

Mid-Atlantic Support Groups

WASHINGTON D.C.

Chevy Chase Carepartners Support Group

Location: Mondays on Zoom at 11 am.

Contact: Leon Paparella (202) 966-4450 to register

Georgetown Support Group

Location: 3rd Monday of the Month on Zoom at 2 pm.

Contact: Leon Paparella (202) 966-4450 to register

Parkinson's Support Group

Location: Tuesdays on Zoom at 10 am.

Contact: Leon Paparella (202) 966-4450 to register

Sibley Parkinson's Support Group

Location: 2nd Thursday of the month from 2:30 – 3:30 PM on Zoom

For Zoom info, contact: (202) 364-7602

Sibley Care-Partner Support Group

Location: 4th Thursday of the month at 4:00 on Zoom

For Zoom info, contact: (202) 364-7602

DELAWARE

Modern Maturity Caregiver Resource Center

Support group for people with Parkinson's

Location: Dover, DE 19904 – *Meeting in-person*

For more information, contact Dawn Morris at 302-734-1200, ext 186 or dawn.morris@modern-maturity.org.

Location: Dover, DE 19904

For more information, contact Cindy Clark at 302-734-1200, ext. 186 or Mmc_caregiver@hotmail.com.

Location: Lewes, DE 19971

For more information, contact:

- Dennis Leebel – 302-644-3465, 410-615-7732 or bleebel@verizon.net
- Kathy Landis – 302-856-5187

Location: New Castle, DE 19720

For more information, contact Gary Chard at 302-332-8791 or G195dude@yahoo.com.

Location: Newark, DE 19713

For more information, contact David Kaplan at 302-239-1190 or PDyodah@yahoo.com.

Mid-Atlantic Support Groups

Parkinson's Education and Support Group

The Parkinson's Education and Support Group of Sussex County provides educational programs and exercise classes for people with PD and their families.

Location: Lewes, DE 19958 — *Meeting in-person (updated December 2023)*

Fee: Yes

For more information, contact Amanda Peters at 302-430-9352 or

Amanda.peters@me.com

Link to website [here](#).

Location: Rehoboth Beach, DE 1997- *Meeting in-person and online*

For more information contact Patricia Slygh at 410-322-3000 or pcslygh@comcast.net.

Link to website [here](#).

Location: Seaford, DE 19973

For more information, contact:

- Dennis Leebel – 302-644-3465, 410-615-7732 or bleebel@verizon.net
- Kathy Woolman – 302-854-2886.

Location: Wilmington, DE 19808

For more information, contact David Kaplan at 302-239-1190 or PDyodah@yahoo.com.

Location: Wilmington, DE 19810

For more information, contact:

- Gary Chard – 302-332-8791 or G195dude@yahoo.com
- Kathy Scott – 302-477-8813 or kcscott@5sgc.com.

MARYLAND

Carroll Hospital Parkinson's Support Group

Informational support group. Caregivers welcome.

Location: Westminster, MD 21157

For more information, contact Christina McGann at 410-871-6165 or cmcgann@lifebridgehealth.org.

Gulf Senior Living Community, Gulf Creek

Location: 1 Meadow St

Berlin, Maryland 21811

2nd Tuesday from 3:15 PM to 4:30 PM

Mary Leidner - 410-430-0456

Kay Rentschler - 410-713-5905

[Visit Primary Website](#)

Grace Memorial Community Church

Location: 1005 Bishop Walsh Rd.

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

Updated 2/11/25

Mid-Atlantic Support Groups

Cumberland, Maryland 21502

1st Friday at 4:00 PM

Pam Dolly - 304-738-2196

[Visit Primary Website](#)

Immanuel Lutheran Church

7215 Ocean Gateway

Easton, Maryland 21601

2nd Tuesday from 11:00 AM to 12:30 PM

Bailey Vernon - 410-616-2811

Chelsea Ganc - 410-955-6684

[Visit Primary Website](#)

MAC, Inc. (Salisbury-Wicomico Senior Services Center)

Location: 909 Progress Circle,

Salisbury, Maryland 21804

3rd Wednesday at 2:00 PM

Ruth Marie Carroll - 410-677-1035

[Visit Primary Website](#)

Bowie Senior Center

Location: 14900 Health Center Dr.

Bowie, Maryland 20716

Second Monday of the month from 2:00 PM to 3:30 PM

Nell Baldacchino - 301-844-6510/ Nellpb@verizon.net

MedStar St. Mary's Hospital Health Connections Outpatient Pavilion, second floor

Location: 25500 Point Lookout Rd.

Leonardtown, Maryland 20650

2nd Tuesday at 6:00 PM

Medstar Health Connections - 301-475-6019

[Visit Primary Website](#)

Bender JCC of Greater Washington

Location: 6125 Montrose Rd.

Rockville, Maryland 20852

Tuesdays at 1:00 PM

Inna Bellisario - 301-348-3710/ ibellisario@benderjccgw.org

[Visit Primary Website](#)

Brooke Grove Rehabilitation and Nursing Center

Location: 18131 Slade School Rd.

Sandy Spring, Maryland 20860

2nd Wednesday at 2:15 PM

PFNCA - 301-844-6510/ pfnca@parkinsonfoundation.org

[Visit Primary Website](#)

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Leisure World Clubhouse 2

Location: 3300 N. Leisure World Blvd.

Silver Spring, Maryland 20906

2nd Tuesday at 3:00 PM

Manny Horowitz - 301-598-9703/ Ehorowitz01@comcast.net

Ray Weil - 301-598-3447/ raywwjr@hotmail.com

[Visit Primary Website](#)

Annapolis Exchange Building Sales Center for The Villages at Providence Point - 3rd Floor

Location: 1997 Annapolis Exchange Parkway, Suite 310

Annapolis, Maryland 21401

Every Third Friday from 2:00 PM to 3:30 PM

[Tom Bolander](#) - Tom@comforcare.com

[Visit Primary Website](#)

Calvert Library Fairview Branch

Location: 8120 Southern Maryland Blvd.

Owings, Maryland 20736

2nd Thursday from 12:30 PM to 2:00 PM

[Clemie Pizzillo](#) - [301-273-5002](tel:301-273-5002)

[Visit Primary Website](#)

Elks Lodge in Severna Park

Location: 160 Truck House Rd.

Severna Park, Maryland 21146

4th Tuesday at 12:00 PM

[Gary Pollack](#) - [410-315-9953](tel:410-315-9953)

[Visit Primary Website](#)

William McFaul Activities Center

Location: 525 W. McPhail Rd.

Bel Air, Maryland 21014

1st Thursday at 2:00 PM

[Sarah Phelan](#) - [410-955-6684](tel:410-955-6684)

[Gigi Gray](#) - [410-955-6692](tel:410-955-6692)

[Bailey Vernon](#) - [410-955-6692](tel:410-955-6692)

[Chelsea Ganc](#) - [410-955-6684](tel:410-955-6684)

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Mid-Atlantic Support Groups

YMCA Downtown Frederick

Location: 1000 N. Market St.
Frederick, Maryland 21701
3rd Saturday at 2:00 PM

[Deb Bergstrom - 301-712-5381](tel:301-712-5381)

[Louise Houtz - 301-663-5131](tel:301-663-5131)

Urbana Library

Location: 9020 Amelung St.
Frederick, Maryland 21704
Saturdays (Vary) at 2:30 PM

[Deb Bergstrom - 301-712-5381](tel:301-712-5381)

[Visit Primary Website](#)

Mt. Pleasant Ruritan Club

Location: 8101 Crum Rd.
Walkersville, Maryland 21793
3rd Wednesday at 1:00 PM

John Kraft - [301-703-1194](tel:301-703-1194)

[Janet Silvius - 301-831-5609](tel:301-831-5609)

[Visit Primary Website](#)

VIRGINIA

Fairfax Parkinson Friends

1st Wednesday each month from 12:30pm – 2:00pm

Location: At Insight Memory Care Center

3953 Pender Dr, Ste 100

Fairfax, VA 22030

Contact Sonia Gow 703-375-9987 or sonia.gow@inova.org

Hosted by Inova Parkinson's and Movement Disorders Center

[Visit Primary Website](#)

Falls Church Parkinson Friends

3rd Monday each month from 1:00pm to 2:30pm

Location: BalletNova Center for Dance

3443 Carlin Springs Rd

Falls Church, VA 22041

Contact Sonia Gow 703-375-9987 or sonia.gow@inova.org

Hosted by Inova Parkinson's and Movement Disorders Center

[Visit Primary Website](#)

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Fredericksburg Support Group

Meets the second Tuesday of each month at 3:15

Location: Fredericksburg Branch of the Central Rappahannock Regional Library
1201 Caroline St. Take the elevator to the basement, Room 1

For group info. contact: Lisa Long: 540-840-8436 or Peg York: 540-273-159

Manassas/Gainesville Parkinson Friends

2nd Monday each month 1:30pm to 3:00pm

Location: Harper's Station

15951 Loves Mill Ln, Gainesville, Va 20155

Contact: Sonia Gow 703-375-9987 or sonia.gow@inova.org

Hosted by Inova Parkinson's and Movement Disorders Center

[Visit Primary Website](#)

Reston Women With Parkinson's Support Group

1st Wednesday of the month from 1:00 pm to 2:30 pm

As of September 2023, we alternate meeting in-person and via Zoom

Contact via email: womenwarriorspd@gmail.com OR 1ww.pd777@gmail.com

[Visit Primary Website](#) for updates and information

Springfield PD and Carepartner Support Group

Currently meeting the second Monday of the month at 1:00pm

Location: Sunrise at Silas Burke House

9619 Burke Lake Rd.

Burke VA 22015 Also on Zoom, same date and time.

For the link can send email address to AmazonTeaLady@cox.net.

Our meetings are informal with 10-20 participants, with a sharing structure.

Contact: Carolyn Grafton/Bob Pearson 703-405-7969 or amazontealady@cox.net

Sterling Parkinson Friends

3rd Thursday each month from 1:30pm to 3:00pm

Location: Insight Memory Care Center

45945 Center Oak Plaza Ste 190

Sterling, VA 20166

Contact: Sonia Gow (703) 375-9987 or sonia.gow@inova.org

Hosted by Inova Parkinson's and Movement Disorders Center

[Visit Primary Website](#)

Woodbridge Parkinson Friends

3rd Wednesday each month at 11 am to 1pm

Location: Potomac Place Assisted Living

2133 Montgomery Ave Woodbridge, VA 22191

Contact: Sonia Gow 703-375-9987 or sonia.gow@inova.org

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WEST VIRGINIA

Bluefield WV / VA Support Group

Contact: Chris Sutphin at chrissutphin@gmail.com

Charleston Support Group

Meets the 3rd Monday of each month (Dinner is served)

Location: Blessed Sacrament Church – 305 E Street, South Charleston, WV

6:00 p.m. – 7:30 p.m.

Contact: George Manahan at (304) 343-2800 or Manahan@aol.com

Charleston Women & Parkinson's Support Group

Meets 2nd Tuesday of each month (contact Connie Jones for specific dates and locations)

Contact: Connie Jones at (304) 419-3555 or pj2aj@yahoo.com

Huntington Support Group

Meets the 2nd Tuesday of the month

Location: Tri-State LifeCare AdultDay Center – 8 Stonecrest Drive (just off the 5th Street exit of I-64)

5:00 p.m. – 6:00 p.m.

Contact: Teresa Sexton at (304) 399-0225 or info@tristatelifecare.org

Martinsburg Support Group (merged with) Hagerstown Support Group

Meets First Thursday of each month

Location: Western Sizzlin Steakhouse, 17567 York Road, Hagerstown, MD

11:45 a.m. – 1:00 p.m.

Contact: Judy Fiery at (301) 7977323 or jpfiery@verizon.net

North Central WV Support Group

Meets last Saturday of the month

Location: Brickside Bar and Grill at 101 Lodgeville Road, Bridgeport

12:00 p.m. for lunch (on your own); Support group meeting starts at 1:00 p.m.

Contact: Tracey Robertson at traceyrobertson@ma.rr.com or (304) 363-1028

Mid-Ohio Valley (MOV) Parkinson's Support Group

Meets 2nd Saturday of each month

Location: Parkersburg YMCA, 1800 30th Street, Parkersburg, WV 26101

1:30 p.m. – 3:00 p.m.

Contact: Emily Taylor at (304) 483-6418 or emry98@suddenlink.net