



Arizona Support Groups

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

[Anthem](#)

[Gilbert](#)

[Mesa](#)

[Phoenix](#)

[Prescott](#)

[Scottsdale](#)

[Surprise](#)

[Sun City](#)

[Tucson](#)

[Virtual \(MAPC\)](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing southwest@parkinson.org.

May 2023



ANTHEM

Anthem Parkinson's Support Group – North Valley Regional library (Updated April 2023)

Mainly an educational group. We have speakers talking about Parkinson's related topics. Our goal is offering educational and emotional support to people who are living with Parkinson's disease and their love ones.

Fee: No

Location: Anthem, AZ 85086 – Meeting in-person

For more information, contact Lorrie Duewiger at 412-607-7305 or lduewiger@yahoo.com.

GILBERT

Banner Health Support Groups (Updated May 2023)

Various support groups for Care Partners, Women, and Men.

Fee: No

Location: Gilbert, AZ 85234 – Meeting in-person and virtually

For more information, contact Annette Kluge at 480-827-5800 or

Annette.Edwards@bannerhealth.com.

Link to website [here](#).

Parkinson's Disease Support Group Gilbert (Updated October 2023)

A support groups for Parkinson's people, caregivers in Gilbert and surrounding communities

Fee: No

Location: Gilbert, AZ

For more information, contact Michael Meyers at Mrm1948@gmail.com.

MESA

East Mesa Parkinson Support Group – Muhammad Ali Parkinson Center

Support group for those living with PD and their carepartners. The first hour of the meeting is a joint educational session. The second hour, people with PD split from their carepartners for separate group discussions.

Location: Mesa, AZ 85207 – Meeting virtually

For more information, contact Kristina Watts at 602-406-4921 or Kristina.Watts@DignityHealth.org

Link to website [here](#).

PHOENIX

Ahwatukee Support Group, LivGenerations Ahwatukee – Muhammad Ali Parkinson Center

Location: Phoenix, AZ 85048

For more information, contact Sheri Simpson at (480) 800-7304 or Kris Watts at (602) 406-4921.

Link to website [here](#).

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Coffee Talk – Rehab Without Walls

Location: Phoenix, AZ 85104 – *Meeting in-person and virtually*

For more information, contact Trina Whittaker at 602-393-0620, or Britney Burkett at Britney.burkett@rehabwithoutwalls.com.

Link to website [here](#).

North Central Phoenix Support Group – Muhammad Ali Parkinson Center

Location: Phoenix, AZ 85051

For more information, contact Kris Watts at (602) 406-4921.

Link to website [here](#).

Tea and Tremors Parkinson's Support Group (Updated May 2023)

Provide Support or any stage of the disease and for patients to have tools to become their own health advocates.

Location: Phoenix, AZ 85014 – *Meeting in-person*

For more information, contact Britney Burkett at 602-670-4287 or britney.burkett@rehabwithoutwalls.com.

Parkinson Peer Mentor Program AZ (Updated August 2024)

The Parkinson Peer Mentor Program AZ has 15 trained peer mentors to provide 1:1 support to someone who is newly diagnosed with PD or has been traveling this journey for a while. The mentors are advocates with a positive outlook on managing Parkinson's.

Location: Phoenix, AZ – *Meeting in-person and virtually*

For more information, contact Therese Uthke at 970-749-9194 or ParkinsonMentorAZ@gmail.com.

PRESCOTT

Prescott Parkinson's Support Group (Updated August 2023)

The Prescott Parkinson's Support Group is a volunteer organization devoted to helping support people with Parkinson's disease, their families and their friends.

Fee: No

Location: Prescott, AZ 86301

For more information, contact Pat Levin at 928- 900-4550 or prescottpd2020@gmail.com.

Prescott PD Care Partners Group (Updated April 2023)

Location: Prescott, AZ 86301

For more information, contact Carol Lisbona at 928-900-4550 or prescottpd2020@gmail.com

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SCOTTSDALE

Women with Parkinson's Support Group (Updated April 2023)

Location: Scottsdale, AZ 85255 – *Meeting in-person and virtually*

For more information, contact Sheryl Lowenhar at slowenhar@gmail.com.

Link to website [here](#).

SURPRISE

Surprise Support Group – Muhammad Ali Parkinson Center (Updated May 2023)

Location: Surprise, AZ 85374 – *Meeting in-person*

Fee: No

For more information, contact Joanne Ruelas at 602-406-4266 or joanne.ruelas@dignityhealth.org.

Link to website [here](#).

SUN CITY

Coffee Talk – Banner Health Support Group (Updated May 2023)

Various support groups for Care Partners and People with Parkinson's.

Location: Sun City, AZ 85351 – *Meeting in-person and virtually*

For more information, contact Tessa Sweepe at 623-832-8786 or Tessa.Sweepe@bannerhealth.com.

Link to website [here](#).

Parkinson's Caregiver Support

Location: Sun City, AZ 85375

Fee: Free

For more information, contact Stephanie Lamb at 928-613-2223 or slamb@benevilla.org.

Link to website [here](#).

TUCSON

Parkinson Wellness Recovery/PWR!Gym (Updated April 2023)

The PWR!Gym is a place for Arizona community members to access Physical Therapy, Exercise Therapy, and Wellness Support specifically for people with Parkinson's. We have over 15 different PD-specific group classes for people of all levels of fitness.

Location: Tucson, AZ 85705 – *Meeting in-person*

Fee: Yes

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For more information contact, Pandora Larsen at 520-591-5346 or info@pwr4life.org.
Link to website [here](#).

People with Parkinson's Support Group (Updated May 2023)

This group is led by Dr. Marilyn Hart and is open to those living with Parkinson's and their caregivers.

Location: Tucson, AZ 85718 – Meeting in-person

Fee: No, free

For more information contact, Amy Dowe at 520-615-5429 or adowe@tucsonjcc.org.

VIRTUAL (Muhammad Ali Parkinson Center)

Newly Diagnosed with PD, Care partner Support Group

The group is open to anyone diagnosed with PD three years or less.

Location: Online, AZ 85254

For more information, contact Shannon Arriola at 602-828-8880.

Phoenix Metro Virtual Support Group

Location: Online

For more information, contact Kris Watts at (602) 406-4921.

Young Onset Parkinson's Support Group (Updated April 2023)

This group is for those diagnosed before age 50.

Location: Phoenix, AZ 85013 – Meeting virtually

Fee: No

For more information, contact Joanne Ruelas at 602-406-4266 or joanne.ruelas@dignityhealth.org.

Link to website [here](#).

EN ESPANOL

Comadres Y Compadres Grupos de Apoyo (Actualizado Mayo 2023)

Localizado: En persona y en línea

Para más información, contacte a Claudia Martínez al 602-406-2453

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