

## Alabama Support Groups

### NORTHERN

#### **Anniston/Calhoun County**

3rd Thursday of each month

12:30 p.m. - 2:00 p.m.

\*New Location: Interfaith Ministries

1431 Gurnee Avenue

Anniston, AL 36201

256.454.7677

[mcminnca@gmail.com](mailto:mcminnca@gmail.com)

#### **Fort Payne**

2nd Thursday at 1:00

DeKalb County Council on Aging

600 Tyler Ave SE

Fort Payne, AL 35967

Facilitator: Chelsea Williams, PTA

(256) 997-2460

[Chelsea.Williams@quorumhealth.com](mailto:Chelsea.Williams@quorumhealth.com)

#### **Gadsden**

2nd Wednesday at 1:00-2:00

First Baptist Church of Gadsden

Family Life Center

6<sup>th</sup> and Walnut

Gadsden, AL 35901

Facilitator: Judi Drew

(205) 919-6992

[Parkinsonsgroup.gadsden@gmail.com](mailto:Parkinsonsgroup.gadsden@gmail.com)

#### **Guntersville**

(Marshall County Caregivers Support Group)

1st Tuesday of each month at 10:00

Guntersville First United Methodist Church Youth Center

539 Gunter Avenue

Guntersville, AL 35976

Facilitator: Lula Dobbs

(256) 582-2001 (ext. 244)

[lula.dobbs@gfumc.net](mailto:lula.dobbs@gfumc.net)

#### **Huntsville**

2nd Sunday from 1:30-3:00 PM

Friendship Baptist Church

3217 Village Drive SW

Huntsville, AL 35805

Facilitators: Karen Hislop & Debby Bower

(256) 509-4398

[karen@therapy-a.com](mailto:karen@therapy-a.com)

### CENTRAL

#### **Auburn-Opelika**

2<sup>nd</sup> Sunday of each month at 1:00 (exercise) 2:00-4:00 (SG Meeting) – Support Group has not started back yet

7Synergy

705 Avenue D

Opelika, AL 36801

Facilitator: Kat West

(334) 744-4391

[millyka@auburn.edu](mailto:millyka@auburn.edu)

Virtual Exercises: Currently offered every Thursday at 2:00pm – 2:30pm CT lead by Dr. Jaimie Roper and Auburn University graduate students at the AU Kinesiology department.

#### **Birmingham Men's Group**

2nd Tuesdays at 11:45

Diplomat Deli

1425 Montgomery Hwy

Park South Plaza Shopping Center

Vestavia, AL 35216

Facilitator: John Bennett

(205) 937-5333

[jbennett4992@charter.net](mailto:jbennett4992@charter.net)

#### **Birmingham (Encore Respite)**

Every Thursday at 10:00

Canterbury United Methodist Church, Room 226

350 Overbrook Rd

Birmingham, AL 35213

Facilitator: Valerie Boyd

(205) 874-1523

[Valerie.boyd@canterburyumc.org](mailto:Valerie.boyd@canterburyumc.org)

#### **Birmingham (Brookdale Senior Living)**

4th Tuesday at 10:00

400 University Park Dr

Birmingham, AL 35209

Facilitator: Taylor Hale-Williams, Activity Director

(205) 870-0786

[thale7@brookdale.com](mailto:thale7@brookdale.com)

#### **Birmingham (Greystone YMCA)**

2nd Tuesday at 1:30

5414 Hwy 280

Birmingham, AL 35242

Facilitator: Andrea Pindroh

(205) 981-0144

[apindroh@ymcabham.org](mailto:apindroh@ymcabham.org)

#### **Birmingham (Homewood)**

2nd Saturday at 10:00

Benchmark PT-Homewood East Clinic

1910 28th Ave S

Homewood, AL 35209

Facilitator: Amanda Elliott

(205) 202-2273

[aelliott@benchmarkpt.com](mailto:aelliott@benchmarkpt.com)

Facilitator: Morgan Kreger PT, DPT;

LSVT BIG Certified in Parkinson's Disease Management

[mmkreger@benchmarkpt.com](mailto:mmkreger@benchmarkpt.com)

(205) 202-2273

**Birmingham (Homewood)**

3rd Thursday at 5:00

Covenant Presbyterian Church, Room S104

65 Old Montgomery Hwy

Homewood, AL 35209

Facilitator: Pending

\*Not currently meeting – but hopes to find facilitator and restart this group.

**Birmingham (Trussville)**

3rd Thursday at 12:00

Trussville Senior Ctr

5920 Valley Road

Trussville, AL 35173

(205) 613-6675

Facilitator: Kenny Jno-Finn

[info@m3endeavors.com](mailto:info@m3endeavors.com)

**Leeds -Moody**

2<sup>nd</sup> Tuesday at 6:30 pm

Cedar Grove Baptist Church

2001 Cedar Brook Road

Leeds, AL 35094

205.335.7516

Facilitator: Harriet Lawrence

[hsl2455@yahoo.com](mailto:hsl2455@yahoo.com)

**Sylacauga/Central Alabama Support Group**

2nd & 4th Monday at 10:00

First Baptist Church

10 South Broadway Ave.

Sylacauga, AL 35150

(256) 245-6739

Facilitator: Carolyn Goza - [carolyntgoza@gmail.com](mailto:carolyntgoza@gmail.com)

Facilitator: Steve Sain - [Steve.Sain@saineng.com](mailto:Steve.Sain@saineng.com)

**Tuscaloosa**

3rd Sunday at 2:00

First Christian Church

627 Paul Bryant Drive

Tuscaloosa, AL 35401

(205) 246-9652

Facilitator: Kathy Mason

[Mason217@bellsouth.net](mailto:Mason217@bellsouth.net)

**SOUTHERN**

**Montgomery**

4<sup>th</sup> Thursday at 6:00 pm

Frazer United Methodist Church, Room 814

6000 Atlanta Highway

Montgomery, AL 36117

Lydia Culp: 334.272.8622

Facilitator: Jessica Belcher

[wildcatmom2k30@gmail.com](mailto:wildcatmom2k30@gmail.com)

334.652.4401

**Dothan (Wiregrass Support Group)**

3rd Tuesday at 12:00

Southeast Health Circle – East Rehab

1480 Ross Clark Circle

Dothan, AL 36301

Facilitator: Lindsay Holloman

(813) 340-7974

[lholloman@southeasthealth.org](mailto:lholloman@southeasthealth.org)

**Enterprise**

3<sup>rd</sup> Saturday at 11:00 a.m.

Shane's Rib Shack

8 North Point Parkway

Enterprise, AL 36330

Facilitator: Mary Palo

[mary.palo@aol.com](mailto:mary.palo@aol.com)

\*Started back with new facilitator – need to confirm information is still correct above.

**Mobile**

Last Thursday at 12:00

Saad's Health Care

1515 University Blvd South

Mobile, AL

Facilitator: Chris Addison

(601) 447-1717

[chris.addison@saadhealthcare.com](mailto:chris.addison@saadhealthcare.com)

\*Also offers caregiver only on 2<sup>nd</sup> Tuesdays at 10am only open to PD participants of support group