



Monthly Support Group Listing by County

See page 6 for Virtual and Caregiver Support Groups

The Michigan Parkinson Foundation is dedicated to offering valuable support and encouraging connections among individuals affected by Parkinson's disease, and their caregivers. We understand the importance of accessibility, which is why we offer both in-person and virtual support groups to accommodate various preferences. Socialization is a crucial component in the fight against isolation for individuals living with Parkinson's disease. By nurturing social connections and fostering a sense of community, we can create a supportive network that empowers individuals and caregivers on their Parkinson's journey.

ALPENA COUNTY

Alpena Support Group

When: 3rd Monday, 1:00 pm

Location: First United Methodist Church
167 Ripley Blvd. Alpena, MI 49707

Contact: Judy Poli, (989) 370-6854 or

Judypoli9@gmail.com

Kathy Brown, 989-884-1193 or

chaostochrist@gmail.com

BARRY COUNTY

Hastings Support Group

When: Quarterly Meetings- 2nd Wednesday, 5:00 pm
(March, June, September, December)

Location: Barry County Commission on Aging
320 W. Woodlawn, Hastings MI 49058

Contact: Tammy Pennington, (269) 275-0922

tampenn10@gmail.com

BERRIEN COUNTY

Stevensville Support Group

When: 2nd Thursday, 3:00 pm

Location: Lincoln twp. Public Library
2099 John Beers, Stevensville, MI 49127

Contact: Barbara & Mike Ford, (269) 313-3881

Bawford@aol.com or mikeford7629@yahoo.com

CALHOUN COUNTY

Battle Creek Support Group

When: 2nd Thursday, 4:30 pm

Location: North Avenue Church of God
1079 North Ave, Battle Creek, MI 49017

Contact: Anne Clark, (269) 986-3135

aclark@shpcalhoun.org

CHARLEVOIX COUNTY

Boyne City Support Group

When: 3rd Tuesday, 5:00 pm

Location: Boyne City Hall
319 N. Lake St. Boyne City, MI 49712

Contact: Becky Goral, (231) 420-3992

beckygoral444@gmail.com

Kristen Fleet, kfleet@mhc.net

(No meetings in July & December)

CHEBOYGAN COUNTY

Cheboygan Support Group

When: 3rd Tuesday, 1:00 pm

Location: Cheboygan Public Library
100 S Bailey St. Cheboygan, MI 49721

Contact: Martha Orloff (231) 818-1900

mjorloff@gmail.com or Susie, (231) 625- 8368

DICKINSON COUNTY

Kingsford Support Group

When: 4th Thursday, 1:00 pm

Location: First Presbyterian Church
395 Hamilton Ave. Kingsford MI 49802

Contact: Catherine Vivio, (906) 282-7309

catherinevivio@gmail.com

EMMET COUNTY

Petoskey Support Group

When: 4th Wednesday, 2:00 pm

Location: Friendship Center - Game Room
1322 Anderson, Petoskey, MI 49770

Contact: Suzanne Holguin, MSN, RN (231) 347-3211 x 117

Sholguin@emmetcoa.org

GENESEE COUNTY

Flint Support Group

When: 2nd Thursday, 2:00 pm

Location: Central Church of the Nazarene
1261 W. Bristol Rd, Flint, MI 48507
(Use SE Maintenance Door)

Contact: David Mack (810) 610-5055

Davidmack@usa.com or Judy Mack (810) 610-9373

Judy575vanderpool@yahoo.com

Davison Support Group

When: Every other Month 2nd Tuesday, 10:00 am

Location: Davison-Richfield Senior Center- Activity Center
10135 Lapeer Rd, Davison, MI 48423

Contact: Kathy Davis 810-658-1566

kathy@davison-sc.org

GLADWIN COUNTY

Gladwin Support Group

When: 3rd Wednesday, 4:00 pm

Location: MyMichigan Medical Office Building

609 Quarter St, Gladwin MI 48624

Contact: Mary Griffore, (989) 246-6388

mary.griffore@mymichigan.org

GRAND TRAVERSE COUNTY

Parkinson Network North Support Group

When: 2nd Tuesday, 1:00 pm

Location: Presbyterian Church of Traverse City

701 Westminster Rd, Traverse City, MI 49686

Contact: Hettie Molvang, (231) 947-7389

GRATIOT COUNTY

Alma Support Group

When: 2nd Thursday 5:00 pm

Location: MyMichigan Med Hospital W

300 E Warwick Dr. Alma MI 48801

Contact: Michelle Miller, (989)466-3378

HILLSDALE COUNTY

Hillsdale Support Group

When: 2nd Thursday at 3:00 pm

Location: Hillsdale County Senior Center

320 W. Bacon, Hillsdale, MI 49242

Contact: Joyce Haarer, RN (517) 437-2422

Jhaarer@hillsdaleseniors.org

HURON COUNTY

Bad Axe Support Group

When: 3rd Tuesday, 12:30 – 2:30pm

Location: Evangel Life Assembly of God Church

1365 S Van Dyke Rd, Bad Axe, MI 48413

Contact: Annette Johnson, (989) 864-3779

Nettej57@gmail.com

Ed & Maryann Cutlip, (313) 218-8917

INGHAM COUNTY

Lansing Caregivers' Dialog Support Group

(Caregivers and PwP meet separately.)

When: 2nd Tuesday, 1 pm

Location: Congregation Shaarey Zedek

1924 Coolidge Rd. E. Lansing MI 48823

Contact: Mark Talbot, (517)525-1707

Mrtalbot50@gmail.com

Lansing/East Lansing Education meetings

When: 3rd Tuesday, 3 pm

Location: Burcham Hills Ada Whitehouse Room

2700 Burcham Dr. E. Lansing, MI 48823

Contact: Mark Talbot (517)525-1707

Mrtalbot50@gmail.com

INGHAM COUNTY

Virtual Support Group Zoom

When: 2nd Thursday, 6:00 pm

Location: Virtual – call for information

Contact: Mark Talbot (517)525-1707

Mrtalbot50@gmail.com

IOSCO COUNTY

ON HOLD

When: 3rd Thursday, 10:00 am

Location: Tawas Area Presbyterian Church,

2095 US-23, East Tawas, MI 48730

Contact:

ISABELLA COUNTY

Mt. Pleasant Support Group

When: 4th Wednesday, 5:00 pm

Location: Isabella County Commission on Aging

2200 S. Lincoln Room B Mt. Pleasant, MI 48858

Contact: Dr. Jamie Haines, PT, DScPT (989) 415-0418

Haine1jj@cmich.edu

Jill Sponseller, MA CCC-SLP (989) 779-5604

Jill.sponseller@mclaren.org

JACKSON COUNTY

Jackson Support Group

When: 2nd Tuesday, 6:15 pm

Location: Disability Connection

409 Linden Ave, Jackson MI 49203

Contact: Carole Briggs (517) 783-6527

(No meetings in July, August, December)

Rock Steady Boxing Jackson Support Group

When: 3:00 pm after Rock Steady Boxing Class

Location: YMCA (Summit)

Contact: Kathy Alexander (517) 740-2817

kaalexander06@hotmail.com

KALAMAZOO COUNTY

Kalamazoo Support Group

When: 2nd Tuesday, 4:00 pm

Location: Kiva - Friendship Village of Kalamazoo

1400 North Drake Rd. Kalamazoo, MI 49006

Contact: Karen Freshwater, PA (269) 341-7500

(No meeting in January)

Care Partners Support Group

When: Friday after Regular SG meeting, 1:30 pm

Location: Zoom – Email for Information

Contact: Norma Betten - ronorma1301@gmail.com

Nancy Schullery - nmsch1020@gmail.com

KENT COUNTY

Parkinson's Wellness Series

When: 3rd Tuesday, 3:00 pm

Location: Zoom

Contact: Parkinson's Support 616-447-1393 or
Parkinsons@CorewellHealth.org

(Virtual Meetings – Call for Info)

Care Partner Support Group

When: 3rd Thursday, 11:00 am

Location: Zoom

Contact: Parkinson's Support 616-447-1393 or
Parkinsons@CorewellHealth.org

(Virtual Meetings – Call for Info)

Young Onset Support Group

When: 4th Wednesday, 7:00 pm

Location: Zoom

Contact: Parkinson's Support 616-447-1393 or
Parkinsons@CorewellHealth.org

(Virtual Meetings – Call for Info)

Grand Rapids Support Group

When: 2nd Wednesday, 1:00 pm

Location: University of MI West- Conference Center
2225 Main St, SW, Wyoming, MI 49519

Contact: Tina Reuben (616) 901-3832

Grand Rapids Free Exercise Group

Location: University of MI West- Conference Center
2225 Main St, SW, Wyoming, MI 49519

Contact: 616-252-7199 for more Info.

Caregivers Support Group

When: 4th Wednesday, 10:30-12:00 pm

Location: (Zoom Meetings – Call for Info)

Contact: Susan M. Woolner, MA, CPXP
616-685-685-4444 or

neuropatientsupport@trinity-health.org

Team Sparks Support Group

When: 2nd Sunday, 3:00 pm

Location: Seymour Christian Reformed Church
840 Alger St., SE, Grand Rapids MI. 49507

Contact: Dan and Ginny Dewitt 616-481-3094
dvdewitt@gmail.com

LENAWEE COUNTY

Adrian Support Group

When: 1st Thursday, 1:00 pm

Location: Adrian Senior Center
327 Erie St. Adrian, MI 49221

Contact: Dianna Oates (517) 673-3868

LIVINGSTON COUNTY

Brighton Care Partners Support Group

When: Last Thursday, 5:00 pm

Location: 242 Church – room 3

7526 Grand River Rd. Brighton, MI 48114-9338

Contact: Stuart Blatt, (810) 923-8970 sblatt63@gmail.com

Howell Support Group

When: Last Tuesday, 4:00 pm

Location: Cleary University- Common Building
3750 Cleary Drive, Howell, MI 48843

Contact: Stuart Blatt, (810) 923-8970 sblatt63@gmail.com

Brighton Adaptive Exercise

When: Every Friday, 4:00 pm

Location: 242 Church - room 2

7526 Grand River Rd. Brighton, MI 48114-9338

Contact: Stuart Blatt, (810) 923-8970 sblatt63@gmail.com

Hartland Area Support Group

When: 1st Thursday, 6:00 pm

Location: Village Manor - Activities Room
9501 East Highland Rd. Howell MI. 48843

Contact: Leigh Harter, M.S., CCC-SLP
713-542-8833 or lharter@leighharterspeech.com

LUCE COUNTY

Newberry

Location: Helen Newberry Joy Hospital

502 W. Harrie St - Huron Room. Newberry, MI 49868

When: Last Monday, 1 pm

Contact: Pat Norman (703) 608-7103

MACOMB COUNTY

Macomb Support Group

When: 2nd Friday, 3:00 pm

Location: Beaumont Macomb Center
15979 Hall Rd. Macomb, MI 48044

Contact: Doug Kass (586) 306-5306 dwkass@comcast.net
Brian J. Miles (586) 457-2539 bmiles@dmmplc.com

Macomb Support Group

When: 2nd Thursday, 6:00 pm

Location: The Village of East Harbor
33875 Kiely Dr. Chesterfield, MI 48047

Contact: Shelby Budzeak (586) 386-7149
budzeakshelby@gmail.com

MANISTEE COUNTY

Manistee Support Group

When: 3rd Thursday, 11:00 am

Location: Manistee Senior Center

260 St. Mary S. Pkwy. Manistee, MI 49660

Contact: Marcia Holbrook (614) 937-4442

Marianne Blair (586) 917-8964

manistee328@yahoo.com

MARQUETTE COUNTY

Marquette Support Group

When: 3rd Wednesday, 2:00 pm

Location: Marquette Senior Center

300 W. Spring St. Marquette, MI. 49855

Contact: Maureen Mcfadden, 906-225-8564

mmcfadden@marquettemi.gov

Negaunee Support Group

ON HOLD

When:

Location: Negaunee Senior Center

410 Jackson St, Negaunee, MI 49866

Contact:

MASON COUNTY

Scottville Support Group

When: 3rd Wednesday, 1 pm

Location: Scottville Senior Center

140 S. Main, Scottville MI 49454

Contact: Shirley Chancellor (231) 462-3533

(No meetings January & February)

MIDLAND COUNTY

Midland Support Group

When: 2nd Monday, 3 pm

Location: Midland County Senior Services

Main Building 4700 Dublin Ave. Midland, MI 48642

Contact: Kellie Froelicher (989) 898-8239

Kellief@mempres.org

MONROE COUNTY

Monroe Support Group

When: 3rd Wednesday, 6:30 pm

Location: Monroe Charter Twp. Bldg. Nature Ctr

4925 E. Dunbar Rd. Monroe, MI 48161

Contact: Jennifer Traver (734) 417-0638

MUSKEGON COUNTY

Caregivers Support Group

When: 2nd Tuesday, 12 pm

Location: Tanglewood Park

560 Seminole Rd. Norton Shores, MI 49444

Contact: Pat Green, (231) 740-1967 or

Beth Donovan, (231) 744-4730

MUSKEGON COUNTY

Parkinson's Power Support Group

When: 1st Wednesday, 11:00 am

Location: Norton Shores Public Library

705 Seminole Norton Shores, MI 49441

Contact: Barb McFadden, 231-755-8067

mcfaddenbarb@hotmail.com or

Pat Green 231-740-1967

NEWAYGO COUNTY

Fremont Support Group

When: 3rd Thursday, 3:30 - 5:00 pm

Location: Tamarac Center for Well Being

1401 W. Main St. Fremont, MI 49412

Contact: Shelly Klochack, RN (231)924-3073

(Virtual & In Person – Call for Info)

OAKLAND COUNTY

Birmingham Support Group

When: 2nd Monday, 5:30 pm

Location: NEXT Senior Citizen Center

2121 Midvale Rd. Birmingham, MI 48009

Contact: Rita Dachs (248) 420-7266

Rdachs@parkinsonsMI.org

(No meetings in July & August)

Novi/Fox Run Support Group

When: 2nd Tuesday, 3 pm

Location: Fox Run – Belmont Club House

41100 W. 13 Mile Rd., Novi MI 48377

Contact: Rhonda Kotzen or Kristin Fiscus

(248) 668-8655

Rochester Support Group

When: 1st Wednesday, 5:30-7:30 pm

Location: OPC (Old Person Commission)

650 Letica, Rochester, MI 48307

Contact: Brad & Linda Potter 586-612-2744

Rochester Care Partner Support Group

When: Last Wednesday 1 pm.

Location: OPC (Old Person Commission)

650 Letica, Rochester, MI 48307

Contact: Kathy Walton, (248) 568-3549

(No meetings July, Dec.)

West Bloomfield/Farmington Hills Support Group

When: 1st Wednesday, 2 pm

Location: Anthology of Farmington Hills

30637 West 14 Mile Rd. Farmington Hills, MI 48334

Contact: Stephanie Woznak 248-419-7170

Stephaniew@parkinsonsmi.org

(No meetings in July & August)

OGEMAW COUNTY

West Branch Support Group

When: 2nd Tuesday, 2:00 pm

Location: MyMichigan Health -Executive Dining Room
2463 S. M-30, West Branch, MI 48661

Contact: Mary Griffore, RN 989 246-6388

Mary.Griffore@Mymichigan.org

OTSEGO COUNTY

Gaylord Support Group

When: 4th Thursday, 2:00 - 4:00 pm

Location: OCCOA, Lower Level
1165 Elkview Ave. Gaylord, MI 49735

Contact: John Panci, Pam Carlson (989) 732-1122

OTTAWA COUNTY

Ridge Point Parkinson's Support Group

When: 1st Thursday at 12:30 pm

Location: Ridge Point Community Church
340 104th Ave. Holland, MI. 49423

Contact: Duane and Linda Zoerhof
616-836-5476 or

Linda.zoerhof@gmail.com

SAGINAW COUNTY

Frankenmuth Support Group

When: 3rd Wednesday, 1:00 pm

Location: Winter Village - Harmony Hall
500 Mayer Rd. Frankenmuth, MI 48734

Contact: Marilyn Bernthal, (989) 652-2515

bernthalm@aol.com

Kathy Freeland, (989) 843-5247

ksfdaf@sbcglobal.net

(No meetings in July & August)

Saginaw Support Group

When: 3rd Thursday, 1:00 pm

Location: Commission on Aging
2355 Schust Rd, Saginaw, MI 48603

Contact: Virginia Buggia (989) 793-7319

Lori Eberling (989) 798-2534

Elizabeth Gradowski, (989) 746-4404

SHIAWASSEE COUNTY

Owosso Support Group

When: 2nd Wednesday, 5:00 pm

Location: Shiawassee Council on Aging
300 N. Washington St. Owosso, MI 48867

Contact: Karen Prussner (989) 723-6901

WASHTENAW COUNTY

Ann Arbor Support Group

When: 2nd Sunday, 2:00 pm

Location: Trinity Health –Women's Health Center
5320 Elliott Dr, Suite 203, Ypsilanti, MI 48197

Contact: Diana Tothill-Johnson,

diana45@comcast.net

Helen Martin (734)-678-8328

helenmartin@comcast.net

(No meetings in July & August)

WASHTENAW COUNTY

Ann Arbor Music Therapy Sessions

When: Tuesdays, 2:00 pm

Location: Call or Email for Location

Helen Martin (734)-678-8328

helenmartin@comcast.net

Glacier Hills Support Group

When: 2nd Friday, 1:00- 2:00 pm

Location: Glacier Hills Senior Living
1200 Earhart Rd, Ann Arbor, MI 48105

Contact: Catherine Yu (734) 306-8093

zhiyuanschool@yahoo.com

Eric Hausman (734) 929-6706

eric.hausman@trinity-health.org

WAYNE COUNTY

Downriver/Allen Park Support Group

When: 1st Tuesday, 1 -2:30pm

Location: Allen Park Presbyterian Church

7101 Park Ave Allen Park, MI 48101

Contact: Steve & Rose Femminineo (313)318-9795

downriverpd@gmail.com

(No meetings in July & August)

Detroit Support Group

When: 3rd Tuesday, 1:00 pm

Location: Virtual Meetings – Call for Info

Contact: Gwen Willis (248) 722-4085

Maria Dickerson (313) 635-2878

Facebook – Detroit Parkinson Support Group

(No meetings in July & August)

Livonia Support Group

Location: Livonia Senior Citizen Center
15218 Farmington Rd. Livonia MI 48154

When: 2nd Thursday, 6:30 pm

Contact: Julia Wall, (248) 433-1011 or

jwall@parkinsonsmi.org

[Livonia Area Parkinson's Support Group | Facebook](#)

(No meetings in Jan, August)

WAYNE COUNTY

Young Onset Support Group

When: 2nd Monday, 6:30 pm

Location: The HELM at the Boll Life Center

158 Ridge Rd. Grosse Pointe Farms, MI 48236

Contact: Angela Ferrera (586) 696-8663

WEXFORD COUNTY

Cadillac Support Group

When: 4th Tuesday, 1 pm

Location: Senior Citizens Center

601 Chestnut St. Cadillac, MI 49601

Contact: Alison Walters (231) 775-6981

VIRTUAL SUPPORT GROUPS

Virtual Support Group

P.E.A.R.S – Parkinson’s Education and Resource Support

When: 3rd Wednesday, 7:00 pm

Location: (Zoom Meetings – Call or Email for Info)

Contact: Melissa Hrbcek (810) 712-0906

mhrbcek@gmail.com

Virtual Support Group

When: 2nd Thursday, 6:00 pm

Location: (Zoom Meetings – Call or Email for Info)

Contact: Mark Talbot (517) 525-1707

Mrtalbot50@gmail.com

MPF Virtual Education Meetings

When: 3rd Tuesday, 7:00 pm via Zoom

Location: www.parkinsonsmi.org/mpf-programs/educational-programs

Contact: Julia Wall (248) 419-8009 or

jwall@parkinsonsmi.org

MPF Zoom Exercise Classes

When: Monday – Saturday, 10:00 am via Zoom

Location: <https://parkinsonsmi-org.zoom.us/>
Meeting ID: 813 7303 6837

Password: MPF2020

Contact: MPF -248-433-1011

MPF and CMU SPEAK OUT (Speech)

When: Every Friday, 10:00 am

Location: www.parkinsonsmi.org/mpf-programs/educational-programs

Contact: Julia Wall (248) 419-8009

jwall@parkinsonsmi.org

Requirements: Zoom Webcam and Microphone

Detroit Support Group

When: 3rd Tuesday, 1:00 pm

Location: (Zoom Meetings – Call or Email for Info)

Contact: Gwen Willis (248) 722-4085

Maria Dickerson (313) 635-2878

Facebook – Detroit Parkinson Support Group

YOUNG ONSET VIRTUAL SUPPORT GROUPS

Young Onset Support Group

When: 4th Wednesday, 7:00 pm

Location: Zoom

Contact: Parkinson’s Support 616-447-1393 or

Parkinsons@CorewellHealth.org

(Virtual Meetings – Call for Info)

CAREGIVER SUPPORT GROUPS

Care Partners Support Group

When: 1st Friday, 1:30 pm

Location: (Zoom Meetings – Email for Info)

Contact: Norma Betten ronorma1301@gmail.com

Nancy Schullery nmsch1020@gmail.com

Care Partner Support Group

When: 3rd Thursday, 11:00 am

Location: Zoom

Contact: Parkinson’s Support 616-447-1393 or

Parkinsons@CorewellHealth.org

(Virtual Meetings – Call for Info)

Lansing Caregivers’ Dialog Support Group

When: 2nd Tuesday, 1 pm

Location: Congregation Shaarey Zedek
1924 Coolidge Rd. E. Lansing MI 48823

Contact: Mark Talbot, (517) 525-1707

Mrtalbot50@gmail.com

(Caregivers and PwP meet separately.)

Caregivers Support Group

When: 4th Wednesday, 10:30-12:00 pm

Location: (Zoom Meetings – Call for Info)

Contact: Susan M. Woolner, MA, CPXP

616-685-685-4444 or

neuropatientsupport@trinity-health.org

**Interested in being a Facilitator for a
Parkinson’s Support Group?
Contact Michigan Parkinson Foundation at
248-419-7170 or email
Stephaniew@parkinsonsmi.org**