

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.

Name and Location	Date and Meeting Times	Facilitator and Contact Information
Alexander City: Benjamin Russell Center for Advanced Care 3520 U.S. Highway 280, Alexander City, AL	Second Friday 1pm – 2pm	Steve Sain Phone: 1.205.249.5300 Email: steve.sain@saineng.com Guy Alexander Phone: 1.678.522.5150 Email: Guy.C.Alexander64@gmail.com Website: https://www.lakemartinparkinsonssupportgroup.com/
Anniston: Interfaith Ministries 1431 Gurnee, Ave., Anniston, AL 36201	Third Thursday 12:30 – 2pm	Cindy McMinn Phone: 1.256.454.7677 Email: parkinsonscalhoun@gmail.com
Arab: Arab Senior Center 800 N. Main Street, Arab, AL 35016	First Thursday 12pm	Brandi Ivey Phone: 1.256.541.6717 Email: brandi.ivey@hhsys.org
Auburn / Opelika: Opelika Methodist Church 702 Avenue A, Opelika, AL 36801	Second or Third Sunday, 1pm	Kristina Neely Email: kaneely@auburn.edu Phone: 1.704.578.6142 Website: https://www.pdsupportgroup-auburnopelika.org
Birmingham – Men's Group, Diplomat Deli 1425 Montgomery Hwy, Park South Plaza Shopping Center, Vestavia, AL 35216	Third Tuesday 12pm	John Bennett Phone: 1.205.937.5333 Email: jbennett4992@charter.net
Birmingham, Greystone YMCA 5414 Highway 280, Birmingham, AL 35242	Second Tuesday 1pm	Andrea Pindroh Email: apindroh@ymcabham.org
Birmingham, Mountain Brook YMCA 2401 20 th Place S., Birmingham, AL 35223	Second Tuesday, 1:45pm – 3:15pm	Susanna Vance Email: svance@ymcabham.org
Birmingham, Mountain Brook St. Luke's Episcopal Church 3736 Montrose Road, Birmingham, AL 35213	First Thursday, 2pm – 3:30 pm	Wayne Trucks Phone: 1.205.907.3051 Email: kwaynetrucks@gmail.com
Decatur, Parkway Medical Center 1874 Beltline Rd., Decatur, AL 35601	2 nd Tuesday 10am	Brandi Ivey Phone: 1.256.541.6717 Email: Brandi.ivey@hhsys.org
Dothan, Southeast Health Circle East Rehab 1480 Ross Clark Circle, Dothan, AL 36301	Third Tuesday 12pm (Off June – August)	Josiah McFarland Phone: 1.334.712.3726

		Email: jmmcfarland@southeasthealth.org
Foley , Baldwin Health – Room 203 1851 N. McKenzie Street, Foley, AL	Third Tuesday pm (Lunch at 12:30pm)	Tina McCoy Email: tina_mccoy@chs.net
Fort Payne , Overflow Dining Room DeKalb Regional Medical Center, 200 Medical Center Drive, Fort Payne, AL 35968	First Tuesday 1pm	Chelsea Williams Email: chelsea.williams@drmcnet.org Phone: 1.256.997.2460
Hoover – Hoover YMCA 2500 Hwy 150, Hoover, AL 35244	First Thursday 1pm	Andrea Pindroh Email: apindroh@ymcabham.org
Huntsville – Women with Parkinson's Disease: Huntsville Hospital Wellness Center 1963 Memorial Pkwy SW, Unit 17, Huntsville, AL 35801	Twice, Annually (January and June) 2-4pm	Adrienne Upton Phone: 1.256.265.7101 Email: Adrienne.upton@hhsys.org
Huntsville – Sit and Chat for People with PD Parkinson's Dynamics: 2020 Steve Hettinger Drive, Huntsville, AL 35801	Second Tuesday 1pm	Anne McKinley Phone: 1.256.541.6717 Email: anne@pdyn.org
Huntsville – Sit and Chat for PD Care Partners: Parkinson's Dynamics - 2020 Steve Hettinger Drive, Huntsville, AL 35801	Second Tuesday 1pm	Diane Lombard Email: Dglombard23@gmail.com
Huntsville – PSP Support Group Medical Mall, 1963 Memorial Pkwy SW Huntsville, AL 35801	Monthly: Call Facilitator for Date and Times	Brandi Ivey Phone: 1.256.541.6717 Email: brandi.ivey@hhsys.org
Leeds/Moody – Cedar Grove Baptist Church 2001 Cedar Grove Road, Leeds, AL 35094	Second Tuesday 6:30 pm	Julie Watters Email: happyfitcamper@gmail.com
Madison – Madison Hospital, First Floor Board Room, 8375 Hwy 72 W.	First Tuesday 12pm	Brandi Ivey Phone: 1.256.541.6717 Email: brandi.ivey@hhsys.org
Montgomery – Frazer Methodist Church, Room 8114, 6000 Atlanta Hwy	Fourth Thursday 5pm (Feb-Nov) Dinner Included	Linda Pittman Phone: 1.334.430.0815 Email: lpittman611@gmail.com
Mobile , Saad Health Care 1515 University Blvd, South, Mobile, AL	Last Tuesday of each Month 12pm	Sterling Moore Phone: 1.601.447.1717 Email: sterling.moore@saadhealthcare.com
Owens Crossroads : The Residences at Wellpoint, 2940 Mill Run Rd. Owens Cross Roads, AL 35763	Third Tuesday at 2pm	Anna Mavromat Phone: 256.609.3734 Brandi Ivey Email: brandi.ivey@hhsys.org
Pelham – Pelham YMCA 2601 Pelham Pkwy, Pelham, AL 35124	First Wednesday, 9:30 am	Andrea Pindroh Email: apindroh@ymcabham.org
Sylacauga – First Baptist Church 10 South Broadway Ave., Sylacauga, AL 35150	Second and Fourth Mondays 10am	Carolyn Goza Phone: 1.205.482.7756 Email: carolyntgoza@gmail.com

		Steve Sain Phone: 1.205.249.5300 Email: Steve.sain@saineng.com
Trussville YMCA 5920 Valley Road, Trussville, AL 35173	First Wednesday, 12:30 pm	Christine Law Email: claw@ymcabham.org
Tuscaloosa YMCA 2300 13 th Street, Tuscaloosa, AL 35401	First Wednesday, 10:30 am	Riley Strickland Phone: 1.205.345.9622 Email: rstrickland@ymcatusc.org

Mississippi Parkinson's Support Group

Name and Location of Group	Date and Time	Facilitator and Contact Information
Greater Oxford PD Support Group Oxford University United Methodist Church, Room 240 -424 South 10 th Street, Oxford, MS 38665	Second Thursday 1:30pm	Ashton and Kathy Pearson Phone: 1.662.801.7442 Email: ahston@olemiss.edu

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.

Name of Group	Date/Time	Facilitator and Contact Information
PD Thrive: Support Group for those diagnosed with PD (Educational Sessions – Discussion) Sponsored by the APDA Alabama Information and Referral Center and UAB	Second Monday 6:30 pm	Brooklyn White Phone: 1.205.706.7320 Email: bawhite@uabmc.edu
PD Care Partner Support Group: Support Group for care partners (spouses/adult children) of PD. Sponsored by the APDA Alabama Information and Referral Center and UAB.	First Monday 6:30 pm	Brooklyn White Phone: 1.205.706.7320 Email: bawhite@uabmc.edu
APDA – Women with PD Sponsored by APDA	Second Thursday, 5pm	Elizabeth Van Roken Email: pdsupportgroup@gmail.com
Living with PD: For those diagnosed with PD sponsored by PAA	First Wednesday, 10am	Ellen Hicks ellen@parkinsonalabama.org
Southern Strength: A Black Parkinson's Network Sponsored by the Parkinson Association of Alabama	Contact for date and time	Ellen Hicks ellen@parkinsonalabama.org
Young Onset Parkinson's Disease (YOPD) Support Group Sponsored by the Parkinson Association of Alabama	Contact for date and time	Ellen Hicks ellen@parkinsonalabama.org
Spanish Support Group Sponsored by APDA	First Wednesdays or Third Saturdays, Monthly at 11am	Vanessa Vicente Phone: 1.561.214.2856 Email: vvicente@apdaparkinson.org
Just for Teens –Ages 13-19 who have Parents with Parkinson's: Sponsored by APDA	First Thursday 6 pm	Anushka Shiell Email to Register: ashiell@apdaparkinson.org

Adult Children Caring for Parents with PD – Sponsored by APDA	Fourth Tuesday at 6pm Central	Puja Malhotra, LCSW-C Email to Register: Puja.malhotra@gmail.com
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