



---

## California Local Resources by County

---

*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.*

*\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

<p><b><u>Central Coast</u></b> Monterey, San Benito, San Luis Obispo, Santa Barbara, Santa Cruz, Ventura</p> <p><b><u>Great Sacramento/Shasta</u></b> Butte, Colusa, El Dorado, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, Siskiyou, Sutter, Tehama, Yolo, Yuba</p> <p><b><u>Inland Empire</u></b> Riverside, San Bernardino</p> <p><b><u>Los Angeles County</u></b> Los Angeles</p> <p><b><u>North Coast/Wine Country</u></b> Del Norte, Humboldt, Lake, Mendocino, Napa, Sonoma, Trinity</p>	<p><b><u>Northern Central Valley</u></b> Alpine, Amador, Calaveras, Madera, Mariposa, Merced, Mono, San Joaquin, Stanislaus, Tuolumne</p> <p><b><u>Orange County</u></b> Orange</p> <p><b><u>San Diego – Imperial</u></b> Imperial, San Diego</p> <p><b><u>San Francisco Bay Area</u></b> Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Solano</p> <p><b><u>Southern Central Valley</u></b> Fresno, Inyo, Kern, Kings, Tulare</p> <p><b><u>Programas en español - todo el estado</u></b></p>
---	---



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

## CENTRAL COAST

### Support Groups

#### **Parkinson's Speech and Physical Therapy Program, NextStage Productions**

**Location:** Capitola, CA

For more information, contact Risa Lower at [risa.mac@mac.com](mailto:risa.mac@mac.com)

Link to website [here](#).

#### **Pacific Grove Support Group**

*Support group for Parkinson's patients and their caregivers. Resuming in person meetings in August.*

**Location:** Pacific Grove, CA 93950

For more information, contact [mpsq@montereyparkinsonssupport.com](mailto:mpsq@montereyparkinsonssupport.com).

Link to website [here](#).

### Exercise and Wellness

#### **POP Fit Power Over Parkinson's**

**Location:** Salinas, CA

For more information, contact [larry@actioncouncil.org](mailto:larry@actioncouncil.org)

Link to website [here](#).

#### **Voice and Movement**

*Get LOUD and get MOVING with this split voice and movement class to improve vocal clarity and functional mobility.*

**Location:** Santa Cruz, CA

**Fee:** Yes, \$40 for 8 sessions

For more information, contact Jocelyn Lagier at [jocelynlagier@gmail.com](mailto:jocelynlagier@gmail.com)

Link to website [here](#).

#### **\*PDFit at Paso Robles Physical Therapy, Paso Robles Physical Therapy/Lake Life Wellness Center (updated August 2023)**

*PDFit is a community exercise class put on by Paso Robles Physical Therapy. Our class strives to encourage PWP and their caregivers to participate in exercise specifically aimed at improving movement and combating Parkinson's symptoms.*

**Location:** Paso Robles, CA – Meeting in-person

**Fee:** \$150 monthly fee, Community Grant covers cost

For more information, contact Alyson Amenta at [alysonphuber@gmail.com](mailto:alysonphuber@gmail.com).

Link to Website [here](#).

#### **Neuroboxing Fight Camp**

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

*A non-profit exercise, neurological rehabilitation and physical therapy program. Includes a free monthly support group dedicated to impacting the lives of those living with PD and neurological disease in our community.*

**Location:** Ventura, CA 93003 – Meeting in person

**Fee:** Yes

For more information, contact Beth Baumer at 805-223-6955 or [beth@neuroboxingfightcamp.com](mailto:beth@neuroboxingfightcamp.com)

Link to website [here](#).

### **Rock Steady Boxing VC/LA** (updated May 2023)

*Boxing-inspired group fitness classes are scientifically proven to delay the progression of Parkinson's symptoms.*

**Location:** Camarillo, CA 91320 – Meeting in-person and virtually

**Fee:** Yes

For more information, contact Lisa Oliver at 805-814-6333 or [lisa@rocksteadyboxingvcla.com](mailto:lisa@rocksteadyboxingvcla.com)

Link to website [here](#).

### **Ventura County Neurofitness**

*It's more than just boxing! An intensive training program specifically designed for those with PD and other neurological conditions. Neurofitness exercises classes offer challenges that create brain change.*

**Location:** Ventura, CA 93003- Meeting in-person

**Fee:** Yes

For more information contact Dr. Vanessa White at 805-300-7749 or [vcneurofitness@hotmail.com](mailto:vcneurofitness@hotmail.com)

Link to website [here](#).

## INLAND EMPIRE

### Support Groups

#### **ACV Parkinson's Support Group** (Updated February 2024)

*The support group affiliated with Alzheimer's Coachella Valley is for persons with Parkinson's, care partners and loved ones. It provides emotional support and insights on managing PD in a safe, confidential and judgement-free environment.*

**Location:** Palm Desert, CA 92211 – Meeting in-person.

For more information, contact Priscilla Kubas at 760-776-3100 or [priscilla@cvalzheimers.org](mailto:priscilla@cvalzheimers.org).

Link to website [here](#).

#### **Parkinson's Resource Organization Support Group: Palm Desert**

*Support group for caregivers only.*

**Location:** Palm Desert, CA 92260

For more information, contact the PRO Office at 877-775-4111.

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

#### **Parkinson's Resource Organization Support Group: Palm Desert**

**Location:** Palm Desert, CA 92260

For more information, contact the PRO Office at 877-775-4111.

#### **Apple Valley Parkinson's Support Group**

**Location:** Apple Valley, CA

For more information, contact Ann Miner at 760-954-2859 or eannminer@yahoo.com.

### **Exercise and Wellness**

#### **Starting Line Strength and Stability Center**

*A nonprofit exercise program for individuals diagnosed with Parkinson's Disease. We currently offer Rock Steady Boxing and PWR!Moves.*

**Location:** Beaumont, CA 92223- Meeting in-person

**Fee:** Yes

For more information, contact Christine Guevara 951-755-7070 or [StartingLineSSC@gmail.com](mailto:StartingLineSSC@gmail.com).

Link to website [here](#).

#### **Parkinson's Circuit Strength Training**

The Janet Goeske Foundation is committed to enriching the quality of life of those 50 & older. Our strength training program is designed to help build and maintain muscle mass to combat the effects of sarcopenia on older adults.

**Location:** Riverside, CA 92504 - Meeting in-person

**Fee:** Yes

For more information, contact Danielle Nelson at 951-351-8800 or [dnelson@jgf4seniors.org](mailto:dnelson@jgf4seniors.org).

Link to website [here](#).

## **LOS ANGELES COUNTY**

### **Exercise and Wellness**

#### **5K Training Program**

*This program is of particular value to People with Parkinson's disease but is open to anyone for whom a 5K is a stretch. Family and friends are encouraged to participate, both to support people with PD and to share in the enjoyment of a sociable and professionally coached training program. Everyone is welcome, no advance sign-up required. Just come!*

**Location:** Los Angeles, CA 90033

For more information, contact Sarah Ingersoll, University of Southern California at [singerso@usc.edu](mailto:singerso@usc.edu) or 626-796-4745.

Link to website [here](#).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### **Beat Based Movement**

*Drums & hand Percussion patterns to set the pace, using a simple counting and breathing technique and rhythm coordination. Classes are led by live drums! Patients gain mobility, help with motor and non-motor symptoms through a series of rhythm exercises.*

**Location:** Venice, CA 90292 - Meeting in-person

**Fee:** First class is free, and then a fee

For more information, contact Jorge Villanueva at [jorge@beatbasedmovement.com](mailto:jorge@beatbasedmovement.com) or 818-456-7086.

Link to website [here](#).

### **High Intensity Parkinson's Exercise Classes**

*We help people who are tired and limited by their neurologic diagnoses restore movement, confidence, and strength by providing brain-changing therapy and exercise. The programs include group classes, personal training, yoga therapy, 1:1 coaching, fitness assessments, special events and workshops and more!*

**Location:** Torrance, CA 90503

For more information, contact [info@re-activept.com](mailto:info@re-activept.com) or 424-488-3191.

Link to website [here](#).

### **Lineage Dance Company: Dance for Joy**

*Lineage offers a series of free weekly classes for persons with Parkinson's at the Lineage Performing Arts Center. The classes are aimed at providing exercise, community, creative expression, and managing and mitigating some of the effects of Parkinson's disease.*

**Location:** Pasadena, CA 91104

For more information, contact Brian Elerding at [brian@lineagepac.org](mailto:brian@lineagepac.org).

Link to website [here](#).

### **Power Over Parkinson's POP Fit Program, Monterey Bay Power Over Parkinson's Inc**

**Location:** Monterey, CA

For more information contact Cynthia Zoller at [czs@cindyzsilver.com](mailto:czs@cindyzsilver.com).

Link to website [here](#).

### **PPG Fitness for PD, Edward Charles Foundation**

**Location:** Beverly Hills, CA

For more information contact Maureen McComsey at [maureen@pingpongforgood.org](mailto:maureen@pingpongforgood.org).

Link to website [here](#).

### **\*Precision Rehabilitation's Parkinson's Wellness Grant, Christy Malonzo Physical Therapist Inc. and Manjiri Dahdul Physical Therapist Inc. (updated August 2023)**

*Precision Rehabilitation offers comprehensive, skilled and evidence based practice to treat individuals with a diagnosis of PD. The lifestyle wellness portion of the program will consist of one initial evaluation, eight wellness classes, one mid-point re-assessment, and one final session to create a wellness plan.*

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

**Location:** Long Beach, CA

**Fee:** None

For more information, contact Manjiri Dahdul at [manjiridahdul@gmail.com](mailto:manjiridahdul@gmail.com).

Link to Website [here](#).

### **\*Re+integrate, Re+active physical therapy and wellness** (updated August 2023)

*Re+integrate is a 6 month holistic integrated program of PT, OT, psychology and peer support to promote lifelong physical and mental health in people with Parkinson's Disease and their care partners. We will be enrolling individuals with all different stages of disease chronicity to participate in a program that includes free monthly wellness memberships tailored to participation in exercise, psychology support, and play based activities with their care partner.*

**Location:** Torrance, CA

**Fee:** None

For more information, contact Julie Hersberg at [info@re-activept.com](mailto:info@re-activept.com).

Link to Website [here](#).

### **Neuroboxing**

*Neuroboxing is a non-profit organization dedicated to impacting the lives of those with traumatic brain injuries and neurological disorders, including those with Parkinson's, through non-contact boxing.*

**Location:** Westlake Village, CA 91362

For more information, contact Josh Ripley at [josh@neuroboxing.org](mailto:josh@neuroboxing.org).

Link to website [here](#).

### **Dance 4 Your Health**

This program is specially designed to bring the joy of dance and music to individuals with Parkinson's disease and their caretakers. Enjoy from the comfort of your own home!

**Location:** Lancaster, CA 93535 - Meeting virtually.

For more information, contact Lisa Sandoval at [info@dance4yourhealth.com](mailto:info@dance4yourhealth.com) or 661-916-1318.

Link to website [here](#).

### **Adaptive Physical Education Class**

*Water and physical exercise with special attention given to the needs of individuals with Parkinson's disease. Course number is 37326.*

**Location:** Lancaster, CA 93536

**Fee:** \$47 for the class; A semester parking pass is \$20.

For more information, contact 661-722-6300.

### **Invertigo Dance Theatre's Dancing Through Parkinson's Program, Invertigo Dance Theatre**

**Location:** Culver City, CA

For more information, contact David Mack or [development@invertigodance.org](mailto:development@invertigodance.org)

Link to website [here](#).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### **Keck School of Medicine of the University of Southern California, a Parkinson's Foundation Center of Excellence**

**Location:** Los Angeles, CA 90033

Link to website [here](#).

### **Parkinson's Group Wellness Programs**

*Offers two levels of exercise groups: Wellness Group and High-Intensity Exercise Group. Both groups incorporate a variety of exercise approaches to address mobility, speech, education. Therapists are PWR! and LSVT trained.*

**Location:** Pomona, CA - Meeting in-person.

Fee: Yes

For more information, contact CasaColina Outpatient Services at 909/596-7733, ext 3500 or

[ecasselle@casacolina.org](mailto:ecasselle@casacolina.org)

Link to website [here](#).

### **Parkinson's Resource Organization**

*Various groups with different audiences and locations.*

**Location:** Various locations in LA county

For more information, contact 877-775-4111.

Link to website [here](#).

### **Spanish-language Programs for the Parkinson's Community in Los Angeles and Beyond, Parkinson's Community Los Angeles**

**Location:** Los Angeles, CA

For more information, contact Sarah King or [sarah@pcla.org](mailto:sarah@pcla.org)

Link to website [here](#).

## **NORTH COAST/WINE COUNTRY**

### **Support Groups**

#### **Napa Young Onset Support Group**

*Support group for young onset Parkinson's patients and their caregivers.*

**Location:** Napa, CA 94558

For more information, contact

### **Exercise and Wellness**

#### **PWR! Moves Class**

*This movement class is for those living with Parkinson's disease, essential tremor or balance issues. Classes are designed to increase strength, flexibility, coordination, balance and posture. The goal is*

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

*to enhance motor, cognitive and emotional functions and daily quality of life. Meeting Virtually.*

**Locations:** Various locations in St. Helena, CA 94574, Calistoga, CA 94515, and Angwin, CA  
For more information, contact Rianda House at 707-963-8555. EXT. 103- Program Manager

Link to website [here](#).

#### **Rock Steady Petaluma**

*Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum lead by certified coaches.*

**Location:** Petaluma, CA 94952 - Meeting in-person.

**Fee:** Yes

For more information, contact Jeanette Perry at (707) 595-6548 or [petaluma@rsbaffiliate.com](mailto:petaluma@rsbaffiliate.com).

Link to website [here](#).

## NORTHERN CENTRAL VALLEY

### Exercise and Wellness

#### **Rock Steady Boxing**

*Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. No boxing experience is necessary, and people of all ages are invited to participate.*

**Location:** Modesto, CA 95356

For more information, contact Jackie Mendoza, Manager, at 209-544-1615.

## ORANGE COUNTY

### Support Groups

#### **Orange County Parkinson's Disease Support Groups, PDBuzz** (updated February 2023)

*Whether you are newly diagnosed with Parkinson's or have been living with PD for years, it helps to talk to others who are going through the same thing.*

**Location:** Orange County, see website for list of locations

For more information, contact [info@pdbuzz.com](mailto:info@pdbuzz.com).

List to website [here](#).

#### **Parkinson's Resource Organization Support Group: Manhattan Beach**

*These meetings may alternate between caregiver only meetings and meetings that also include individuals with PD.*

**Location:** Manhattan Beach, CA 90266 - Meeting virtually.

For more information, contact the PRO Office at 877-775-4111.

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*





## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

Link to website [here](#).

### **Parkinson's Resource Organization Support Group: Newport Beach**

*These meetings may alternate between Caregiver Only meetings and meetings that also include individuals with PD.*

**Location:** Corona Del Mar, CA 92625 – Meeting virtually.

For more information, contact the PRO Office at 877-775-4111.

Link to website [here](#).

### **Parkinson's and/or Dementia Care Partner Support Group** (updated March 2023)

*Members have the opportunity to interact with others who understand the physical and emotional demands of care partnering.*

**Location:** Irvine, CA, 92614 – Meeting in person.

**Fee:** No

For more information, contact Kelli French at 614-557-9604 or [kellif67@gmail.com](mailto:kellif67@gmail.com)

### **UCI Parkinson's Support Group** (updated February 2024)

*The UCI Health Parkinson's Disease Support Group is for individuals diagnosed with Parkinson's disease and those who support them.*

**Location:** Irvine, CA – Meeting virtually.

**Fee:** No

For more information, contact Brandee Lagasse at 714-456-8311 or [blagasse@hs.uci.edu](mailto:blagasse@hs.uci.edu).

## Exercise and Wellness

### **\*Dancing Hearts, Healthy Minds, Rx Ballroom Dance** (updated August 2023)

*Rx Ballroom's dance therapy program generally consists of weekly ballroom dance classes for participants ranging from beginner to advanced levels. Each lesson is designed specifically for those struggling with neurodegenerative conditions. Our program offers a purposeful and fun way to create and/or expand participants' social circles, lift their spirits and begin to live again.*

**Location:** Ladera Ranch, CA

**Fee:** None

For more information, contact Erin Drake [info@rxballroomdance.com](mailto:info@rxballroomdance.com).

Link to Website [here](#).

### **Improving the lives of people newly diagnosed and women with Parkinson's Disease, Rogue Physical Therapy & Wellness Inc**

*Rogue is a wellness program for people with Parkinson disease located in Fountain Valley, California.*

**Location:** Fountain Valley, CA 92708

For more information, contact Claire McLean at [info@roquept.com](mailto:info@roquept.com)

Link to website [here](#).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### **Expansion of the Parkinson's Exercise Programs in Orange County, CA, Parkinson's Association of Orange County**

**Location:** Dana Point, CA 92618

For more information, contact Kerry Keen at [kerrykeen@pacbell.net](mailto:kerrykeen@pacbell.net)

### **Orange County Tremble Clefs Community Outreach and Wellness Project Parkinsons Association of Orange County**

**Location:** Irvine, CA

For more information, contact Karen Skipper at [kmsmusic@cox.net](mailto:kmsmusic@cox.net)

Link to website [here](#).

### **Orange County Parkinson's Exercise Classes, PDBuzz** (updated February 2023)

*Studies are showing that exercise is beneficial for people with Parkinson's.*

**Location:** Orange County, see website for list of locations

For more information, contact [info@pdbuzz.com](mailto:info@pdbuzz.com).

Link to website [here](#).

### **Orange Coast Medical Center's Parkinson's and Movement Disorders Program – FY22 Orange Coast Medical Center**

**Location:** Fountain Valley, CA

For more information, contact Theresa Stern at [tstern@memorialcare.org](mailto:tstern@memorialcare.org)

Link to website [here](#).

### **Parkinson's Cardio Dance Class, Orange County Occupational Therapy, Inc.**

**Location:** Costa Mesa, CA

For more information contact Leann Vitale at [info@theocot.com](mailto:info@theocot.com).

Link to website [here](#).

### **Parkinson's Wellness Program of UCI, UC Irvine Health**

**Location:** Orange, CA

For more information, contact Betsaida Cruz-Coble or [bcruzcob@uci.edu](mailto:bcruzcob@uci.edu)

Link to website [here](#).

### **Rock Steady Boxing Orange County**

*Boxing program to relieve and counter symptoms of PD and improve physical and mental health.*

**Location:** Rancho Santa Margarita, CA 92688 - Meeting in-person

**Fee:** Yes

For more information, contact Gary Ballard 714-914-3316 or [gary@ballardfitness.com](mailto:gary@ballardfitness.com).

Link to website [here](#).

### **Rx Ballroom Dance Therapy Program- Dance for Improved Quality of Life!, Rx Ballroom Dance**

*This program consists of weekly ballroom dance classes specifically designed to engage both the body and mind to alleviate symptoms of diseases such as Parkinson's and Alzheimer's.*

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

**Location:** Ladera Ranch, CA 92694

For more information, contact Erin Drake at [info@rxballroomdance.com](mailto:info@rxballroomdance.com)

Link to website [here](#).

## SAN DIEGO/IMPERIAL

### Support Groups

#### **San Diego Central County Parkinson's Support Group**

*The SDCCPSG serves as a resource within the greater San Diego metropolitan area to facilitate education, assistance and support for persons with Parkinson's and their families.*

**Location:** Various locations around San Diego County - Meeting virtually.

For more information, contact Nancy Floodberg at [president@sdccpsg.org](mailto:president@sdccpsg.org).

Link to website [here](#).

#### **San Diego Parkinson's Support Group Network**

*Various audiences, focuses, and locations for PWP and caregivers*

**Location:** Various locations throughout San Diego County

For more information, contact 619-565-0411 or [info@support4pd.org](mailto:info@support4pd.org).

Link to website [here](#).

#### **Parkinson's Association of San Diego**

*The Parkinson's Association is a non-profit organization dedicated to the well-being of people in our community who are affected by neurological and movement disorders. Provides support groups, exercise classes, and other event listings.*

**Location:** Various locations throughout San Diego County

For more information, contact Chris Buscher at 858-999-5671 or [info@parkinsonsassociation.org](mailto:info@parkinsonsassociation.org).

Link to website [here](#).

#### **North County Parkinson's Support Group**

*Four chapters provide monthly support group meetings including educational component and breakouts where PwP and CPs meet separately to discuss successes and challenges. Also sponsor exercise classes, social gatherings, monthly newsletter. Meeting in person.*

**Location:** Various locations in Oceanside, Fallbrook, La Costa, and Rancho Bernardo, CA

For more information, contact Paul Dawson at 760-497-1200 or [paul@video-fire.com](mailto:paul@video-fire.com), or Irene Miller at 760-731-0171 or [NCPSGF@GMAIL.COM](mailto:NCPSGF@GMAIL.COM).

Link to website [here](#).

#### **Parkinson's Connection Orange County, Parkinson's Wellness Fund**

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

**Location:** La Jolla, CA

For more information, contact Lauren Simmons at [info@pdbuzz.com](mailto:info@pdbuzz.com)

Link to website [here](#).

## Exercise and Wellness

### **Jump Start Your Journey, NeuroLab 360 Rehabilitation and Wellness**

**Location:** Encinitas, CA

For more information contact Jessie Agrimis at [info@neurolab360.com](mailto:info@neurolab360.com).

Link to website [here](#).

### **Luchando contra el Parkinson, Juan Carlos Organization**

**Location:** San Diego, CA 92169

For more information contact, Lisbeth Garces at [juancarlosorganization@gmail.com](mailto:juancarlosorganization@gmail.com)

Link to website [here](#).

### **Tremble Clefs San Diego**

*Tremble Clefs is a fun, and free therapeutic singing program for people living with Parkinson's and their care partners.*

**Location:** San Diego, CA 92120

For more information, contact Karen Hesley at [khesley@hotmail.com](mailto:khesley@hotmail.com)

Link to website [here](#).

### **Rock Steady Boxing San Diego**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Escondido, CA 92025

For more information, contact Marylene Rosa Kuhlmann at [sandiego@rsbaffiliate.com](mailto:sandiego@rsbaffiliate.com)

Link to website [here](#).

### **\*Sharp Grossmont Hospital: Group Exercise and Education Class for Newly Diagnosed People with Parkinson's, Grossmont Hospital Foundation** (updated August 2023)

*The community class will participate in group exercise classes led by a PD-trained PT, where the client and their care team will receive additional educational content from PD-trained OT and ST. It is critical to encourage and establish early and lifelong exercise habits in a space that provides camaraderie, support and motivation because research supports early exercise for PD patients in a group format.*

**Location:** La Mesa, CA

**Fee:** None

For more information, contact Kate Wayne at [kate.wayne@sharp.com](mailto:kate.wayne@sharp.com).

Link to Website [here](#).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### **University of California, San Diego Movement Disorder Center, a Parkinson's Foundation Center of Excellence**

**Location:** San Diego, CA 92037

Link to website [here](#).

## SAN FRANCISCO BAY AREA

### Support Groups

#### **Parkinsons Caregiver Resource Help**

**Location:** SF / East Bay locations

For more information, contact Aaron Daley at [aaron.daley@ucsf.edu](mailto:aaron.daley@ucsf.edu) or 415-476-9276

#### **San Francisco VA Medical Center Support Group**

*Support group for veterans Parkinson's Disease (open to anyone). Walk-ins welcome.*

**Location:** San Francisco, CA 94121

For more information, contact Annie Li Wong at 415-379-5530.

#### **Young Onset Support Group**

*Support group for young onset Parkinson's patients and their caregivers.*

**Location:** San Francisco, CA - Meeting virtually.

For more information, contact Monica Voltz at 415-353-7382 or [monica.volz@ucsf.edu](mailto:monica.volz@ucsf.edu)

#### **Stanford Neuroscience Supportive Care**

*A variety of free support groups, classes, workshops, 1:1 consultations and services open to all patients and families regardless of where you receive care. All classes are tailored to the unique needs of Neuroscience patients.*

**Location:** Meeting virtually

For more information contact 650-721-8500 or [NSCP@stanfordhealthcare.org](mailto:NSCP@stanfordhealthcare.org)

Link to website [here](#).

#### **Stanford Neuroscience Health Center**

*Support groups and classes by and for people with Parkinson's Disease, Walk ins welcome*

**Location:** Multiple locations

For more information, contact TC Cowles, BSN, RN at [NSCP@stanfordhealthcare.org](mailto:NSCP@stanfordhealthcare.org) or 650-721-8500.

Link to website [here](#).

#### **San Jose Willow Glen Support Group**

*Support group for Parkinson's patients and their caregivers.*

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

**Location:** San Jose, CA 95125 - Meeting in-person.

For more information, contact Pat at [pat.flanigan.524@gmail.com](mailto:pat.flanigan.524@gmail.com) or Dave at [davelambert997@gmail.com](mailto:davelambert997@gmail.com).

### **PD Active Diversity Outreach Program, PD Active**

**Location:** Berkeley, CA

For more information, contact Adam Mizock or [amizock@gmail.com](mailto:amizock@gmail.com)

Link to website [here](#).

### **Fremont Support Group**

*Support group for Parkinson's patients and their caregivers.*

**Location:** Fremont, CA – Meeting virtually.

For more information, contact Barbara DeGregorio at 510-693-2884 or [d.degregorio@comcast.net](mailto:d.degregorio@comcast.net)

### **Flying Solo Network** (Updated November 2023)

*A virtual community for individuals with Parkinson's Movement Disorders who live alone. The purpose of this network is to build a virtual community of support & information for those who know what it's like to Fly Solo.*

**Location:** Meeting Virtually

For more information, contact Helena Fox at 408-656-4763 or [helenafx@aol.com](mailto:helenafx@aol.com).

### **Brentwood Support Group**

*Support group for Parkinson's patients and their caregivers.*

**Location:** Brentwood, CA 94513

For more information, contact Sue and Duane Schnittker at 925-550-2756 or [saresa@comcast.net](mailto:saresa@comcast.net).

### **Walnut Creek Support Group**

*Support group for Parkinson's patients and their caregivers.*

**Location:** Walnut Creek, CA 94595

For more information, contact Lance Gershen at 925-932-1028 or Abraham Raja at 925-381-0688

### **Marin Parkinson's Support Group**

*Meeting Virtually.*

**Location:** Mill Valley, CA 94941

For more information, contact Katherine Jones at [kathjones@mac.com](mailto:kathjones@mac.com) or 415-927-7647 or Elizabeth Mazariegos-Ramirez at [elizabeth@alegrecare.com](mailto:elizabeth@alegrecare.com)

Link to website [here](#).

### **Caregiver Support Group**

**Location:** Mill Valley, CA 94941

For more information, contact JoAnn Katz at [joannkatzmft@gmail.com](mailto:joannkatzmft@gmail.com).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### Exercise and Wellness

#### **Dance Moves Me! For Parkinson's**

*Dance Moves Me! brings a fresh and fun approach to dance and rhythmic movement for people living with Parkinson's disease.*

**Location:** Walnut Creek, CA 94597

**Fee:** Yes, \$10/class

For more information, contact Debbie Sternbach at [fasn8n@comcast.net](mailto:fasn8n@comcast.net) or 510-653-8362.

#### **SMU School of Physical Therapy**

*Group classes consisting of boxing for people with Parkinson's Disease. Board certified faculty.*

**Location:** Oakland, CA 94609- Meeting in-person and online

**Fee:** Free

For more information contact Jose Reyna at 510-879-9200 x7343 or [jreyna@samuelmerritt.edu](mailto:jreyna@samuelmerritt.edu).

Link to website [here](#).

#### **dNaga's Dance for PD, Oakland 2023-24** (updated August 2023)

*dNaga's Dance for PD® program in Oakland provides free weekly classes to members of the Parkinson's community. Through musicality and imagery taught through the art of dance, students explore new ways to move and create dance in a social setting.*

**Location:** Oakland, CA

**Fee:** None

For more information, contact Claudine Naganuma at [dNaganoodle@gmail.com](mailto:dNaganoodle@gmail.com).

Link to Website [here](#).

#### **Parkinson's Exercise & Caregiver Program 2022 Community Grant, City of Union City - Community & Recreation Services,**

**Location:** Union City, CA

For more information, contact Robert Magbanua at [robertmagbanua@unioncity.org](mailto:robertmagbanua@unioncity.org).

Link to website [here](#).

#### **\*Dance for People With Parkinson's, San Francisco Ballet Association** (updated August 2023)

*San Francisco Ballet School offers dance classes specially designed for people with Parkinson's Disease and their family members, friends, and caregivers.*

**Location:** San Francisco, CA – Meeting in-person and online

**Fee:** None

For more information, contact Elizabeth Luu at [eluu@sfballet.org](mailto:eluu@sfballet.org).

Link to Website [here](#).

#### **Jewish Family and Children's Services, Seniors at Home Jewish Family and Children's Services**

*Seniors At Home, the award-winning senior services division of JFCS, helps older adults live independently and provides peace of mind to their families.*

**Location:** San Francisco, CA 94115

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

For more information, contact [TraciD@jfcs.org](mailto:TraciD@jfcs.org)

Link to website [here](#).

### **Mindfulness-Based Cognitive Therapy for People with Parkinson's Disease, University of California San Francisco**

**Location:** San Francisco, CA 94143

For more information, contact Andreea Seritan at [andreea.seritan@ucsf.edu](mailto:andreea.seritan@ucsf.edu).

Link to website [here](#).

### **Mobility Tango**

**Location:** San Francisco, CA 94121

For more information, contact Bob Noakes 415-710-2144.

### **PDSF Network – Dance for PD**

*Parkinson's Disease San Francisco Network (PDSF Network) is a peer resources group that supports people with Parkinson's disease and our caregivers. Dance for PD is a movement class for people with Parkinson's Disease, their friends, family, and caregivers.*

**Location:** Various locations in San Francisco

For more information, contact 415-285-7377 or [pdsfnetwork@gmail.com](mailto:pdsfnetwork@gmail.com).

Link to website [here](#).

### **PWR! Moves**

*This intermediate class is based on PWR! Moves program.*

**Location:** San Francisco, CA 94114

For more information, contact Jennifer Broader, DPT, NCS at 415-600-5358.

### **Rock Steady Boxing SF**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** San Francisco, CA 94109

**Fee:** Yes, \$150/month

For more information, contact Kim Voronin at [rocksteadyboxingsf@gmail.com](mailto:rocksteadyboxingsf@gmail.com).

Link to website [here](#).

### **SF Ballet Dance Class for Parkinson's**

*San Francisco Ballet offers a dance class specially designed for people with Parkinson's disease (PD). These classes emphasize large balletic movements and are designed to honor PD specific concerns such as balance, flexibility, isolation, and depression.*

**Location:** San Francisco, CA 94109 – Meeting virtually and in-person.

For more information, contact Cecilia Beams at [cbeam@sfballet.org](mailto:cbeam@sfballet.org).

Link to website [here](#).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*





## California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### **University of California, San Francisco, a Parkinson's Foundation Center of Excellence**

*The University of California, San Francisco Medical Center has an international reputation for its excellence as a clinical and research facility and the UCSF Department of Neurology is widely recognized as one of the leading neuroscience centers in the United States.*

**Location:** San Francisco, CA 94143

Link to website [here](#).

### **Adaptive Physical Education**

7 Different Parkinson's Exercise classes are offered year-round including: Yoga, Boxing, and Exercise for Parkinson's. New classes are starting soon including PD Yoga in Spanish and PD Mobility Training.

**Location:** Redwood City, CA

For more information, contact [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org) or call (650)368-7732.

Link to website [here](#).

### **\*Compassion Training for Caregivers and Creative Exercise Programming, Adaptive Physical Education** (updated August 2023)

*For more than 30 years, Adaptive Physical Education has been a fitness and wellness program for adults of all ability levels, particularly seniors, with physical disabilities or health limitations.*

**Location:** Redwood City, CA

**Fee:** None

For more information, contact Barbara McCarthy at [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org).

Link to website [here](#).

### **Parkinson Association of Northern California**

*Dedicated to helping individuals and families affected by Parkinson's disease and related conditions, hosts various groups with different audiences and locations.*

**Location:** Various locations

For more information, contact 916-357-6641.

Link to website [here](#).

### **Rock Steady Boxing Peninsula**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Belmont, CA 94002

**Fee:** Yes

For more information, contact Freddy Silva at [rocksteadyfreddy650@gmail.com](mailto:rocksteadyfreddy650@gmail.com) or 415-385-5668.

Link to website [here](#).

### **Rock Steady Boxing San Jose**

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Santa Clara, CA

For more information, contact Freddy Silva at [rocksteadyfreddy650@gmail.com](mailto:rocksteadyfreddy650@gmail.com) or 415-385-5668.

### **Stanford Healthcare Wellness Classes (Updated October 2023)**

*This in-person class teaches Argentine Tango as an exercise to improve movement and balance for adults with Parkinson's Disease.*

**Location:** Palo Alto, CA 94304 – Meeting In-Person

**Fee:** No

For more information, contact Carly Aozasa at [wellnessclasses@stanfordhealthcare.org](mailto:wellnessclasses@stanfordhealthcare.org) or 650-736-2234.

Link to website [here](#).

### **Rock Steady Boxing Silicon Valley**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Mountain View, CA 94043

For more information, contact Freddy Silva at [rocksteadyfreddy650@gmail.com](mailto:rocksteadyfreddy650@gmail.com) or 415-385-5668.

Link to website [here](#).

### **Taiko for Parkinson's Disease**

*This class includes basic taiko drumming techniques and form, which emphasize large amplitude movements, full extensions, trunk rotation, and using a loud voice. Care partners and family members are also welcome. No experience necessary.*

**Location:** Santa Clara, CA - Meeting in-person.

For more information, contact Yurika Chiba at (408) 293-9344 or [yurika@taiko.org](mailto:yurika@taiko.org)

Link to website [here](#).

### **Dance for Parkinson's Diablo Ballet**

*Music and movement to target Parkinson's concerns such as coordination, balance, flexibility, isolation, and depression.*

**Location:** Walnut Creek, CA 94596 - Meeting online.

**Fee:** Yes

For more information, contact Lauren Jonas at [lauren@diabloballet.org](mailto:lauren@diabloballet.org).

Link to website [here](#).

### **PD Connect High Intensity Class**

*Introducing a high-intensity, highly focused group exercise class specifically designed for people with Parkinson's disease.*

**Location:** Corte Madera, CA 94925 - Meeting virtually.

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

For more information, contact Lisa Oei at 415-604-2477 or [lisa@PD-Connect.org](mailto:lisa@PD-Connect.org).

Link to website [here](#).

#### **The First BIG STEP™, PD-Connect**

**Location:** Corte Madera, CA

For more information contact Lisa Oei at [lisa@pd-connect.org](mailto:lisa@pd-connect.org).

Link to website [here](#).

## SOUTHERN CENTRAL VALLEY

### Support Groups

#### **Bakersfield Parkinson's Support Group**

*Bakersfield Parkinson's Support Group is an association of patients with Parkinson's disease (PD) their caregivers, and medical professionals in Bakersfield, California. Bakersfield is in the heart of "Parkinson's Alley" with an unusually high incidence of PD. The group has been supporting the Parkinson's community for nearly two decades.*

**Location:** Bakersfield, CA - Meeting virtually.

For more information, contact Paul Gipe at 661 325 9590 or [pgipe@igc.org](mailto:pgipe@igc.org) or David Campbell at 661 872-3646 or [campbell.david64@gmail.com](mailto:campbell.david64@gmail.com)

#### **Greater Fresno Parkinson's Support Group** (Updated February 2024)

*We are people with Parkinson's, care partners, and other interested people who get together and share ways to live better with Parkinson's. We welcome any age and any stage of Parkinson's.*

**Location:** Clovis, CA 93611

For more information, contact Lisa Jones at [lisa2jones@yahoo.com](mailto:lisa2jones@yahoo.com).

Link to website [here](#).

#### **The Movers and Shakers of Fresno**

This is a Parkinson's support group that provides educational talks aimed at equipping our members with useful tools to help them manage their symptoms and maintain a higher quality of life.

**Location:** Fresno, CA 93722- Meeting in-person and online

**Fee:** Free

For more information contact Jessica Tax at 559-369-4284 or [Jessica@moveuphealth.com](mailto:Jessica@moveuphealth.com).

Link to website [here](#).

### Exercise and Wellness

#### **Rock Steady Boxing Central Cal**

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

February 2024



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Fresno, CA 93720

**Fee:** Yes

For more information, contact John Bowers at 559-392-8842 or [centralcal@rsbaffiliate.com](mailto:centralcal@rsbaffiliate.com).

Link to website [here](#).

## GREATER SACRAMENTO/SHASTA

### Support Groups

#### **Parkinson Association of Northern California**

*Run PD and Care partner support groups in 14 No CA counties, Annual Educational Conference (Sacramento vicinity), quarterly newsletter and training exercise professionals through our ParkinsonWise program.*

**Location:** Various locations in Northern California - Meeting in-person.

For more information, contact Sean Tracy at 916-357-6641 or [panc@panctoday.org](mailto:panc@panctoday.org)

Link to website [here](#).

#### **Redding Parkinson's Support Group**

*A local support group for people with Parkinson's. There are also other activities such as speech therapy, exercise and Karaoke.*

**Location:** Anderson, CA – Meeting in-person.

**Fee:** No

For more information, contact Kim Hawkins at 530-945-728 or [kim.reddingpsg@gmail.com](mailto:kim.reddingpsg@gmail.com).

### Exercise and Wellness

#### **Spread the Word: Mental Health Resources and Outreach to People with Parkinson's Disease, Parkinson's Association of Northern California**

**Location:** Beaumont, CA 92223

For more information, contact [panc@panctoday.org](mailto:panc@panctoday.org)

Link to website [here](#).

#### **Starting Line Strength and Stability Center**

*A nonprofit exercise program for individuals diagnosed with Parkinson's Disease. We currently offer Rock Steady Boxing and PWR!Moves.*

**Location:** Beaumont, CA 92223 - Meeting in-person

**Fee:** Yes

For more information contact Christine Guevara at 951-755-7070 or [StartingLineSCC@gmail.com](mailto:StartingLineSCC@gmail.com).

*This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*



### California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

Link to website [here](#).

#### **North State Therapy Choir, Chico, North Valley Community Foundation**

**Location:** Chico, CA 95928 - Meeting virtually.

For more information contact, Erin Haley at [erin@haleymusictherapy.com](mailto:erin@haleymusictherapy.com)

Link to website [here](#).

---

## Programas en español

---

### Grupos de Apoyo

#### **JUNTOS - Con un Cafecito, grupo de apoyo en español**

*Nuestro grupo ofrece información sobre los recursos disponibles para manejar los síntomas de Párkinson. Tendremos oradores profesionales invitados, actividades terapéuticas, oración, plática, y amistad. Juntos, podemos apoyar un mejor bienestar con Parkinson.*

**Localización:** Camarillo, CA 93010

El contacto: Michelle Rios, 805-377-2130 o [grupojuntos7@gmail.com](mailto:grupojuntos7@gmail.com)

#### **¡Juntos Unidos! A peer led Hispanic Outreach Program, UCSD Parkinson and Movement Disorders Center**

**Localización:** La Jolla, CA

Para más información, contacte a Adriana Gonzalez [acq008@ucsd.edu](mailto:acq008@ucsd.edu)

#### **Luchando contra el Parkinson, Juan Carlos Organization**

**Localización:** San Diego, CA 92169

Para más información, contacte a Lisbeth Garces [juancarlosorganization@gmail.com](mailto:juancarlosorganization@gmail.com)

Enlace al sitio web [aquí](#).

#### **\*Promotores y embajadores de Parkinson - Parkinson's Promoters and Ambassadors 2023, Give for a Smile**

**Localización:** Garden Grove, CA

Para más información, contacte a Adriana Jimenez [ajimenez@giveforasmile.org](mailto:ajimenez@giveforasmile.org)

Enlace al sitio web [aquí](#).