



Support Groups for Individuals diagnosed with Parkinson's Disease

American Parkinson's Disease Association (APDA) Georgia Chapter:

<https://www.apdaparkinson.org/community/georgia>

- **Care Partner Support Group**
Fourth Wednesdays of the month at 2:00 p.m. online.
- **Parkinson's Roadmap for Education and Support Services (PRESS Program)**
Overall quality of life planning program to tackle your PD: Your PD Team Plan
For those with a diagnosis five years and under. Program has rolling enrollment.
- **People with PD and their Families Support Group**
Fourth Thursdays of the month at 2:00 p.m. online.
- **Young Onset Support Group**
Second Tuesdays of the month at 7:00 p.m. online.

For all group information, contact: Barbara Mooney. 404-325-2020.

BMooney@apdaparkinson.org

Parkinson Support Group of the Lowcountry (Beaufort, Lady's Island, & Habersham) Parkinson's Support Group:

- Meeting times vary. Beaufort Memorial LifeFit Wellness.
990 Ribaut Rd, Beaufort, SC 29902.
Contacts: Rick Ostrander. pdawaresc@gmail.com, 843-525-1229 & Scott Rider, 614-561-3113

Facebook Group:

https://www.facebook.com/groups/263121124231059/?ref=group_header

Bluffton Parkinson's Support Group:

- Meets the 4th Thursday of the Month from 1:00 p.m.- 2:30 p.m.
Bluffton Medical Campus. 75 Baylor Drive, Bluffton, SC 29910.
Contacts: Mark and Jane Kaman. markkaman@sc.rr.com, 843-707-7520

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Deep Brain Stimulation Online Support Group & Education:

- Parkinson's and Dystonia Facebook support group and education information on Deep Brain Stimulation (DBS). Experiences from those living with DBS and other health professionals
<https://www.facebook.com/groups/PDandDBSupport/>

Get Excited and Move! (GEM):

Parkinson's, Essential Tremor, and other Movement Disorders focused exercise class at Anderson-Cohen Weightlifting Center. Quarterly meetings.

- Meets Monday – Friday at 11:00 a.m.
7232 Varnedoe Drive, Savannah, GA 31406
Contact Rebecca Heyward at 912-398-7611 or
Rebecca.Heyward@gmail.com

Glynn County Parkinson's Support Group:

- Meets first Thursday of the month at 1:00 meeting
St. Simon's United Methodist Church Jim Thorpe Building
624 Ocean Blvd, St. Simon's Island, GA 31522
Contact: Judy Smith, glynncountyparkinsons@gmail.com

Let It RIP! Parkinson's Support Group:

- Meets fourth Friday of the month at 11:30 am
Bluffton Library. 120 Palmetto Way, Bluffton, SC 29910.
Contact: Julia Gee. 336-414-4174. Julia.gee2014@icloud.com.

Parkinson and Movement Disorder (PMD) Support Group, hosted by the Marshes of Skidway Island:

- Meets 1st Monday of the month at 3:00 p.m.
The Marshes of Skidway Island
95 Skidway Island Park Rd, Savannah, GA 31411
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Parkinson's Association for the Carolinas (open to Savannah area):

- Virtual Support Group, 1st Wednesday of every month at 2:00 pm online
For more information or to register, visit
<https://www.parkinsonassociation.org/parkinsons-support-groups/>
Contact: 866-903-7275 or pac@parkinsonassociation.org

Parkinson's Support Group of the Low Country:

- Beaufort based support group with an active, public facebook group, virtual meetings, and announcements about in person Parkinson's related classes and events in the Beaufort, SC area.
<https://www.facebook.com/groups/263121124231059>

Savannah Parkinson and Movement Disorders (PMD) Support Group:

- Meets 3rd Monday of the month at 5:30 p.m.
Marsh Auditorium, Candler Hospital.
5353 Reynolds Street, Savannah, GA 31405
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org

Statesboro Parkinson and Movement Disorders (PMD) Support Group:

- Meets 3rd Wednesday of the month at 5:00 p.m.
Action Pact, Inc. Senior Center.
235 Granade Street, Statesboro, GA 30458.
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org