

## Alabama Parkinson's Support Groups

Below is a listing of Alabama Support Groups for Parkinson's Disease. You are encouraged to contact the facilitator of each group to validate the meeting schedule. Classes are alphabetized by City.

DAY/TIME	LOCATION (CITY)	FACILITATOR NAME	PHONE NUMBER / EMAIL
Second Friday, Monthly 1pm – 2pm	<b>Alexander City</b> , Benjamin Russell Center for Advanced Care 3520 U.S. Highway 280, Alexander City, AL	Steve Sain	1.205.249.5300 <a href="mailto:steve.sain@saineng.com">steve.sain@saineng.com</a>
Third Thursday, Monthly 12:30 – 2pm	<b>Anniston</b> , Interfaith Ministries 1431 Gurnee, Ave., Anniston, AL 36201	Cindy McMinn	1.256.454.7677 <a href="mailto:mcminnca@gmail.com">mcminnca@gmail.com</a>
First Thursday, Monthly 12pm	<b>Arab</b> , Arab Senior Center 800 N. Main Street, Arab, AL 35016	Brandi Ivey	1.256.541.6717 <a href="mailto:brandi.ivey@hhsys.org">brandi.ivey@hhsys.org</a>
Second or Third Sunday, Monthly 1pm (Email to confirm or check website)	<b>Auburn / Opelika</b> , Opelika Methodist Church 702 Avenue A, Opelika, AL 36801	Kristina Neely	<a href="mailto:Auburnopelikapdsg-@gmail.com">Auburnopelikapdsg-@gmail.com</a> WEBSITE: <a href="https://www.pdsupportgroup-auburnopelika.org">https://www.pdsupportgroup-auburnopelika.org</a>
Third Tuesday, Monthly 12pm	<b>Birmingham – Men's Group</b> , Diplomat Deli 1425 Montgomery Hwy, Park South Plaza Shopping Center, Vestavia, AL 35216	John Bennett	1.205.937.5333 <a href="mailto:Jbennett4992@charter.net">Jbennett4992@charter.net</a>
Thursdays, Weekly 10am	<b>Birmingham</b> , Canterbury United Methodist Church, Rm 226 *Care Partners for Parkinson's with Dementia 350 Overbrook Road, Birmingham, AL 35213	Valerie Boyd	1.205.874.1523 <a href="mailto:Valerie.boyd@canterburyumc.org">Valerie.boyd@canterburyumc.org</a>
Second Tuesday, Monthly, 1pm	<b>Birmingham</b> , Greystone YMCA 5414 Highway 280, Birmingham, AL 35242	Andrea Pindroh	1.205.981.0144 <a href="mailto:apindroh@ymcabham.org">apindroh@ymcabham.org</a>
First Monday, Monthly 5:15 pm	<b>Birmingham</b> , TherapySouth – Liberty Park 3800 River Run Drive, Suite 102, Birmingham, AL 35243	Kimberly Clark	1.205.970.2350 <a href="mailto:clarkk@therapysouth.net">clarkk@therapysouth.net</a>

Third Tuesday, Monthly 12pm (Off June – August)	<b>Dothan</b> , Southeast Health Circle East Rehab 1480 Ross Clark Circle, Dothan, AL 36301	Lindsay Holloman	1.334.712.3726 <a href="mailto:lholloman@southeasthealth.org">lholloman@southeasthealth.org</a>
Third Tuesday, Monthly at 1pm (Lunch at 12:30pm)	<b>Foley</b> , Baldwin Health – Room 203 1851 N. McKenzie Street, Foley, AL	Tina McCoy	<a href="mailto:tina_mccoy@chs.net">tina_mccoy@chs.net</a>
Second Wednesday, Monthly, 1pm	<b>Gadsden</b> – First Baptist Church – Family Life Center 5 <sup>th</sup> and Walnut, Gadsden, AL 35901	Judi Drew	1.205.919.6992 <a href="mailto:parkinsonsgroup.gadsden@gmail.com">parkinsonsgroup.gadsden@gmail.com</a>
First Tuesday, Monthly, 10am	<b>Guntersville</b> – Marshall County Caregivers Support Group, Guntersville Methodist Church Youth Center 539 Gunter Ave., Guntersville, AL 35976	Lula Dobbs	1.256.582.2001, ext 244 <a href="mailto:Lula.dobbs@gfumc.net">Lula.dobbs@gfumc.net</a>
First Thursday, Monthly, 1pm	<b>Hoover</b> – Hoover YMCA 2500 Hwy 150, Hoover, AL 35244	Kimberly Edgar	1.205.682.1399 <a href="mailto:kedgar@ymcabham.org">kedgar@ymcabham.org</a>
Twice, Annually (January and June) 2-4pm	<b>Huntsville</b> – Women with Parkinson’s Disease Huntsville Hospital Medical Mall Wellness Center 1963 Memorial Pkwy SW, Unit 17, Huntsville, AL 35801	Adrienne Upton	1.256.265.7101 <a href="mailto:Adrienne.upton@hhsys.org">Adrienne.upton@hhsys.org</a>
Second Tuesday, Monthly, 1pm	<b>Huntsville</b> – Sit and Chat for People with PD Parkinson’s Dynamics 2020 Steve Hettinger Drive, Huntsville, AL 35801	Brandi Ivey	1.256.541.6717 <a href="mailto:Brandi.ivey@hhsys.org">Brandi.ivey@hhsys.org</a>
Second Tuesday, Monthly, 1pm	<b>Huntsville</b> – Sit and Chat for PD Care Partners Parkinson’s Dynamics 2020 Steve Hettinger Drive, Huntsville, AL 35801	Diane Lombard	<a href="mailto:Dglombard23@gmail.com">Dglombard23@gmail.com</a>
Second Friday, Monthly, 1pm	<b>Lake Martin</b> – Parkinson’s Support Group Senior Center at Sportplex 2054 Sportplex Blvd, Alexander City, AL 35010	Steve Sain	<a href="mailto:steve.sain@saineng.com">steve.sain@saineng.com</a> <a href="http://www.lakemartinparkinsonsupportgropu.com">www.lakemartinparkinsonsupportgropu.com</a> 1.205.249.5300
<b>First Tuesday, Monthly, 12-2 pm</b>	<b>Lake Martin</b> – Caregivers Support Group Children’s Harbor 434 Children’s Harbor Drive, Eclectic, AL 36024	Sue Ann McMahan	1.334.201.5540 <a href="mailto:sueannmcmahan@gmail.com">sueannmcmahan@gmail.com</a>

Second Tuesday, Monthly, 6:30 pm	<b>Leeds/Moody</b> – Cedar Grove Baptist Church 2001 Cedar Brook Road, Leeds, AL 35094	Harriet Lawrence	1.205.335.7516 <a href="mailto:Hsl2455@yahoo.com">Hsl2455@yahoo.com</a>
First Tuesday, Monthly, 12pm (Noon)	<b>Madison</b> – Madison Hospital, First Floor Board Room, 8375 Hwy 72 W., Madison, AL 35758	Brandi Ivey	1.256.541.6717 <a href="mailto:brandi.ivey@hhsys.org">brandi.ivey@hhsys.org</a>
Fourth Thursday, Monthly, 6pm (Feb- Nov)	<b>Montgomery</b> – Frazer Methodist Church, Room 8114 6000 Atlanta Hwy, Montgomery, AL 36117	Linda Pittman	1.334.430.0815 <a href="mailto:lpittman611@gmail.com">lpittman611@gmail.com</a>
Last Thursday, Monthly, 12pm	<b>Mobile</b> , Saad Health Care 1515 University Blvd, South, Mobile, AL	Sterling Moore	1.601.447.1717 <a href="mailto:sterling.moore@saadhealthcare.com">sterling.moore@saadhealthcare.com</a>
First and Third Tuesday, Monthly, 10:30 am	<b>Pelham – Pelham YMCA</b> 2601 Pelham Pkwy, Pelham, AL 35124	Alane Cleavelin	1.205.664.9622 <a href="mailto:Acleavelin@ymcabham.org">Acleavelin@ymcabham.org</a>
Third Wednesday, Monthly, 11:15 am	<b>Sheffield</b> – Helen Keller Welcare 1021 11 <sup>th</sup> Street SW, Sheffield, AL 35660	Brianna Maharrey	1.256.386.4747 <a href="mailto:Brianna.maharrey@helenkeller.com">Brianna.maharrey@helenkeller.com</a>
Second and Fourth Mondays, Monthly, 10am	<b>Sylacauga– First Baptist Church</b> 10 South Broadway Ave., Sylacauga, AL 35150	Carolyn Goza  Steve Sain	1.256.245.6739 <a href="mailto:carolyntgoza@gmail.com">carolyntgoza@gmail.com</a>  1.205.249.5300 <a href="mailto:Steve.sain@saineng.com">Steve.sain@saineng.com</a>
First Wednesday, Monthly, 12:30 pm	<b>Trussville YMCA</b> 5920 Valley Road, Trussville, AL 35173	Carrie Dunn	<a href="mailto:Cdunn@ymcabham.org">Cdunn@ymcabham.org</a>

## Alabama Parkinson’s Virtual Support Groups - ZOOM

Below is a listing of Alabama Support Groups for Parkinson’s Disease that meet virtually over zoom. You are encouraged to contact the facilitator of each group to validate the meeting schedule and request the zoom link.

DAY/TIME	TYPE OF GROUP	FACILITATOR NAME	PHONE NUMBER / EMAIL
<b>NEW in 2025! PD Thrive</b> , Second Monday, Monthly 6:30 pm	<b>PD Thrive 2025- Support Group for Those with PD (Educational Sessions - Breakouts by Age) – Register at:</b> <a href="https://uab.co1.qualtrics.com/jfe/form/SV_79vPtLvEXknZKom">https://uab.co1.qualtrics.com/jfe/form/SV_79vPtLvEXknZKom</a>	Brooklyn White	1.205.706.7320 <a href="mailto:bawhite@uabmc.edu">bawhite@uabmc.edu</a>
<b>PAA Living with Parkinson’s Support Group</b> First Wednesday, Monthly, 10am	<b>Virtual Support Group</b> – Contact facilitator for zoom link.	Ellen Hicks	<a href="mailto:ellen@parkinsonalabama.org">ellen@parkinsonalabama.org</a>
<b>APDA / UAB Care Partner Support Group</b> , First Monday, Monthly 7pm	<b>APDA / UAB Care Partner Support Group – Advancing Care</b> Contact facilitator for zoom link.	Brooklyn White	1.205.706.7320 <a href="mailto:bawhite@uabmc.edu">bawhite@uabmc.edu</a>
<b>PAA Care Partner Support Group</b> , Second Tuesday, Monthly at 7pm	<b>Virtual Support Group</b> – Contact facilitator for zoom link.	Ellen Hicks	<a href="mailto:ellen@parkinsonalabama.org">ellen@parkinsonalabama.org</a>