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## **New England Support Groups**

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*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. This list is not an endorsement or recommendation of a specific resource or service.*

**[Connecticut](#)**

**[Maine](#)**

**[Massachusetts](#)**

**[New Hampshire](#)**

**[Rhode Island](#)**

**[Vermont](#)**

## CONNECTICUT

### **Geer Lodge Parkinson's Support Group** (updated October 2023)

*Support group will be led by an OT. Clinical guest speakers will discuss weekly topics: ADL, medication management, falls prevention, community mobility, downsizing the home and financial planning.*

**Location:** Canaan, CT 06018

**Fee:** Free

**Website:** [Click here](#)

For more information, contact Christina Befanis, OTD, OTR/L, LSVT Big at 1-860-824-2660 or [cbefanis@geercares.org](mailto:cbefanis@geercares.org)

### **American Parkinson Disease Association (APDA):**

- [Connecticut Chapter](#)

### **Parkinson's Support Group** (updates May 2024)

*Individuals with Parkinson's, their families and caregivers are welcome.*

**When:** Wednesdays | 1:30 - 2:30 pm

**Location:** Long Ridge Medical Center, Conference room, 260 Long Ridge Road, Stamford, CT

**Fee:** Free

**Website:** [Click here](#)

For information, call 203-863-3786. To register by phone, call 888-305-9253.

### **Shakers Anonymous**

*Shakers Anonymous is a positive-based support group for those impacted by Parkinson's. We know that every PD journey is unique, but through the collective effort of teamwork, we can share our knowledge and support of one another.*

**Location:** New Cannan, CT 06840- Meeting online

For more information contact Lynn Hagerbrant at 203-253-0002 or [info@shakersanonymous.org](mailto:info@shakersanonymous.org).

Link to website [here](#).

## MAINE

### **Unity Area Parkinson's Support Group** (updated October 2023)

*For Parkinson's Patients and Caregivers. Come for info, support, encouragement, and helpful tips on living with PD.*

**Location:** Unity, ME

**Fee:** Free

For more information, contact Eleanor Bilodeau at 207-948-2437 or [dogisland52@gmail.com](mailto:dogisland52@gmail.com)

## MASSACHUSETTS

### **Longmeadow-Springfield Parkinson's Support Group** (updated January 2025)

*This support group is led by an OTR and an SLP who meet with the carepartners and people with Parkinson's respectively. We start as a large group and then go into two breakout sessions. Meetings alternate between Care and Share and guest speakers on relevant topics.*

**Location:** Longmeadow, MA 01106 – Meeting in-person

**Fee:** Free

For more information, contact Corrie Trattner, EdD, OTR at [cstrattner@gmail.com](mailto:cstrattner@gmail.com) or 413-567-6553, or Lillian Parker-Ott, SLP at [lillian@risecommunicationclinic.com](mailto:lillian@risecommunicationclinic.com) or 917-327-4393.

### **Virtual Care Partner Support Group** (updated October 2023)

*The Sleeper Nursing Center MGH Institute of Health Profession is a clinical learning environment for our graduate nursing students. The virtual support group is student led and supervised by licensed faculty. Provides opportunities to share experiences.*

**Location:** Boston, MA 02129 – Meeting online

**Fee:** Free

For more information, contact Kathy Sabo at 617-643-1127 or [ksabo@mghihip.edu](mailto:ksabo@mghihip.edu).  
Link to website [here](#).

**American Parkinson Disease Association (APDA):** [Massachusetts Chapter](#)

## NEW HAMPSHIRE

**Dartmouth-Hitchcock:** [New Hampshire](#)

## RHODE ISLAND

**American Parkinson Disease Association (APDA):** [Rhode Island Chapter](#)

## VERMONT

**American Parkinson Disease Association (APDA):** [Vermont](#)