



A resource from PCLA – updated January 2019

# PARKINSON'S SUPPORT GROUPS IN LOS ANGELES COUNTY

## PARKINSON'S COMMUNITY LOS ANGELES' SUPPORT GROUPS

### **CULVER CITY**

1st Fridays, 1-2:30 pm  
Culver City Veterans Memorial Building, 4117  
Overland Ave, Culver City, 90230.  
Sandy Yaras, (323) 578-8865,  
[Letstalkaboutparkinsons@gmail.com](mailto:Letstalkaboutparkinsons@gmail.com)

### **LOS ANGELES**

**"Let's Talk About Parkinson's" Group**  
2nd & 4th Thursdays, 11 am-12:30 pm  
Bethel Lutheran Church – ELCA, 5750 W  
Olympic Blvd, LA, 90036. Sandy Yaras, (323)  
578-8865, [Letstalkaboutparkinsons@gmail.com](mailto:Letstalkaboutparkinsons@gmail.com)

### **LOS ANGELES**

**Young Onset & Young at Heart**  
Last Wednesdays, 7:30-9:00 pm  
Cheviot Hills Recreation Center, 2551 Motor  
Ave, LA, 90064. Mike Weinman, (310) 344-  
5639, [mikeweinman@ymail.com](mailto:mikeweinman@ymail.com)

### **WESTWOOD**

2nd Mondays, 10-11:30 am  
Westwood Presbyterian, 10822 Wilshire Blvd,  
LA, 90024. Nessa Weinman, (310) 717-8017,  
[nessaweinman@yahoo.com](mailto:nessaweinman@yahoo.com)

**\*\*NEW\*\* PCLA's ONLINE PARKINSON'S SUPPORT GROUP \*\*NEW\*\***

**Support and community from the comfort of your home!**

*Computer/tablet with camera, microphone, and web connection needed.*

2nd Tuesdays, 5 pm. Contact Sandy Yaras for instructions on how to participate:  
(323) 578-8865, [Letstalkaboutparkinsons@gmail.com](mailto:Letstalkaboutparkinsons@gmail.com)

## OTHER SUPPORT GROUPS THROUGHOUT LOS ANGELES COUNTY

*\*Support group times and locations sometimes change; please reach out to the group coordinator before attending to confirm\**

### **BURBANK**

4th Thursdays, 10:30 am - 11:30 am  
Providence St. Joseph, 501 S Buena Vista St,  
Burbank, 91505. (818) 847-3271

### **CLAREMONT**

**Parkinson's Explorers Support Group**  
2nd Saturdays, 10:00 am - 12:00 pm  
Joslyn Senior Center, 660 N Mountain Ave,  
Claremont, 91711. (909) 399-5488

### **CULVER CITY**

**Educational PD Meeting**  
3rd Thursdays, 3:00 pm – 4:00 pm  
Paloma Point, 10955 W Washington Blvd  
Culver City, 90230. (760) 773-5628,  
[info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

### **ENCINO**

**Encino Educational PD meeting**  
3rd Wednesdays, 7:00 pm - 9:00 pm  
Rehab Specialists, Inc., 5359 Balboa Blvd.,  
Encino, 91316. (877) 775-4111,  
[info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

### **GLENDORA**

**Educational & Caregiver Meeting**  
2nd Wednesdays, 7:00 pm - 8:00 pm  
Foothill Rehab, 401 West Ada Avenue,  
Glendora, 91741. (760) 773-5628,  
[info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

**Questions about living with PD? We can help!**

**Reach out to our information line:**

(310) 880-3143 or

[info@parkinsonscommunityla.org](mailto:info@parkinsonscommunityla.org)

## **LONG BEACH**

### **VA Long Beach Support Group**

1st Saturdays, 1:00 pm - 2:30 pm  
VA Long Beach Healthcare System, 5901 E 7th St, Long Beach, 90822. (562) 826-8000

### **Educational & Caregiver Meeting**

1st Wednesdays, 6:30 pm - 8:30 pm  
Cambrian Homecare Training Center, 5199 East PCH, Long Beach, 90804. (877) 775-4111, [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

### **Long Beach Medical Center Support Group**

2nd Wednesdays, 10:00am - 11:00am  
LBMC, Miller Children's Pavilion, Conf. Room C, 2801 Atlantic Avenue, Long Beach, 90806. Theresa Stern, (714) 378-5022

## **LOS ANGELES**

### **Downtown Support Group**

2nd Saturdays, 10:00 am - 12:30 pm  
Union Church of Los Angeles, 401 E 3rd St, Los Angeles, 90013. (213) 629-3876

## **MANHATTAN BEACH**

### **Manhattan Beach Educational Meeting**

4th Tuesdays, 6:30 pm - 8:30 pm  
American Martyrs Parish House, 659 15th St, Manhattan Beach, 90266. (877) 774-4111, [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

## **PALMDALE**

### **PD Support Group of Antelope Valley**

3rd Tuesdays, 10:00 am - 12:00 pm  
Legacy Commons, 930 Ave Q-9, Palmdale, 93550, Joan Osborne, (661) 553-9011

## **RESEDA**

### **Reseda Parkinson's Support Group**

Weekly on Mondays, 1:30 pm  
ONEgeneration Senior Center, 18255 Victory Blvd., Reseda, 91335. (818) 705-2345

## **SAN MARINO**

### **START ("Science, Therapy, Attitude, Research, Teamwork") support group**

3rd Tuesdays, 3:00 – 5:00 pm  
San Marino Community Church, 1750 Virginia Road, San Marino, 91108. Barbara Miller, (626) 284-7854, [start4pd@gmail.com](mailto:start4pd@gmail.com)

## **SANTA MONICA**

### **Caregiver & Person w/Parkinson's meeting**

1st Thursdays, 7:00 pm – 9:00 pm  
Rehab Specialists, 2730 Wilshire Blvd, Santa Monica, 90403 Suite #533  
(760) 773-5628, [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

### **Santa Monica Educational Meeting**

3rd Thursdays, 7:00 pm – 9:00 pm  
Rehab Specialists, 2730 Wilshire Blvd, Santa Monica, 90403 Suite #533  
(877) 774-4111, [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org)

## **SHERMAN OAKS**

4th Thursdays, 1:00 pm - 2:30 pm  
East Valley Adult Center, 5056 Van Nuys Blvd, Sherman Oaks, 91403  
John Mason, (310) 991-0787

## **SIERRA MADRE**

3rd Thursdays, 6:30-8:00 pm  
Kensington Assisted Living, 245 W. Sierra Madre Blvd., Sierra Madre, 91024  
[ssciurba@kensingtonsl.com](mailto:ssciurba@kensingtonsl.com) or (626) 355-5700

## **TORRANCE**

### **People with Parkinson's South Bay**

2nd Saturdays, 2:00 pm - 4:00 pm  
Torrance Memorial, Hoffman Conf Center, 3330 Lomita Blvd., Torrance, 90505. Paul Cohen, (310) 200-2575

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## **About Parkinson's Community Los Angeles**

In the face of a life-changing diagnosis such as Parkinson's disease, it can be a challenge to maintain hope and positive energy needed to move ahead and maintain balance in life. There are resources available in Los Angeles to help provide emotional support, medical treatment, physical training, and other sources of wellness and relaxation for individuals with PD and their care partners. Parkinson's Community Los Angeles will deliver this information with encouragement and support to aid you and your loved ones in this challenging journey. We are in this together! We are a 501(c)3 non-profit organization. Reach us at (310) 880-3143 or [info@parkinsonscommunityla.org](mailto:info@parkinsonscommunityla.org).