

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
Second Friday, Monthly 1pm – 2pm	Alexander City , Benjamin Russell Center for Advanced Care 3520 U.S. Highway 280, Alexander City, AL	Steve Sain	1.205.249.5300 steve.sain@saineng.com
Third Thursday, Monthly 12:30 – 2pm	Anniston , Interfaith Ministries 1431 Gurnee, Ave., Anniston, AL 36201	Cindy McMinn	1.256.405.9202 parkinsonscalhoun@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 or Third Sunday, Monthly 1pm (Email to confirm or check website)	Auburn / Opelika , Opelika Methodist Church 702 Avenue A, Opelika, AL 36801	Kristina Neely	Auburnopelikapdsg-@gmail.com WEBSITE: https://www.pdsupportgroup-auburnopelika.org
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 5414 Highway 280, Birmingham, AL 35242	Andrea Pindroh	1.205.981.0144 apindroh@ymcabham.org
Second Wednesday, Monthly, 10am	Birmingham, Mountain Brook YMCA 2401 20 th Place S., Birmingham, AL 35223	Susanna Vance	svance@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
2 nd Tuesday, Monthly at 10am	Decatur , Decatur Rehab Access 2349 Danville Rd, SW Decatur, AL 35603	Brandi Ivey	1.256.541.6717 Brandi.ivey@hhsys.org
Third Tuesday, Monthly 12pm (Off June – August)	Dothan , Southeast Health Circle East Rehab 1480 Ross Clark Circle, Dothan, AL 36301	Lindsay Holloman	1.334.712.3726 lholloman@southeasthealth.org
Third Tuesday, Monthly at 1pm (Lunch at 12:30pm)	Foley , Baldwin Health – Room 203 1851 N. McKenzie Street, Foley, AL	Tina McCoy	tina_mccoy@chs.net
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
First Thursday, Monthly, 1pm	Hoover – Hoover YMCA 2500 Hwy 150, Hoover, AL 35244	Alane Cleavelin	1.205.664.9622 Acleavelin@ymcabham.org
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 2020 Steve Hettinger Drive, 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 2020 Steve Hettinger Drive, 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
First Tuesday, Monthly, 12pm (Noon)	Madison – Madison Hospital, First Floor Board Room, 8375 Hwy 72 W., Madison, AL 35758	Brandi Ivey	1.256.541.6717 brandi.ivey@hhsys.org
Fourth Thursday, Monthly, 6pm (Feb- Nov)	Montgomery – Frazer Methodist Church, Room 8114 6000 Atlanta Hwy, Montgomery, AL 36117	Linda Pittman	1.334.430.0815 lpittman611@gmail.com
Last Tuesday, Monthly, 12pm	Mobile , Saad Health Care 1515 University Blvd, South, Mobile, AL	Sterling Moore	1.601.447.1717 sterling.moore@saadhealthcare.com
First Wednesday, Monthly, 9:30 am	Pelham – Pelham YMCA 2601 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
First Wednesday, Monthly, 12:30 pm	Trussville YMCA 5920 Valley Road, Trussville, AL 35173	Carrie Dunn	Cdunn@ymcabham.org
First Wednesday, Monthly, 10:30 am	Tuscaloosa YMCA 2300 13 th Street, Tuscaloosa, AL 35401	Riley Strickland	rstrickland@ymcatusc.org 1.205.345.9622

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
NEW in 2025! PD Thrive , Second Monday, Monthly 6:30 pm	PD Thrive 2025- Support Group for Those with PD (Educational Sessions - Breakouts by Age) – Register at: https://uab.co1.qualtrics.com/jfe/form/SV_79vPtLvEXknZKom	Brooklyn White	1.205.706.7320 bawhite@uabmc.edu
PAA Living with Parkinson's Support Group First Wednesday, Monthly, 10am	Virtual Support Group – Contact facilitator for zoom link.	Ellen Hicks	ellen@parkinsonalabama.org
APDA / UAB Care Partner Support Group , First Monday, Monthly 7pm	APDA / UAB Care Partner Support Group – Advancing Care Contact facilitator for zoom link.	Brooklyn White	1.205.706.7320 bawhite@uabmc.edu
PAA Care Partner Support Group , Second Tuesday, Monthly at 7pm	Virtual Support Group – Contact facilitator for zoom link.	Ellen Hicks	ellen@parkinsonalabama.org
PAA Southern Strength: A Black Parkinson's Network , Second Thursday-Monthly	Virtual Support Group – Contact Ellen Hicks for zoom link. Facilitated by Michael Fitts	Ellen Hicks	ellen@parkinsonalabama.org
Spanish Support Group – APDA: Two Opportunities to attend , First Wednesdays or Third Saturdays, Monthly at 11am	Virtual Support Group – Contact Vanessa Vicente with APDA for Zoom Link and to Register	Vanessa Vicente	vvicente@apdaparkinson.org 1.561.214.2856

Mississippi Parkinson's Support Group

DAY/TIME	LOCATION (CITY)	FACILITATOR NAME	PHONE NUMBER / EMAIL
Second Tuesday Monthly 1:30pm	Oxford University United Methodist Church – Room 240 , 424 South 10 th Street, Oxford, MS 38665	Ashton and Kathy Pearson	1.662.801.7442 ahston@olemiss.edu