



Pacific Northwest 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.

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

Northwest Parkinson's Foundation (updated January 2023)

Location: Mercer Island, WA 98040 [↔AIRPO member](#)

List of Support Groups [here](#).

For more information, contact the toll-free phone number 1-877-980-7500 or email info@nwpf.org.

Location: Alaska

List of Support Groups [here](#).

Location: Idaho

List of Support Groups [here](#).

Location: Montana

List of Support Groups [here](#).

Location: Washington

List of Support Groups [here](#).

IDAHO

Pocatello Parkinson's Support Group

Location: Pocatello, ID 83201 – Meeting in person

Fee: Free

For more information, contact Spencer Stucki at 208-244-0048 or poky4parky@gmail.com

MONTANA

Flathead Valley Parkinson's Support Group

Location: Kalispell, MT 59901

Fee: Free

For more information, contact Marjory McClaren at 406-250-5577 or marjmcl@yahoo.com

Link to website [here](#).

OREGON

Parkinson's Resources of Oregon

List of Support Groups [here](#).

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 pacificNW@parkinson.org.

January 2023



For more information, contact 503-594-0901

WASHINGTON

Parkinson's Peer Support Group *(updated December 2023)*

This group is open to people at any stage of Parkinson's progression. It is a place to safely ask questions and share experience, surrounded by people who understand and accept you. We will choose the areas we will discuss together.

Location: Bainbridge Island, WA 98110

Fee: Free

For more information, contact the Bainbridge Island Senior/Community Center at 206-842-1616 or Info@biseniorcenter.org.

Link to website [here](#).

STG Dance for PD *(updated May 2024)*

classes use dance, live music, and community in a safe and creative environment. No dance experience or diagnosis of Parkinson's disease is required to participate.

Location: Various (Seattle, Bellevue, Tacoma)

Fee: Free

For more information, contact Rex Kinney at 206-315-8007 or rexk@stgpresents.org.

Link to website [here](#).