



---

## Arizona 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.*

[Anthem](#)

[Gilbert](#)

[Mesa](#)

[Phoenix](#)

[Prescott](#)

[Scottsdale](#)

[Surprise](#)

[Sun City](#)

[Tucson](#)

[Virtual \(MAPC\)](#)

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 [southwest@parkinson.org](mailto:southwest@parkinson.org).

May 2023



## ANTHEM

### **Anthem Parkinson's Support Group – North Valley Regional library [Updated April 2023]**

*Mainly an educational group. We have speakers talking about Parkinson's related topics. Our goal is offering educational and emotional support to people who are living with Parkinson's disease and their love ones.*

**Fee:** No

**Location:** Anthem, AZ 85086 – *Meeting in-person*

For more information, contact Lorrie Duewiger at 412-607-7305 or [lduewiger@yahoo.com](mailto:lduewiger@yahoo.com).

## GILBERT

### **Banner Health Support Groups [Updated May 2023]**

*Various support groups for Care Partners, Women, and Men.*

**Fee:** No

**Location:** Gilbert, AZ 85234 – Meeting in-person and virtually

For more information, contact Annette Kluge at 480-827-5800 or

[Annette.Edwards@bannerhealth.com](mailto:Annette.Edwards@bannerhealth.com).

Link to website [here](#).

## MESA

### **East Mesa Parkinson Support Group – Muhammad Ali Parkinson Center**

*Support group for those living with PD and their carepartners. The first hour of the meeting is a joint educational session. The second hour, people with PD split from their carepartners for separate group discussions.*

**Location:** Mesa, AZ 85207 – *Meeting virtually*

For more information, contact Kristina Watts at 602-406-4921 or [Kristina.Watts@DignityHealth.org](mailto:Kristina.Watts@DignityHealth.org)

Link to website [here](#).

## PHOENIX

### **Ahwatukee Support Group, LivGenerations Ahwatukee – Muhammad Ali Parkinson Center**

**Location:** Phoenix, AZ 85048

For more information, contact Sheri Simpson at (480) 800-7304 or Kris Watts at (602) 406-4921.

Link to website [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 [southwest@parkinson.org](mailto:southwest@parkinson.org).

May 2023



### **Coffee Talk – Rehab Without Walls**

**Location:** Phoenix, AZ 85104 – *Meeting in-person and virtually*

For more information, contact Trina Whittaker at 602-393-0620, or Britney Burkett at

[Britney.burkett@rehabwithoutwalls.com](mailto:Britney.burkett@rehabwithoutwalls.com).

Link to website [here](#).

### **North Central Phoenix Support Group – Muhammad Ali Parkinson Center**

**Location:** Phoenix, AZ 85051

For more information, contact Kris Watts at (602) 406-4921.

Link to website [here](#).

### **Tea and Tremors Parkinson's Support Group [Updated May 2023]**

*Provide Support or any stage of the disease and for patients to have tools to become their own health advocates.*

**Location:** Phoenix, AZ 85014 – *Meeting in-person*

For more information, contact Britney Burkett at 602-670-4287 or

[britney.burkett@rehabwithoutwalls.com](mailto:britney.burkett@rehabwithoutwalls.com).

## **PRESCOTT**

### **Prescott Parkinson's Support Group [Updated August 2023]**

*The Prescott Parkinson's Support Group is a volunteer organization devoted to helping support people with Parkinson's disease, their families and their friends.*

**Fee:** No

**Location:** Prescott, AZ 86301

For more information, contact Pat Levin at 928- 900-4550 or [prescottpd2020@gmail.com](mailto:prescottpd2020@gmail.com).

### **Prescott PD Care Partners Group [Updated April 2023]**

Location: Prescott, AZ 86301

For more information, contact Carol Lisbona at 928-900-4550 or [prescottpd2020@gmail.com](mailto:prescottpd2020@gmail.com)

## **SCOTTSDALE**

### **Women with Parkinson's Support Group [Updated April 2023]**

**Location:** Scottsdale, AZ 85255 – *Meeting in-person and virtually*

For more information, contact Sheryl Lowenhar at [slowenhar@gmail.com](mailto:slowenhar@gmail.com).

Link to website [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 [southwest@parkinson.org](mailto:southwest@parkinson.org).

May 2023



## SURPRISE

### **Surprise Support Group – Muhammad Ali Parkinson Center [Updated May 2023]**

**Location:** Surprise, AZ 85374 – Meeting in-person

**Fee:** No

For more information, contact Joanne Ruelas at 602-406-4266 or [joanne.ruelas@dignityhealth.org](mailto:joanne.ruelas@dignityhealth.org).  
Link to website [here](#).

## SUN CITY

### **Coffee Talk – Banner Health Support Group [Updated May 2023]**

*Various support groups for Care Partners and People with Parkinson's.*

**Location:** Sun City, AZ 85351 – Meeting in-person and virtually

For more information, contact Tessa Sweepe at 623-832-8786 or [Tessa.Sweepe@bannerhealth.com](mailto:Tessa.Sweepe@bannerhealth.com).  
Link to website [here](#).

### **Parkinson's Caregiver Support**

**Location:** Sun City, AZ 85375

**Fee:** Free

For more information, contact Stephanie Lamb at 928-613-2223 or [slamb@benevilla.org](mailto:slamb@benevilla.org).  
Link to website [here](#).

## TUCSON

### **Parkinson Wellness Recovery/PWR!Gym [Updated April 2023]**

*The PWR!Gym is a place for Arizona community members to access Physical Therapy, Exercise Therapy, and Wellness Support specifically for people with Parkinson's. We have over 15 different PD-specific group classes for people of all levels of fitness.*

**Location:** Tucson, AZ 85705 – Meeting in-person

**Fee:** Yes

For more information contact, Pandora Larsen at 520-591-5346 or [info@pwr4life.org](mailto:info@pwr4life.org).  
Link to website [here](#).

### **People with Parkinson's Support Group [Updated May 2023]**

*This group is led by Dr. Marilyn Hart and is open to those living with Parkinson's and their caregivers.*

**Location:** Tucson, AZ 85718 – Meeting in-person

**Fee:** No, free

For more information contact, Amy Dowe at 520-615-5429 or [adowe@tucsonjcc.org](mailto:adowe@tucsonjcc.org).

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 [southwest@parkinson.org](mailto:southwest@parkinson.org).

May 2023



## **VIRTUAL** (Muhammad Ali Parkinson Center)

### **Newly Diagnosed with PD, Care partner Support Group**

*The group is open to anyone diagnosed with PD three years or less.*

**Location:** Online, AZ 85254

For more information, contact Shannon Arriola at 602-828-8880.

### **Phoenix Metro Virtual Support Group**

**Location:** Online

For more information, contact Kris Watts at (602) 406-4921.

### **Young Onset Parkinson's Support Group [Updated April 2023]**

*This group is for those diagnosed before age 50.*

**Location:** Phoenix, AZ 85013 – Meeting virtually

**Fee:** No

For more information, contact Joanne Ruelas at 602-406-4266 or [joanne.ruelas@dignityhealth.org](mailto:joanne.ruelas@dignityhealth.org).

Link to website [here](#).

## **EN ESPANOL**

### **Comadres Y Compadres Grupos de Apoyo [Actualizado Mayo 2023]**

**Localizado:** En persona y en línea

Para más información, contacte a Claudia Martínez al 602-406-2453

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 [southwest@parkinson.org](mailto:southwest@parkinson.org).

May 2023