

Alabama Parkinson's Support Groups

Below is a listing of Alabama Support Groups for Parkinson's Disease. You are encouraged to contact the facilitator of each group to validate the meeting schedule. Classes are alphabetized by City.

DAY/TIME	LOCATION (CITY)	FACILITATOR NAME	PHONE NUMBER / EMAIL
Third Thursday, Monthly 12:30 – 2pm	Anniston , Interfaith Ministries 1431 Gurnee, Ave., Anniston, AL 36201	Cindy McMinn	1.256.454.7677 mcminnca@gmail.com
First Thursday, Monthly 12pm	Arab , Arab Senior Center 800 N. Main Street, Arab, AL 35016	Brandi Ivey	1.256.541.6717 brandi.ivey@hhsys.org
Second Sunday, Monthly 1pm	Auburn / Opelika , 7 Synergy 705 Avenue D, Opelika, AL 36801	Kat West	1.334.744.4391 millyka@auburn.edu
Third Tuesday, Monthly 12pm	Birmingham – Men's Group, Diplomat Deli 1425 Montgomery Hwy, Park South Plaza Shopping Center, Vestavia, AL 35216	John Bennett	1.205.937.5333 Jbennett4992@charter.net
Thursdays, Weekly 10am	Birmingham , Canterbury United Methodist Church, Rm 226 *Care Partners for Parkinson's with Dementia 350 Overbrook Road, Birmingham, AL 35213	Valerie Boyd	1.205.874.1523 Valerie.boyd@canterburyumc.org
Second Tuesday, Monthly, 1pm	Birmingham , Greystone YMCA 5415 Highway 280, Birmingham, AL 35242	Andrea Pindroh	1.205.981.0144 apindroh@ymcabham.org
First Monday, Monthly 5:15 pm	Birmingham, TherapySouth – Liberty Park 3800 River Run Drive, Suite 102, Birmingham, AL 35243	Kimberly Clark	1.205.970.2350 clarkk@therapysouth.net
Second Wednesday, Monthly, 1pm	Gadsden – First Baptist Church – Family Life Center 6 th and Walnut, Gadsden, AL 35901	Judi Drew	1.205.919.6992 parkinsonsgroup.gadsden@gmail.com

First Tuesday, Monthly, 10am	Guntersville – Marshall County Caregivers Support Group, Guntersville Methodist Church Youth Center 539 Gunter Ave., Guntersville, AL 35976	Lula Dobbs	1.256.582.2001, ext 244 Lula.dobbs@gfumc.net
Twice, Annually (January and June) 2-4pm	Huntsville – Women with Parkinson’s Disease Huntsville Hospital Medical Mall Wellness Center 1963 Memorial Pkwy SW, Unit 17, Huntsville, AL 35801	Adrienne Upton	1.256.265.7101 Adrienne.upton@hhsys.org
Second Tuesday, Monthly, 1pm	Huntsville – Sit and Chat for People with PD Parkinson’s Dynamics – John Hunt Park – Raymond W. Jones Community Center 3514 Memorial Pkwy South, Huntsville, AL 35801	Brandi Ivey	1.256.541.6717 Brandi.ivey@hhsys.org
Second Tuesday, Monthly, 1pm	Huntsville – Sit and Chat for PD Care Partners Parkinson’s Dynamics – John Hunt Park – Raymond W. Jones Community Center 3514 Memorial Pkwy South, Huntsville, AL 35801	Diane Lombard	Dglombard23@gmail.com
Second Friday, Monthly, 1pm	Lake Martin – Parkinson’s Support Group Senior Center at Sportplex 2054 Sportplex Blvd, Alexander City, AL 35010	Steve Sain	steve.sain@saineng.com www.lakemartinparkinsonsupportgropu.com 1.205.249.5300
First Tuesday, Monthly, 12-2 pm	Lake Martin – Caregivers Support Group Children’s Harbor 434 Children’s Harbor Drive, Eclectic, AL 36024	Sue Ann McMahan	1.334.201.5540 sueannmcmahan@gmail.com
Second Tuesday, Monthly, 6:30 pm	Leeds/Moody – Cedar Grove Baptist Church 2001 Cedar Brook Road, Leeds, AL 35094	Harriet Lawrence	1.205.335.7516 Hsl2455@yahoo.com
Fourth Thursday, Monthly, 6pm (Feb- Nov)	Montgomery – Frazer Methodist Church, Room 8114 6000 Atlanta Hwy, Montgomery, AL 36117	Jessica Belcher	1.334.652.4401 Wildcatmom2k30@gmail.com
Last Thursday, Monthly, 12pm	Mobile , Saad Health Care 1515 University Blvd, South, Mobile, AL	Sterling Moore	1.601.447.1717 sterling.moore@saadhealthcare.com

First Tuesday, Monthly, 10:30 am	Pelham – Pelham YMCA 2610 Pelham Pkwy, Pelham, AL 35124	Alane Cleavelin	1.205.664.9622 Acleavelin@ymcabham.org
Third Wednesday, Monthly, 11:15 am	Sheffield– Helen Keller Welcare 1021 11 th Street SW, Sheffield, AL 35660	Brianna Maharrey	1.256.386.4747 Brianna.maharrey@helenkeller.com
Second and Fourth Mondays, Monthly, 10am	Sylacauga– First Baptist Church 10 South Broadway Ave., Sylacauga, AL 35150	Carolyn Goza Steve Sain	1.256.245.6739 carolyntgoza@gmail.com 1.205.249.5300 Steve.sain@saineng.com
Third Thursday, Monthly 12pm	Trussville, Trussville Senior Center 5920 Valley Road, Trussville, AL 35173	Breana Richardson	1.205.613.6675 breana@m3endeavors.com

Alabama Parkinson's Virtual Support Groups - ZOOM

Below is a listing of Alabama Support Groups for Parkinson's Disease that meet virtually over zoom. You are encouraged to contact the facilitator of each group to validate the meeting schedule and request the zoom link.

DAY/TIME	TYPE OF GROUP	FACILITATOR NAME	PHONE NUMBER / EMAIL
First Monday, Monthly 7pm	Care Partner Support Group	Brooklyn White	1.205.706.7320 bawhite@uabmc.edu
First Wednesday, Monthly, 10am	Living with PD – Support Group for Patients with Parkinson's	Ellen Hicks	1.833.473.5465, ext 2. ellen@parkinsonalabama.org
Second Tuesday, Monthly, 7pm	Care Partner Support Group	Ellen Hicks	1.833.473.5465, ext 2. ellen@parkinsonalabama.org
Tuesdays at 11am, Sundays at Noon (Central)	Twitchy Woman – For Women Living with PD Only		www.twitchywoman.com