Call to attend | Suzanna Eller, MA, LMHC | (206) 320-2084 | SuzannaAPDA@gmail.com |
| Seattle | Young Onset | Call to attend | 2nd Tuesday of every month at 7:00 pm | Suzanna Eller, MA, LMHC | (206) 320-2084 | SuzannaAPDA@gmail.com |
| Shoreline | General | Shoreline Senior Center 18560 1st Ave NE | 4th Tuesday of the month at 11:00 am | Scott Theisen | (206) 268-6761 | scottth@seniorservices.org |
| Vashon | General | Vashon Lutheran Church: Fellowship Hall 18623 Vashon Hwy SW | 1st Friday of the month at 1:00 pm | Steve Steffens | (206) 567-5976 | steve_steffens@yahoo.com |

OLYMPIC PENINSULA

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| Bremerton | General | Harrison Medical Center: North Dining Room 2520 Cherry Ave | 1st Tuesday of the month at 3:00 pm | Jen Edwards, PT, DPT | (360) 744-6220 | Jennifer.edwards@harrisonmedical.org |
| Port Angeles | General | Port Angeles Senior Center 328 E. 7th Street (On the corner of Peabody and 7th) | 4th Wednesday of the month at 10:30 am | Darlene Jones | (360) 457-5352 | djones@olypen.com |
| Poulsbo | General | North Point Church 1779 NE Hostmark St. | 1st Monday of the month at 1:00 pm | Lana Gillis | (360) 779-7178 | lanagale@earthlink.net |

SOUTH SOUND

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|---------------|----------------------|---|---|--------------------------|----------------|---------------------------------|
| Gig Harbor | Caregiver | St. Anthony's Hospital 11567 Canterwood Blvd. NW | 3rd Tuesday of month at 10am | Vernetta "Joy" McCraw | (253) 265-3897 | vjmccraw@hotmail.com |
| Gig Harbor | General | St. Anthony's Hospital 11567 Canterwood Blvd. NW | 2nd Wednesday of the month at 4:00 pm | Bob Maimbourg | | Bob Maimbourg@icloud.com |
| Gig Harbor | General/E xercise | Harbor Place at Cottesmore, dining room, 1016 29th St NW | 4th Thursday of the month at 11:30 am | Glenn Anderson, PTA | (253) 853-8466 | glennplaysguitar@yahoo.com |
| Hoquiam | General | Hoquiam Library 420 7th St. | Last Tuesday of the month at 6:00 pm *Meets for meal at 5:00, call for details | Betsy Seidel | (360) 533-5968 | betsycamel@yahoo.com |
| Olympia | General | Olympia Senior Center 222 Columbia Street NW | Every Wednesday at 11:00 am | Joyce Beckwith | (360) 586-6181 | admintemp@southsoundseniors.org |
| Puyallup | Caregiver | Life Care Center of Puyallup 511 10th Ave SE | 1st Thursday of the month at 11:00 am | Glenn Anderson, PTA | (253) 845-7566 | glennplaysguitar@yahoo.com |

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| Puyallup | General | Life Care Center of Puyallup 511 10th Ave SE | Every Thursday of the month at 11:00 am | Glenn Anderson, PTA | (253) 845-7566 | glennplaysguitar@yahoo.com |
| Puyallup | Lunch & Learn | Life Care Center of Puyallup 511 10th Ave SE | 3rd Thursday of the month at 12:00 pm | Glenn Anderson, PTA | (253) 845-7566 | glennplaysguitar@yahoo.com |
| Puyallup | Vocal Training | Life Care Center of Puyallup 511 10th Ave SE | 2nd Thursday of the month at 12:00 am | Glenn Anderson, PTA | (253) 845-7566 | glennplaysguitar@yahoo.com |
| Shelton | General | Alpine Way Assisted Living 900 W Alpine Way | 2nd Tuesday of the month at 12:30 pm | Trudy Hendricks | 360-426-2600 | Trudyh@cascadeliving.com |
| Tacoma | General | Joeseppi's Restaurant 2207 N Pearl St. | Last Wednesday of the month at 6:00 pm *call to confirm | Sharon Cagle | 253-565-3679 | smcagle47@gmail.com |

NORTH SOUND

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| Anacortes | General | Island Hospital 1211 24th St. | 3rd Thursday of the month at 1:30 pm | Nola Beeler | (360) 982-2359 | njbeeler@yahoo.com |
| Bellingham | General | Cornwall Church 4518 Northwest Drive (Enter at back of bldg) | 2nd Monday of the month at 2:00 pm | Deb Ivancovich | (360) 961-5168 | deb.ivancovich@gmail.com |
| Edmonds | General | Edmonds Senior Center 220 Railroad Ave | 2nd Wednesday of the month at 1:00 pm September-May | Carol Aguayo | (425) 743-6029 | agua549@frontier.com |
| Everett | Caregiver (Lewy Body Dementia) | Carl Gipson Senior Center 3025 Lombard Ave | *Contact Facilitator for date/time* | Joy Walker | 206-457-4793 | joyincaregiving@yahoo.com |
| Everett | General | Providence Medical Center: Medical Office Building, Rainier Room 14th & Rockefeller | 4th Saturday of the month at 2:00 pm | Helen Hopkins | (425) 327- 3348 | helenphopkins@gmail.com |

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| Lopez Island | General | The Gathering Place 229 Village Rd | 4th Monday of the month at 1:00 pm | Jacki Ashe | (360) 468-2435 | jackieashe@centurytel.net |
| Lynnwood | Caregiver | Verdant Community Wellness Center 4710 196th St. SW | 1st and 3rd Thursday of the month at 1:00 - 2:30pm | Karen Anderson | (425) 248-5156 | kanderson@stillycenter.org |
| Mt. Vernon/ Burlington | General | Logan Creek Retirement Community 2311 East Division, St. | 1st Monday of the month 10:00 am | Lynn Costello | 360-770-4038 | lynncostello1@hotmail.com |
| Stanwood | General | Stanwood Senior Center 1st floor social room building B, 7340 276th Street NW | 2nd Monday of the month at 10:00 am | Tori Kelly | (425) 422-1067 | kellytori7@gmail.com |
| Whidbey Island (South) | General | South End/Bayview Senior Center | 2nd Tuesday of the month at 10:00 am | Carolyn Hansen | (360) 279-1785 | wchansen192@comcast.net |
| Whidbey Island North - Oak Harbor | General | Cherry Hill Clubhouse 549 NW 12th Loop | 1st Friday of the month at 1:00 pm | Carolyn Hansen | (360) 279-1785 | wchansen192@comcast.net |

SOUTHWEST WASHINGTON

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| Chehalis | General | Bethel Church 132 Kirkland Rd., Napavine, WA | 2nd Thursday of the month at 1:00 pm | Ken Beckwith | 306-520-4889 | beckwithangels@aol.com |
| Longview | General | Canterbury Inn: Chateau Dining Room 1324 3rd Ave | 3rd Wednesday of the month at 1:30 pm | Barbara Sudar | (360) 423-7012 | bnbsudar@msn.com |
| Vancouver | Carepartner | contact group | 2nd Tuesday of the month at 11:30 am | Kim Lehmann | (360) 433-6400 | kal@touchmark.com |

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| Vancouver | General | contact group | 1st Wednesday of the month at 1:00 pm | Kim Lehmann | (360) 433-6400 | kal@touchmark.com |
| Vancouver | General | The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave | 2nd Wednesday of the month at 10:00 am | Cathy Lauder | (360) 944-6000 | clauder@thequarryliving.net |
| Vancouver | Men's PD Breakfast | contact group | 3rd Friday of the month at 9:00 am | Kim Lehmann | (360) 433-6400 | kal@touchmark.com |
| Vancouver | Women's Chat n' Chew | contact group | 4th Wednesday of the month at 12:15 pm | Kim Lehmann | (360) 433-6400 | kal@touchmark.com |

EASTERN WASHINGTON

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|----------------|----------------------------|---|---|--|---|--|
| Ellensburg | General | The Moose Lodge 206 N. Main st. | 2nd Monday of the month at 1:00 pm | Erica Batchelder James Champie (co- facilitator) | (518) 742-9593 | ericahbatchelder@gmail.com |
| Moses Lake | General | Samaritan Healthcare Hospital: Masto Health Library, room 402 801 E Wheeler Rd. | 2nd Monday of the month at 1:00 pm | Sandee Estoos | (509) 765-6283 | |
| Richland | General | KNRC 1268 Lee Blvd, Richland | 3rd Monday 1:30 - 2:30pm | Bill Stevens | KNRC: 509-946- 4611 | |
| Spokane | Caregiver | Please Contact Facilitator | 3rd and 4th Wednesday of the month at 2:00 pm | Linda Lysne | (509) 473-2490 | center@spokaneparkinsons.org |
| Spokane | General | Parkinsons Resource Center 613 S. Washington, Ste 105 | 2nd Wednesday of the month at 2:00 pm | Cyndi Cook | 509-443-3361 | Cyndi@nwpf.org , center@spokaneparkinsons.org |
| Spokane | Women's Group (WWPD) | Contact group leader for details | 1st Thursday of the month 1:00 pm | Julie Willis | (509) 467-2240 | Cyndi@nwpf.org , center@spokaneparkinsons.org |
| Spokane | Young Onset | Locations change - Contact Facilitator | Last Tuesday of the month at 5:30 pm | Cyndi Cook | (509) 443-3361 | Cyndi@nwpf.org , center@spokaneparkinsons.org |
| Spokane | PWP & Carepartner | Touchmark South Hill 2929 S Waterford Drive Spokane, WA 99212 | 3rd Wednesday 2:30-3:30pm | Linda Heyamoto | 509-536-2929 | ljh@touchmark.com |
| Walla Walla | General | First Congregational Church | 4th Saturday of the month at 4:00 pm | Debbie Lynch- Christian | (509) 529- 3234(preferred) (509) 301-8625 | debxian@yahoo.com |

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| | | 73 Palouse St. *contact to confirm* | | | | |
| Wenatchee | General | Sleep Center 1000 N Miller | 3rd Tuesday of the month at 1:30 pm (takes 3 month summer hiatus) | Janet Bibby and Pat Taylor | (509) 470-6416 | pktaylor2@gmail.com |
| Wenatchee (East) | Caregiver | Meadow Ridge Park Senior Living 1630 9th St | 2nd Wednesday of the month at 11:00 am | LaVerna Armintrout | (509) 884-6833 | fishwife410@gmail.com |
| Yakima | General | Yakima Covenant Church 6015 Summitview Ave | 2nd Thursday of the month at 2:00 pm | Kathy Kidd | (509) 865-4869 | thekids@msn.com |