



Washington State Parkinson's Support Groups

During COVID, please choose a virtual group for your own safety and the safety of others.

Please contact the facilitator before attending the first time.

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City	Day of Month	Meeting Time	Facilitator	Contact Info	Meeting Location	Notes
Statewide			Miran Hothi	206.946.6519; miran@nwpf.org	Virtual	DBS Connect: "Bionic Brain Club" Sponsored by NW Parkinson's Foundation
Statewide			Alzheimer's Assn of WA State & No Idaho	Alz Assn Support Groups	Virtual or Phone	
Statewide			Center for Chronic Illness	info@thecenterforchronicillness.org	Virtual	Offers groups such as "Living Mindfully w Chronic Illness," "Rare Chronic Illness" etc
Anacortes	3 rd Thursdays	1:30-3 PM	Lynn Karns	602.502.9677; lckarns@gmail.com	Zoom (formerly Island Hospital)	
Bellevue	1 st Wednesdays	7 PM	Suzanna Eller, MA, LMHC	206.320.2084; suzannaapda@gmail.com	Zoom (formerly North Bellevue Comm Center)	Sponsored by APDA
Bellingham	2 nd & 4 th Tuesdays	1:30-3 PM	Barbara Mathers-Schmidt	360.319.8184 Bmschmidt81@gmail.com	Zoom	People w PD; occasional events that include Carepartners
Bellingham	2 nd Mondays	2-3:30 PM	Deb Ivancovich	360.961.5168; deb.ivancovich@gmail.com	Cornwall Church	
Bothell	3 rd Tuesdays	10 AM	Janet Zielasko, MSW	425.286.1035; janetz@mynorthshore.org	Zoom (formerly Northshore Senior Center)	Sponsored by Northshore Senior Center



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Bremerton	1 st Tuesdays	1-2 PM	Cele & Spike Sterling	sterlingca@hotmail.com	St. Paul's Episcopal Church	
Burlington	1 st Tuesdays	10-11 AM	Leanne Hickman	360.755.5550; leaneh@cascadeliving.com	Creekside Continuing Care Community	
Chehalis	2 nd Thursdays	1-2:30 PM	Kenneth Beckwith	360.520.4889; beckwithangels@aol.com	Bethel Church	
Covington	3 rd Tuesdays	10:30 AM – noon	Stephanie Lawson	206.579.5206; steph.pdgroup@gmail.com	St. John the Baptist Church	
Ephrata			Kristin Wenke	509.398.3408; wenke.witt@gmail.com		Inactive Call Kristin if need help.
Everett	4 th Saturdays	2 PM	James & Suzette Voyta; Shawn Brown; Suzanne & Al Taitingfong	James & Suzette: 425.377.1230; suzette.voyta1@gmail.com Shawn: sbrownmc@aol.com Suzanne & Al: 425.220.9377	Zoom (formerly Providence Colby Campus, Rainier Room)	
Lake Stevens	1 st Mondays		Richard Fynn	206.498.0162; rf7923@gmail.com	Varies	Men only. On Hiatus as of 3.2021
Everett/ Mill Creek	Every Wednesday	10-11:30 AM	Gael Gebow, Senior Program Director	425.312.6973 ggebow@ymca-snoco.org	Mill Creek Family YMCA	On Hiatus as of 3.2021 Discussion group follows Pedaling for Parkinson's class.



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Federal Way	3 rd Tuesdays	1:30-3 PM	Mike Carr	253.735.5867; mcarrhdsoftail@yahoo.com	Brookdale Foundation House Courtyard Lounge	
Ferndale	1 st & 3 rd Fridays	9:30-11 AM			Haggen Food Court	Men only.
Friday Harbor	3 rd Mondays	4-5:30 PM	Cindy Lonsinger	360.317.4767; cindy.longsinger@gmail.com Suz LeFever, PT: 360.378.4112; suz@rockisland.com	Staying connected via email during COVID. Mullis Community Center	People w PD & Carepartners. Sponsored by Suz LeFever of San Juan Physical Therapy
Hoquiam	Last Tuesdays	6-7 PM	Betsy Seidel Bob Martin	360.533.5968; betsycamel@yahoo.com bmartin152@yahoo.com	Hoquiam Library (Dinner at 5 PM at Roses Tienda & Taqueria)	
Kirkland	2 nd Tuesdays	3-4 PM	Pam Salas	spsalas@evergreenhealth.org	Zoom starting April 2021. (formerly Evergreen Hospital DeYoung Pavilion)	Women w PD only
Kirkland	2 nd & 4 th Tuesdays	3-4:30 PM	Andrew Price, MSW	206.946.6517; andrew@nwpf.org	Zoom (formerly Evergreen Hospital DeYoung Pavilion)	Carepartners only. Sponsored by NW Parkinson's & EvergreenHealth



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Kirkland	2 nd Tuesdays	3-4:30 PM	Dr. Brad Tyson	425.899.3140; bradggytson@gmail.com	Zoom (formerly Evergreen Hospital DeYoung Pavilion)	Men only. Sponsored by EvergreenHealth
Longview	3 rd Wednesdays	1:45-3:15 PM	Sue Watson	360.425.9634; suemooowatson@hotmail.com	Canterbury Inn	Not meeting right now
Lopez Island	Last Mondays	1-2:30 PM	Jackie Ashe	360.468.2435 jackieashe@rockisland.com	Hamlet House – Gathering Place	
Mercer Island	1 st Tuesdays	6-7:30 PM	Andrew Price, MSW,	206.946.6517; andrew@nwpf.org	Zoom (formerly Aegis Mercer Island)	Adult Children only. Sponsored by NW Parkinson's
Mercer Island	1 st Wednesdays	2:30 – 4 PM	Marjorie Carlson	206.275.7752	Luther Burbank Park Bldg	Caregivers of Memory Loss
Moses Lake	Tuesdays and Thursdays	1:30 - 3:30 PM	Dee Schwab	Dee: 509.750.6728; dolschwab@gmail.com	Call Dee Schwab for location 509-750-6728	Movement/ exercise class with Abbie Williams instructor. Wonderful new program
Olympia	Every Wednesday	11AM – noon	Diane Hutchins	360.237.4895; southsoundpd@gmail.com	Zoom (formerly Olympia Senior Center)	
Olympia			Diane Hutchins	360.237.4895; southsoundpd@gmail.com	ia	Carepartners
Palouse (Moscow ID & Pullman WA)	Last Wednesdays	2 PM	Charlotte Riersgard	criersgard@yahoo.com	Zoom	Note: group is without a facilitator as of March 2021



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Port Angeles	3rd Wednesday	10:30 AM – noon	Debbie Noel	360.477.7692	Port Angeles Senior Center Hiatus until after Covid	Monthly newsletter. Has an informal caregiver group in a home.
Port Orchard	3rd Wednesday	7PM	Sally Jurvik	360-871-2248 saljuvik@gmail.com		In person
Port Townsend	4 th Thursdays	3-4:30 PM	Lorena Bess, LICSW	360.385.2200 x2042; lbess@jeffersonhealthcare.org	Not meeting during COVID. Jefferson Healthcare Dirksen Conference Room	People w PD & Carepartners
Poulsbo/ Bainbridge Island	1 st Mondays	1 PM	Phil Segadelli	206.769.8633; tsegad2607@aol.com	Zoom (formerly North Point Church)	People w PD & Carepartners
Redmond	3 rd Wednesdays	1-2:30 PM	John Waltner	425.556.8140; johnw@emeraldheights.com	Virtual Emerald Heights	
Richland	3 rd Mondays	1:30-2:30 PM	Bill Stevens	509.943.8455; msubzn1@msn.com	Microsoft Teams (formerly Kadlec Neuro Resource Center)	Sponsored by Kadlec Neuro Resource Center
Richland	3 rd Tuesdays	6:30-8 PM	Bill Stevens	509.943.8455; msubzn1@msn.com	Brookdale Meadow Springs	Hiatus until after COVID
Seattle	3 rd Thursdays	10-11 AM	Dagmar Cronn	206.327.1828; dagmar@spseniors.org	Arrowhead Gardens	Hiatus until after COVID



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Seattle Greenwood	3 rd Mondays	1 PM	Carin Mack, MSW	206.230 0166; socialwkr@comcast.net Call Carin if interested	Zoom	Lifetime partners or spouses only (no adult children)
Seattle	2 nd Tuesdays	2 PM	Jun Cheff BSW	206.517 2266 jcheff@hearthstone.org	Zoom only	Sponsored by The Hearthstone
Seattle	2 nd Mondays	1:30 PM	Joan Kelly, LICSW	206.612.8571	Zoom	Sponsored by APDA.
Seattle & American Lake (Lakewood)	2 nd Fridays	11-12:30 PM	Mary Dyrland	Mary Dyrland 206-277-6977	Zoom (formerly Seattle & American Lake VA campuses)	Veterans & their Carepartners
Seattle	2 nd Saturdays	10 AM	Leanne King-Devitt, MA, LMHC	206.794.1094; leanne@seattleelderconnections.com	Zoom	Flying Solo. Sponsored by APDA
Seattle	2 nd Mondays	12 PM (subject to change)	Leanne King-Devitt, MA, LMHC	206.794.1094; leanne@seattleelderconnections.com	Zoom	Carepartners. Sponsored by APDA
Seattle			Brian Harris	seayopd@gmail.com ; https://seayopd.com	In person, varies	Young Onset Activity Group
Shelton	2 nd Tuesdays	12:30-2:30 PM	Cyndy Armitage, Marilyn Olson, or Carroll Raether	Cyndy: 360.426.2600; cyndya@cascadeliving.com Carroll: 360.462.0230; Carr1@hcc.net ; fear710@hcc.net Marilyn: w7don@msn.com	Zoom (formerly Alpine Way Continuing Care Community)	
Shoreline/ Lake Forest Park	2 nd Tuesdays	10 AM	Giddiany Romero; Theresa LaCroix	giddianyr@soundgenerations.org ; theresal@soundgenerations.org	Virtual (formerly Shoreline – Lake Forest Park Senior Center)	People w PD & Carepartners Sponsored by Sound Generations



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Spokane	2nd Tuesdays	1-3 PM	Sally Sullivan Mari Cleveland	Sally: 509.499.5113; 22sullys@gmail.com (Put Parkinson's in subject line)	In person TBA	Women affected by Parkinson's (Living with PD or caregiver)
Spokane	Last Tuesdays	5 PM	Sally Sullivan	509.499.5113 22sullys@gmail.com	In person Redeemer Lutheran	Anyone affected by Parkinson's PD Connect
Spokane	2nd Wednesdays	1-3 PM	Mari Cleveland Sally Sullivan	Mari: Text 509-990-4050 cleve4952@gmail.com (Put Parkinson's in subject line)	Zoom	PD Connect
Spokane	3rd Wednesdays	2:30 PM	Bill Jennings	509.321.8201; bill.jennings@touchmark.com	Zoom (formerly Touchmark on South Hill)	Sponsored by Touchmark at South Hill
Stanwood	2nd Mondays	10 AM	David Corser	David: 425.229.3630 corserdavid@hotmail.com	Zoom	
Stanwood	2nd Mondays	10-11:30 AM	Gail Barrett Michelle	360.629.7403	Lincoln Hills Retirement Community	Carepartners Hiatus until after Covid
Tacoma	Last Wednesdays	6 PM	Sharon Cagle	253.565.3679; smcagle47@gmail.com	Zoom	People w PD & Carepartners
Vancouver & Southwest Washington			Parkinson's Resources of Oregon	jess@parkinsonsresources.org	Telephone & Zoom Support Groups	PD groups Carepartner groups
Vancouver	3rd Fridays	1-2:30 PM	Cal & Diana Roberts	360.892.1985; dstackrob@aol.com	Salmon Creek Zoom	People w PD & Carepartners. Sponsored by Parkinson's Resources of OR



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Vancouver	2 nd Wednesdays	10-11 AM	Austin Karn	360.944.6000	The Quarry Senior Living	Limited to Quarry residents during covid
Vancouver	Last Mondays	1 PM	Jan Beyer	360.433.6400; jcb@touchmark.com	Touchmark at Fairway Village	Newly diagnosed with PD Sponsored by Parkinson's Resources of OR
Vancouver	1 st Mondays	1 PM	Jan Beyer	360.433.6400; jan.beyer@touchmark.com	Touchmark at Fairway Village	Carepartners. Sponsored by Parkinson's Resources of OR
Vashon Island	1 st Fridays	1-2:30 PM	Faith Sohl	425.765.5839; fvsbiz@gmail.com	Vashon Island Lutheran Church	
Walla Walla	4 th Saturdays	4-5:30 PM	Debbie Christian; Richard Garcia	Debbie: 509.301.8625; debxiian@yahoo.com Richard: 509.529.1480; rsgarcia@charter.net	First Congregational Church	Not currently meeting Can contact Debbie for info
Wenatchee	3 rd Tuesdays	1:30 -2:30 PM	Diane Shannon	Diane: 509.264.4378 ddshannon@frontier.com	Zoom	Everyone welcome
Wenatchee	2 nd Wednesdays	9:30-10:30AM	Leigh Pobst	Leigh: 509.670.2874; leighpobst@gmail.com	Zoom	Carepartners
Whidbey Island	Every Tuesday	10 AM	Mel Watson, Volunteer & Support Group Coordinator	360.321.1623; mel@islandseniorservices.org	Zoom (formerly Oak Harbor Senior Center; Church of Trinity)	People w PD & their Family Caregivers



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Whidbey Island	Every Wednesday	10 AM	Mel Watson, Volunteer & Support Group Coordinator	360.321.1623; mel@islandseniorservices.org	Zoom	Family Caregivers of Parkinson's Dementia or Lewy Body Dementia
Yakima	2 nd Thursdays	2-3:30 PM			Yakima Covenant Church	