



APDA Parkinson's Disease Support Group

Free Support Group

This support group focused on emotional well being is open to any adult who has been diagnosed with Parkinson's disease, their care partners and adult family members.

Topics will be determined based on the groups needs, including but not limited to the following:

- **Impact of Parkinson's on day-to-day life**
- **Planning for the future**
- **Dealing with stress**
- **Maintaining healthy habits**
- **Connecting with others who have PD**

For information on Parkinson's Disease, please visit our website at www.apdaparkinson.org or call our Helpline at 800-223-2732.

**Every second and last
Tuesday of every month
1:00pm - 2:00pm EST
Virtual Via Zoom**

**For meeting link, please email
lschannan.lcsw@gmail.com**

About the Facilitator:
Shelly Channan, LCSW, is a Licensed Clinical Social Worker dedicated to providing high-quality, person-centered care. With extensive experience serving the Parkinson's disease (PD) community, Ms. Channan also facilitates PD support groups in New York. She can be reached at lschannan.lcsw@gmail.com.