



Minnesota Support Groups by City

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.

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|------------------------------------|--------------------------------------|---|---------------------------------|
| <u>Alexandria</u> | <u>Fairfax</u> | <u>Montevideo</u> | <u>Virginia</u> |
| <u>Baxter</u> | <u>Fairmont</u> | <u>New Prague</u> | <u>Wabasha</u> |
| <u>Bemidji</u> | <u>Fargo</u> | <u>New Ulm</u> | <u>Wadena</u> |
| <u>Big Lake</u> | <u>Fergus Falls</u> | <u>Northfield</u> | <u>Willmar</u> |
| <u>Bloomington</u> | <u>Golden Valley</u> | <u>Oak Park Heights</u> | <u>Windom</u> |
| <u>Blue Earth</u> | <u>Grand Rapids</u> | <u>Owatonna</u> | <u>Woodbury</u> |
| <u>Burnsville</u> | <u>Hastings</u> | <u>Red Wing</u> | |
| <u>Cambridge</u> | <u>Hermantown</u> | <u>Rochester</u> | |
| <u>Cloquet</u> | <u>Lakeville</u> | <u>Sauk Rapids</u> | |
| <u>Coon Rapids</u> | <u>Luverne</u> | <u>Silver Bay</u> | |
| <u>Crookston</u> | <u>Mankato</u> | <u>St. Michael</u> | |
| <u>Eveleth</u> | <u>Marshall</u> | <u>St. Paul</u> | |
| | <u>Minneapolis</u> | | |

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



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ALEXANDRIA

Alexandria Parkinson's Support Group [Updated June 2023]

Open to those living with PD and their care partners/loved ones.

Location: Alexandria, MN 56308

For more information, contact Ann Challes, Parish Nurse at 320-762-2196 or ann.challes@firstlutheranalexandria.com.

BAXTER

Brainerd Lakes Area Parkinson's Support [Updated May 2023]

Monthly support and education group. Care Partners are welcome.

Location: Baxter, MN 56425 – Meeting in-person

For more information, contact Lynda Erickson at 218-829-4017 or lyndak.erickson@gmail.com

BEMIDJI

Sanford Health WindSong

Location: Bemidji, MN 56601

For more information, contact Gary Roerick at 218-760-8266 or groerick@paulbunyan.net

Link to website [here](#).

BIG LAKE

Living With Parkinson's Under The Age of 60 [Updated May 2023]

For those that have been diagnosed with PD at a younger age.

Location: Big Lake, MN 55309 – Meeting in-person

For more information, contact Camille Johnson at 763-350-7401 or camillejohnson@hotmail.com.

Link to website [here](#).

BLOOMINGTON

Friendship Village

Location: Bloomington, MN 55438

For more information, contact [\(952\) 831 – 7500](tel:(952)831-7500).

Link to website [here](#).

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April 2024



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BLUE EARTH

Council Interface Care Givers [Updated May 2023]

Location: Blue Earth, MN 56013 – *Meeting in-person*

For more information, contact Merry McGowen at 507-526-4684 or merry@interfaithcaregivers.net.

Link to website [here](#).

BURNSVILLE

Prince of Peace Lutheran Church [Updated May 2023]

Location: Burnsville, MN 55337

For more information, contact Jody Slaughter at 952-898-9312 or jslaughter@popmn.org.

Link to website [here](#).

CAMBRIDGE

Walker Methodist Levande Parkinsons Support Group [Updated May 2023]

For residents and outside community.

Location: Cambridge, MN 55008 – *Meeting in-person*

For more information, contact 763-325-0100 or Kim O'Connor at koconnor@walkermethodist.org, sgrant@walkermethodist.org, or mumm@walkermethodist.org.

Link to website [here](#).

CLOQUET

Community Memorial Hospital

Location: Cloquet, MN 55720

For more information, contact Karen Hartung at khartung@cmhmn.org

Link to website [here](#).

COON RAPIDS

Coon Rapids Senior Center

Location: Coon Rapids, MN 55433

For more information, contact Milo Hartmann at 612-599-0756 or milo.hartmann@hotmail.com

Link to website [here](#).

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CROOKSTON

Villa St Vincent

Location: Crookston, MN 56716

For more information, contact ReNae Sperling at 218-281-3424, ext 252 or rmsperling@gmail.com.

EDEN PRAIRIE

Summit Place Senior Campus [updated Jan 2024]

Location: Eden Prairie

For more information, contact Trish Anderson at 952-995-1171 or tanderson@summitplacecampus.com

EVELETH

Eveleth Health Services

Location: Eveleth, MN 55734

For more information, contact Mary Maki at 218-741-8069.

FAIRFAX

Fairfax Community Home Health

Location: Fairfax, MN 55332

For more information, contact Mary Ann Dummer at 507-426-7559.

FAIRMONT

CREST [Updated June 2023]

Location: Fairmont, MN 56031

For more information, contact Joyce Peterson at 507-235-3833 or crest@crestvolunteers.org
Link to website [here](#).

FARGO

Sanford Fargo PD Support Group

An inspirational meeting for those affected by Parkinson's disease and their caregivers.

Location: Fargo, ND 58104

For more information, contact Nora Wallace at 701-234-4170 or nora.wallace@sanfordhealth.org.

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FERGUS FALLS

Mills Street Residence [Updated May 2023]

Location: Fergus Falls, MN 56537 – *Meeting in-person*

For more information, contact Mick Siems at 218-736-8590 or mdsiems@lrhc.org.

Link to website [here](#).

GOLDEN VALLEY

Struthers Parkinson's Center [Updated June 2023]

- *Caregiver support group*
- *Recently diagnosed education and support group*
- *People with Parkinson's support group*
- *Young-onset Parkinson's support group*
- *Early in the Journey Carepartner support group*

Location: Golden Valley, MN 55427 – *Meeting in-person and online*

Fee: No

For more information, contact Joan Hlas at 952-993-6650 or joan.hlas@parknicollet.com.

Link to website [here](#).

GRAND RAPIDS

ElderCircle's Parkinson's Support Group [Updated May 2023]

Location: Grand Rapids, MN 55744 – *Meeting in-person*

Fee: No. Donations welcomed.

For more information, contact Danielle Hawkinson 218-999-9233 or danielle@eldercircle.org.

Link to website [here](#).

HASTINGS

Tilden Community Welcome Center [Updated May 2023]

Location: Hastings, MN 55033 – *Meeting in-person*

For more information, contact Laurie Thrush at 651-480-7689 or lthrush@isd200.org

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HERMANTOWN

Duluth Area Parkinson's Support Group [Updated May 2024]

A monthly meeting connecting people living with Parkinson's, their care partners, family and friends.

Location: YMCA at the Essentia Wellness Center | Hermantown, MN 55811 – *Meeting in-person*

For more information, contact:

- Steve & Kitty Hoden – stevekittyhoden@gmail.com
- Bonnie Niemi – bjniemi@gmail.com
- Sally Rollins (Young-Onset Parkinson's Disease Group) – salster612@gmail.com

LAKEVILLE

Parkinson's Support Group [Updated June 2023]

This support group is for people living with a Parkinson's diagnosis and their care partners.

Location: Lakeville, MN 55044 – *Meeting in-person*

For more information, contact Lola D. Amendt at (952) 985-9016 or lamendt@walkermethodist.org.

Link to website [here](#).

LUVERNE

St John's Lutheran Church

Location: Luverne, MN 56156

For more information, contact Dianne Karlstad at 507-530-3307 or dkarlstad@frontiernet.net.

Link to website [here](#).

MANKATO

First Congregational United Church of Christ [Updated June 2023]

Location: Mankato, MN 56001 – *Meeting in-person and online*

For more information, contact Betsy Paul at (507) 720-5006 or betsyepaul@gmail.com.

Link to website [here](#).

MARSHALL

Adult Community Center

Location: Marshall, MN 56258

For more information, contact:

- Rita Engels at 507-428-3554
- Kathy Paxton at 507-828-4690 or jkpax49@gmail.com

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MINNEAPOLIS

East Lake Harriet

Location: Minneapolis, MN 55409

For more information, contact Joselyn Specht at 612-827-8525 or jspecht@walkermethodist.org

Link to website [here](#)

Minneapolis VA Health Care System

Open to Care Partners of Veterans living with Parkinson's

Location: Minneapolis, MN 55417

For more information, contact Jessica Peterson at 612-243-7922

MONTEVIDEO

Veterans Home in Montevideo [Updated March 2024]

Open to people with Parkinson's and their care partners

Location: Montevideo, MN 56265

For more information, contact Gretchen Reeves 320-435-1291 or contact@reevesdementiacare.com

NEW PRAGUE

New Prague Fire Hall [Updated Jan 2024]

Location: New Prague 56071

For more information, contact Rosella Kes 952-215-5128 or rosella.kes@gmail.com

NEW ULM

Oak Hills Living Center Hillside Haven

Location: New Ulm, MN 56073

For more information, contact Linda Tauer at 507-227-1497 or lindapsc@outlook.com.

Link to website [here](#).

NORTHFIELD

Northfield Hospital [Updated June 2023]

Location: Northfield, MN 55057 – *Meeting in-person*

For more information, contact Heather Scott at 507-646-8648 or scotth@northfieldhospital.org

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OAK PARK HEIGHTS

Boutwells Landing Community

Location: Oak Park Heights, MN 55082

For more information, contact Aimee Stanton at 651-241-3373 or aimee.stanton@allina.com.

Link to website [here](#).

OWATONNA

Owatonna Public Library

Location: 105 N Elm Ave Owatonna, MN 55060

For more information, contact Bill Owens at owenswilliamt@gmail.com

RED WING

Red Wing Area Senior Center [Updated June 2023]

Location: Red Wing, MN 55066 – *Meeting in-person*

Fee: Yes, must register in advance

For more information, contact Patty Svien at (651) 380-8752 or svien65@hdci.com.

ROCHESTER

125 LIVE Parkinson's Support Group [Updated May 2023]

For those with Parkinson's or their caregivers.

Location: Rochester, MN 55902 – *Meeting in-person*

For more information call 507-287-1404 or email info@125LIVEMN.org

Link to Website [here](#).

SAUK RAPIDS

St. Cloud Area Parkinson's Support Group [Updated May 2023]

St. Cloud Parkinson's Support Group is to assist those with Parkinson's and caregivers for those with Parkinson's to have people in the community to support them and be able to ask questions about the disease process.

Location: Sauk Rapids, MN 56379

For more information, contact Katie Malotky at 320-258-7388 or katie@spot-rehab.com.

Link to website [here](#).

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SILVER BAY

Northshore Area Partners [Updated Feb 2024]

Meeting at Northshore Area Partners to bring a local support group to our area for people with Parkinson's and their support people.

Location: Silver Bay, MN 55615 – *Meeting in-person*

Fee: No

For more information, contact Karen Bzdok at 320-310-2584 or kbzdok@hotmail.com

ST. MICHAEL

Crow River Senior Center [Updated May 2023]

Location: St. Michael, MN 55376

For more information, call 763-497-8900 or information@crowriverseniorcenter.com

Link to website [here](#).

ST. PAUL

Lyngblomsten “The Heritage” [Updated June 2023]

Location: St. Paul, MN 55108

For more information, contact Jay Haukom at 651-632-5391 or jhaukom@lyngblomsten.org.

Link to website [here](#).

Parkinson's Caregiver Support Group

Caregiver support for people caring for someone with Parkinson's disease. On-site respite available for a fee. In-person and virtual option available for hybrid group.

Meeting in person and virtually.

Location: Saint Paul, MN 55104

For more information, contact Melissa Gibbs at 651-280-2515 or caregiver@wilder.org

Fairview Outpatient Rehab

Location: St. Paul, MN

For more information, contact Becky Horton at 612-273-3868 or rhorton1@fairview.org.

Fairview East Region [Updated May 2023]

For people with Parkinson's Disease and their care providers.

Location: St. Paul, MN 55102

For more information, contact Margie Kron, CTRS at 651-326-3629 or Margie.Kron@Fairview.org.

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VIRGINIA

Edgewood Vista

Location: Virginia, MN 55792

For more information, contact Kelly Sandstrom at 218-741-7106 or kelly.sandstrom@edgewoodvista.com.

Link to website [here](#).

WABASHA

Gundersen St. Elizabeth's Hospital and Clinics

Location: Wabasha, MN 55981

For more information, contact 651-565-5558

WADENA

United Methodist Church

Location: Wadena, MN 56482

For more information, contact Beverly Richard at 218-837-6323 or bevrichard16515@gmail.com.

WILLMAR

Bethesda

Location: Willmar, MN 56201

For more information, contact 320-233-9532.

Link to website [here](#).

WINDOM

Windom Hospital

Location: Windom, MN

For more information, contact Karen Denzer at 507-831-0687 or karen.denzer@sanfordhealth.org.

WOODBURY

Woodbury Lutheran Church

Location: Woodbury, MN 55125

For more information, contact Sandy Varpness at svarpness@gmail.com

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