



California Local Resources by County

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.

**An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

<u>Alameda</u>	<u>Riverside</u>
<u>Butte</u>	<u>Sacramento</u>
<u>Contra Costa</u>	<u>San Diego</u>
<u>Fresno</u>	<u>San Luis Obispo</u>
<u>Kern</u>	<u>San Francisco</u>
<u>Los Angeles</u>	<u>San Mateo</u>
<u>Marin</u>	<u>Santa Clara</u>
<u>Monterey</u>	<u>Santa Cruz</u>
<u>Napa/ Sonoma</u>	<u>Stanislaus</u>
<u>Orange</u>	<u>Ventura</u>
	<u>Victorville</u>
	<u>Programas en español - todo el estado</u>

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 california@parkinson.org.

August 2023



California Local Resources

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ALAMEDA

Support Groups

PD Active Diversity Outreach Program, PD Active

Location: Berkley, CA

For more information, contact Adam Mizock or amizock@gmail.com

Link to website [here](#).

Fremont Support Group

Support group for Parkinson's patients and their caregivers.

Location: Fremont, CA 94538 - Meeting virtually.

For more information, contact Bob Dickerson at 510-490-7978 or bob_tennisguy@yahoo.com

Exercise and Wellness

Dance Moves Me! For Parkinson's

Dance Moves Me! brings a fresh and fun approach to dance and rhythmic movement for people living with Parkinson's disease.

Location: Walnut Creek, CA 94597

Fee: Yes, \$10/class

For more information, contact Debbie Sternbach at fasn8n@comcast.net or 510-653-8362.

***Dance for PD®, Oakland 2023-24, dNaga** (updated August 2023)

dNaga's Dance for PD® program in Oakland provides free weekly classes to members of the Parkinson's community. Through musicality and imagery taught through the art of dance, students explore new ways to move and create dance in a social setting. Proven to stimulate social engagement and increase stochastic balance, Dance for PD® is an excellent way to stay active and build community. Through this Community Grant award, we will build community bridges through exercise and art. Dancers and people with Parkinson's have something in common, we are always trying to cajole our bodies to do something in a certain way and with a certain timing. We seek to have a significant impact on the way people think of themselves, relate to their own bodies and to manage symptoms of Parkinson's.

Location: Oakland, CA

Fee: None

For more information, contact Claudine Naganuma at dNaganoodle@gmail.com.

Link to Website [here](#).



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Parkinson's Exercise & Caregiver Program 2022 Community Grant, City of Union City - Community & Recreation Services,

Location: Union City, CA

For more information, contact Robert Magbanua at robertmagbanua@unioncity.org.

Link to website [here](#).

SMU School of Physical Therapy

Group classes consisting of boxing for people with Parkinson's Disease. Board certified faculty.

Location: Oakland, CA 94609- Meeting in-person and online

Fee: Free

For more information contact Jose Reyna at 510-879-9200 x7343 or jreyna@samuelmerritt.edu.

Link to website [here](#).

BUTTE

Exercise and Wellness

North State Therapy Choir, Chico, North Valley Community Foundation

Location: Chico, CA 95928 - Meeting virtually.

For more information contact, Erin Haley at erin@haleymusictherapy.com

Link to website [here](#).

CONTRA COSTA

Support Groups

Brentwood Support Group

Support group for Parkinson's patients and their caregivers.

Location: Brentwood, CA 94513

For more information, contact Sue and Duane Schnittker at 925-550-2756 or saresa@comcast.net.

Walnut Creek Support Group

Support group for Parkinson's patients and their caregivers.

Location: Walnut Creek, CA 94595

For more information, contact Lance Gershen at 925-932-1028 or Abraham Raja at 925-381-0688



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Exercise and Wellness

Dance for Parkinson's Diablo Ballet

Music and movement to target Parkinson's concerns such as coordination, balance, flexibility, isolation, and depression.

Location: Walnut Creek, CA 94596 - Meeting online.

Fee: Yes

For more information, contact Lauren Jonas at lauren@diabloballet.org.

Link to website [here](#).

FRESNO

Support Groups

Greater Fresno Parkinson's Support Group

We are people with Parkinson's, care partners, and other interested people who get together and share ways to live better with Parkinson's. We welcome any age and any stage of Parkinson's.

Location: Clovis, CA 93611

For more information, contact info@gfpsg.org

Link to website [here](#).

The Movers and Shakers of Fresno

This is a Parkinson's support group that provides educational talks aimed at equipping our members with useful tools to help them manage their symptoms and maintain a higher quality of life.

Location: Fresno, CA 93722- Meeting in-person and online

Fee: Free

For more information contact Jessica Tax at 559-369-4284 or Jessica@moveuphealth.com.

Link to website [here](#).

Exercise and Wellness

Rock Steady Boxing Central Cal

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Fresno, CA 93720

Fee: Yes

For more information, contact John Bowers at 559-392-8842 or centralcal@rsbaffiliate.com.

Link to website [here](#).

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August 2023



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Greater Fresno Parkinson Support Group

Wellness program for people with Parkinson's who wish to gain information about resources, support, and exercise in the Greater Fresno area through the use of a liaison.

Location: Clovis, CA - Meeting virtually.

For more information, contact Ron Schiller at pattystratton21@gmail.com.

Link to website [here](#).

KERN

Support Groups

Bakersfield Parkinson's Support Group

Bakersfield Parkinson's Support Group is an association of patients with Parkinson's disease (PD) their caregivers, and medical professionals in Bakersfield, California. Bakersfield is in the heart of "Parkinson's Alley" with an unusually high incidence of PD. The group has been supporting the Parkinson's community for nearly two decades.

Location: Bakersfield, CA - Meeting virtually.

For more information, contact Paul Gipe at 661 325 9590 or pgipe@igc.org or David Campbell at 661 872-3646 or campbell.david64@gmail.com

LOS ANGELES

Exercise and Wellness

5K Training Program

This program is of particular value to People with Parkinson's disease but is open to anyone for whom a 5K is a stretch. Family and friends are encouraged to participate, both to support people with PD and to share in the enjoyment of a sociable and professionally coached training program. Everyone is welcome, no advance sign-up required. Just come!

Location: Los Angeles, CA 90033

For more information, contact Sarah Ingersoll, University of Southern California at singerso@usc.edu or 626-796-4745.

Link to website [here](#).

Beat Based Movement

Drums & hand Percussion patterns to set the pace, using a simple counting and breathing technique and rhythm coordination. Classes are led by live drums! Patients gain mobility, help with motor and non-motor symptoms through a series of rhythm exercises.

Location: Venice, CA 90292 - Meeting in-person

Fee: First class is free, and then a fee

For more information, contact Jorge Villanueva at jorge@beatbasedmovement.com or 818-456-7086.

Link to website [here](#).

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High Intensity Parkinson's Exercise Classes

We help people who are tired and limited by their neurologic diagnoses restore movement, confidence, and strength by providing brain-changing therapy and exercise. The programs include group classes, personal training, yoga therapy, 1:1 coaching, fitness assessments, special events and workshops and more!

Location: Torrance, CA 90503

For more information, contact info@re-activept.com or 424-488-3191.

Link to website [here](#).

Lineage Dance Company: Dance for Joy

Lineage offers a series of free weekly classes for persons with Parkinson's at the Lineage Performing Arts Center. The classes are aimed at providing exercise, community, creative expression, and managing and mitigating some of the effects of Parkinson's disease.

Location: Pasadena, CA 91104

For more information, contact Brian Elerding at brian@lineagepac.org.

Link to website [here](#).

Power Over Parkinson's POP Fit Program, Monterey Bay Power Over Parkinson's Inc

Location: Monterey, CA

For more information contact Cynthia Zoller at czs@cindyzsilver.com.

Link to website [here](#).

PPG Fitness for PD, Edward Charles Foundation

Location: Beverly Hills, CA

For more information contact Maureen McComsey at maureen@pingpongforgood.org.

Link to website [here](#).

***Precision Rehabilitation's Parkinson's Wellness Grant, Christy Malonzo Physical Therapist Inc. and Manjiri Dahdul Physical Therapist Inc. (updated August 2023)**

Precision Rehabilitation offers comprehensive, skilled and evidence based practice to treat individuals with a diagnosis of PD. Our innovative, individualized, and intensive 8 week evidence-based exercise and lifestyle based program will address both physical and mental health to treat motor and non-motor symptoms of PD. The lifestyle wellness portion of the program will consist of one initial evaluation, eight wellness classes, one mid-point re-assessment, and one final session to create a wellness plan. Topics of each course will address non-motor symptoms and cover topics of mental health (mood/stress management), sleep hygiene, fatigue management, self advocacy training, and education regarding habit formation and the benefits of physical activity and nutrition for self-management of PD. The exercise based portion of the program address areas of: balance, resistance exercise, aerobic exercise, health promotion, and patient education.

Location: Long Beach, CA

Fee: None

For more information, contact Manjiri Dahdul at manjiridahdul@gmail.com.

Link to Website [here](#).

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***Re+integrate, Re+active physical therapy and wellness** (updated August 2023)

Re+integrate is a 6 month holistic integrated program of PT, OT, psychology and peer support to promote lifelong physical and mental health in people with Parkinson's Disease and their care partners. We will be enrolling individuals with all different stages of disease chronicity to participate in a program that includes free monthly wellness memberships tailored to participation in exercise, psychology support, and play based activities with their care partner.

Location: Torrance, CA

Fee: None

For more information, contact Julie Hersberg at info@re-activept.com.

Link to Website [here](#).

Neuroboxing

Neuroboxing is a non-profit organization dedicated to impacting the lives of those with traumatic brain injuries and neurological disorders, including those with Parkinson's, through non-contact boxing.

Location: Westlake Village, CA 91362

For more information, contact Josh Ripley at josh@neuroboxing.org.

Link to website [here](#).

Dance 4 Your Health

This program is specially designed to bring the joy of dance and music to individuals with Parkinson's disease and their caretakers. Enjoy from the comfort of your own home!

Location: Lancaster, CA 93535 - Meeting virtually.

For more information, contact Lisa Sandoval at info@dance4yourhealth.com or 661-916-1318.

Link to website [here](#).

Adaptive Physical Education Class

Water and physical exercise with special attention given to the needs of individuals with Parkinson's disease. Course number is 37326.

Location: Lancaster, CA 93536

Fee: \$47 for the class; A semester parking pass is \$20.

For more information, contact 661-722-6300.

Invertigo Dance Theatre's Dancing Through Parkinson's Program, Invertigo Dance Theatre

Location: Culver City, CA

For more information, contact David Mack or development@invertigodance.org

Link to website [here](#).

Keck School of Medicine of the University of Southern California, a Parkinson's Foundation Center of Excellence

Location: Los Angeles, CA 90033

Link to website [here](#).

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Parkinson's Group Wellness Programs

Offers two levels of exercise groups: Wellness Group and High-Intensity Exercise Group. Both groups incorporate a variety of exercise approaches to address mobility, speech, education. Therapists are PWR! and LSVT trained.

Location: Pomona, CA - Meeting in-person.

Fee: Yes

For more information, contact CasaColina Outpatient Services at 909/596-7733, ext 3500 or ecasselle@casacolina.org

Link to website [here](#).

Parkinson's Resource Organization

Various groups with different audiences and locations.

Location: Various locations in LA county

For more information, contact 877-775-4111.

Link to website [here](#).

Spanish-language Programs for the Parkinson's Community in Los Angeles and Beyond, Parkinson's Community Los Angeles

Location: Los Angeles, CA

For more information, contact Sarah King or sarah@pcla.org

Link to website [here](#).

MARIN

Support Groups

Marin Parkinson's Support Group

Meeting Virtually.

Location: Mill Valley, CA 94941

For more information, contact Katherine Jones at kathjones@mac.com or 415-927-7647 or Elizabeth Mazariegos-Ramirez at elizabeth@alegreicare.com

Link to website [here](#).

Caregiver Support Group

Location: Mill Valley, CA 94941

For more information, contact JoAnn Katz at joannkatzmft@gmail.com.



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Exercise and Wellness

PD Connect High Intensity Class

Introducing a high-intensity, highly focused group exercise class specifically designed for people with Parkinson's disease.

Location: Corte Madera, CA 94925 - Meeting virtually.

For more information, contact Lisa Oei at 415-604-2477 or lisa@PD-Connect.org.

Link to website [here](#).

The First BIG STEP™, PD-Connect

Location: Corte Madera, CA

For more information contact Lisa Oei at lisa@pd-connect.org.

Link to website [here](#).

MONTEREY

Support Groups

Pacific Grove Support Group

Support group for Parkinson's patients and their caregivers. Resuming in person meetings in August.

Location: Pacific Grove, CA 93950

For more information, contact mps@montereyparkinsonsupport.com.

Link to website [here](#).

Exercise and Wellness

POP Fit Power Over Parkinson's

Location: Salinas, CA

For more information, contact larry@actioncouncil.org

Link to website [here](#).

NAPA / SONOMA

Support Groups

Napa Young Onset Support Group

Support group for young onset Parkinson's patients and their caregivers.

Location: Napa, CA 94558

For more information, contact

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Exercise and Wellness

PWR! Moves Class

This movement class is for those living with Parkinson's disease, essential tremor or balance issues. Classes are designed to increase strength, flexibility, coordination, balance and posture. The goal is to enhance motor, cognitive and emotional functions and daily quality of life. Meeting Virtually.

Locations: Various locations in St. Helena, CA 94574, Calistoga, CA 94515, and Angwin, CA
For more information, contact Rianda House at 707-963-8555. EXT. 103- Program Manager
Link to website [here](#).

Rock Steady Petaluma

Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum lead by certified coaches.

Location: Petaluma, CA 94952 - Meeting in-person.

Fee: Yes

For more information, contact Jeanette Perry at (707) 595-6548 or petaluma@rsbaffiliate.com.
Link to website [here](#).

ORANGE

Support Groups

Orange County Parkinson's Disease Support Groups, PDBuzz (updated February 2023)

Whether you are newly diagnosed with Parkinson's or have been living with PD for years, it helps to talk to others who are going through the same thing.

Location: Orange County, see website for list of locations

For more information, contact info@pdbuzz.com.

List to website [here](#).

Parkinson's Resource Organization Support Group: Manhattan Beach

These meetings may alternate between caregiver only meetings and meetings that also include individuals with PD.

Location: Manhattan Beach, CA 90266 - Meeting virtually.

For more information, contact the PRO Office at 877-775-4111.

Link to website [here](#).



California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

Parkinson's Resource Organization Support Group: Newport Beach

These meetings may alternate between Caregiver Only meetings and meetings that also include individuals with PD.

Location: Corona Del Mar, CA 92625 – Meeting virtually.

For more information, contact the PRO Office at 877-775-4111.

Link to website [here](#).

Parkinson's and/or Dementia Care Partner Support Group (updated March 2023)

Members have the opportunity to interact with others who understand the physical and emotional demands of care partnering.

Location: Irvine, CA, 92614 – Meeting in person.

Fee: No

For more information, contact Kelli French at 614-557-9604 or kellif67@gmail.com

***Promotoras y Embajadoras de Parkinson - Parkinson's Promoters and Ambassadors 2023.**

Give for a Smile (updated August 2023)

Promotores Embajadores de Parkinson is a free Spanish language program tailored for all community leaders, PD patients, PD patients' family members, caregivers, and anyone who lives in California and wants to better understand Parkinson's condition. This program was designed to prepare Promotores providing them with skills and tools to outreach and deliver education to PD-affected communities and individuals more effectively.

Location: Garden Grove, CA – Meeting in-person

Fee: None

For more information, contact Adriana Jimenez at ajimenez@giveforasmile.org.

Link to Website [here](#).

Exercise and Wellness

***Dancing Hearts, Healthy Minds, Rx Ballroom Dance** (updated August 2023)

Rx Ballroom's dance therapy program generally consists of weekly ballroom dance classes for participants ranging from beginner to advanced levels. Each lesson is designed specifically for those struggling with neurodegenerative conditions. Classes are 100% free to participants and their caregivers/chosen partners to ensure that they have access to this extremely effective therapy without adding to their already extensive medical expenses. Our program offers a purposeful and fun way to create and/or expand participants' social circles, lift their spirits and begin to live again.

Location: Ladera Ranch, CA

Fee: None

For more information, contact Erin Drake info@rxballroomdance.com.

Link to Website [here](#).



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Improving the lives of people newly diagnosed and women with Parkinson's Disease, Rogue Physical Therapy & Wellness Inc

Rogue is a wellness program for people with Parkinson disease located in Fountain Valley, California.

Location: Fountain Valley, CA 92708

For more information, contact Claire McLean at info@roquept.com

Link to website [here](#).

Expansion of the Parkinson's Exercise Programs in Orange County, CA, Parkinson's Association of Orange County

Location: Dana Point, CA 92618

For more information, contact Kerry Keen at kerrykeen@pacbell.net

Link to website [here](#).

Orange County Tremble Clefs Community Outreach and Wellness Project Parkinsons Association of Orange County

Location: Irvine, CA

For more information, contact Karen Skipper at kmsmusic@cox.net

Link to website [here](#).

Orange County Parkinson's Exercise Classes, PDBuzz *(updated February 2023)*

Studies are showing that exercise is beneficial for people with Parkinson's.

Location: Orange County, see website for list of locations

For more information, contact info@pdbuzz.com.

List to website [here](#).

Orange Coast Medical Center's Parkinson's and Movement Disorders Program – FY22 Orange Coast Medical Center

Location: Fountain Valley, CA

For more information, contact Theresa Stern at tstern@memorialcare.org

Link to website [here](#).

Parkinson's Cardio Dance Class, Orange County Occupational Therapy, Inc.

Location: Costa Mesa, CA

For more information contact Leann Vitale at info@theocot.com.

Link to website [here](#).

Parkinson's Wellness Program of UCI, UC Irvine Health

Location: Orange, CA

For more information, contact Betsaida Cruz-Coble or bcruzcob@uci.edu

Link to website [here](#).

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Rock Steady Boxing Orange County

Boxing program to relieve and counter symptoms of PD and improve physical and mental health.

Location: Rancho Santa Margarita, CA 92688 - Meeting in-person

Fee: Yes

For more information, contact Gary Ballard 714-914-3316 or gary@ballardfitness.com.

Link to website [here](#).

Rx Ballroom Dance Therapy Program- Dance for Improved Quality of Life!, Rx Ballroom Dance

This program consists of weekly ballroom dance classes specifically designed to engage both the body and mind to alleviate symptoms of diseases such as Parkinson's and Alzheimer's.

Location: Ladera Ranch, CA 92694

For more information, contact Erin Drake at info@rxballroomdance.com

Link to website [here](#).

RIVERSIDE

Support Groups

Parkinson's Resource Organization Support Group: Palm Desert

Support group for caregivers only.

Location: Palm Desert, CA 92260

For more information, contact the PRO Office at 877-775-4111.

Parkinson's Resource Organization Support Group: Palm Desert

Location: Palm Desert, CA 92260

For more information, contact the PRO Office at 877-775-4111.

Exercise and Wellness

Starting Line Strength and Stability Center

A nonprofit exercise program for individuals diagnosed with Parkinson's Disease. We currently offer Rock Steady Boxing and PWR!Moves.

Location: Beaumont, CA 92223- Meeting in-person

Fee: Yes

For more information, contact Christine Guevara 951-755-7070 or StartingLineSSC@gmail.com.

Link to website [here](#).



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SACRAMENTO

Support Groups

Parkinson Association of Northern California

Run PD and Care partner support groups in 14 No CA counties, Annual Educational Conference (Sacramento vicinity), quarterly newsletter and training exercise professionals through our ParkinsonWise program.

Location: Various locations in Northern California - Meeting in-person.

For more information, contact Sean Tracy at 916-357-6641 or panc@panctoday.org

Link to website [here](#).

Exercise and Wellness

Spread the Word: Mental Health Resources and Outreach to People with Parkinson's Disease, Parkinson's Association of Northern California

Location: Beaumont, CA 92223

For more information, contact panc@panctoday.org

Link to website [here](#).

Starting Line Strength and Stability Center

A nonprofit exercise program for individuals diagnosed with Parkinson's Disease. We currently offer Rock Steady Boxing and PWR!Moves.

Location: Beaumont, CA 92223 - Meeting in-person

Fee: Yes

For more information contact Christine Guevara at 951-755-7070 or StartingLineSCC@gmail.com.

Link to website [here](#).

SAN DIEGO

Support Groups

San Diego Central County Parkinson's Support Group

The SDCCPSG serves as a resource within the greater San Diego metropolitan area to facilitate education, assistance and support for persons with Parkinson's and their families.

Location: Various locations around San Diego County - Meeting virtually.

For more information, contact Nancy Floodberg at president@sdccpsg.org.

Link to website [here](#).

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San Diego Parkinson's Support Group Network

Various audiences, focuses, and locations for PWP and caregivers

Location: Various locations throughout San Diego County

For more information, contact 619-565-0411 or info@support4pd.org.

Link to website [here](#).

Parkinson's Association of San Diego

The Parkinson's Association is a non-profit organization dedicated to the well-being of people in our community who are affected by neurological and movement disorders. Provides support groups, exercise classes, and other event listings.

Location: Various locations throughout San Diego County

For more information, contact Chris Buscher at 858-999-5671 or info@parkinsonsassociation.org.

Link to website [here](#).

North County Parkinson's Support Group

Four chapters provide monthly support group meetings including educational component and breakouts where PwP and CPs meet separately to discuss successes and challenges. Also sponsor exercise classes, social gatherings, monthly newsletter. Meeting in person.

Location: Various locations in Oceanside, Fallbrook, La Costa, and Rancho Bernardo, CA

For more information, contact Paul Dawson at 760-497-1200 or paul@video-fire.com, or Irene Miller at 760-731-0171 or NCPSGF@GMAIL.COM.

Link to website [here](#).

Parkinson's Connection Orange County, Parkinson's Wellness Fund

Location: La Jolla, CA

For more information, contact Lauren Simmons at info@pdbuzz.com

Link to website [here](#).

Exercise and Wellness

Jump Start Your Journey, NeuroLab 360 Rehabilitation and Wellness

Location: Encinitas, CA

For more information contact Jessie Agrimis at info@neurolab360.com.

Link to website [here](#).

Luchando contra el Parkinson, Juan Carlos Organization

Location: San Diego, CA 92169

For more information contact, Lisbeth Garces at juancarlosorganization@gmail.com

Link to website [here](#).

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Tremble Clefs San Diego

Tremble Clefs is a fun, and free therapeutic singing program for people living with Parkinson's and their care partners.

Location: San Diego, CA 92120

For more information, contact Karen Hesley at khesley@hotmail.com

Link to website [here](#).

Rock Steady Boxing San Diego

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Escondido, CA 92025

For more information, contact Marylene Rosa Kuhlmann at sandiego@rsbaffiliate.com

Link to website [here](#).

***Sharp Grossmont Hospital: Group Exercise and Education Class for Newly Diagnosed People with Parkinson's, Grossmont Hospital Foundation** (updated August 2023)

Sharp Grossmont Outpatient Rehabilitation Clinic consists of physical, occupational, and speech therapists who provide treatment to a variety of neurological patients. Rehab's goal is to reach newly diagnosed people with Parkinson's and provide education on Parkinson's specific interventions in a supportive community format. The goal is to provide a community-based exercise program for newly diagnosed PD patients. Individuals who are enrolled in the community class will participate in group exercise classes led by a PD-trained PT, where the client and their care team will receive additional educational content from PD-trained OT and ST. It is critical to encourage and establish early and lifelong exercise habits in a space that provides camaraderie, support and motivation because research supports early exercise for PD patients in a group format.

Location: La Mesa, CA

Fee: None

For more information, contact Kate Wayne at kate.wayne@sharp.com.

Link to Website [here](#).

University of California, San Diego Movement Disorder Center, a Parkinson's Foundation Center of Excellence

Location: San Diego, CA 92037

Link to website [here](#).



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SAN LUIS OBISPO

***PDFit at Paso Robles Physical Therapy, Paso Robles Physical Therapy/Lake Life Wellness Center** (updated August 2023)

PDFit is a community exercise class put on by Paso Robles Physical Therapy. Our class strives to encourage PWP and their caregivers to participate in exercise specifically aimed at improving movement and combating Parkinson's symptoms. Our classes are offered two times a week throughout the year for people with Parkinson's Disease as well as their caregivers. Participation of caregivers is encouraged to allow for a more active household and to promote improved body-mechanics with physical assistance that may be required. This program allows caregivers to also enjoy socialization, networking, and create meaningful connections within this community. PDFit strives to create fun within functional mobility!

Location: Paso Robles, CA – Meeting in-person

Fee: \$150 monthly fee, Community Grant covers cost

For more information, contact Alyson Amenta at alysonphuber@gmail.com.

Link to Website [here](#).

SAN FRANCISCO

Support Groups

Parkinsons Caregiver Resource Help

Location: SF / East Bay locations

For more information, contact Aaron Daley at aaron.daley@ucsf.edu or 415-476-9276

San Francisco VA Medical Center Support Group

Support group for veterans Parkinson's Disease (open to anyone). Walk-ins welcome.

Location: San Francisco, CA 94121

For more information, contact Annie Li Wong at 415-379-5530.

Young Onset Support Group

Support group for young onset Parkinson's patients and their caregivers.

Location: San Francisco, CA - Meeting virtually.

For more information, contact Monica Voltz at 415-353-7382 or monica.volz@ucsf.edu

Stanford Neuroscience Supportive Care

A variety of free support groups, classes, workshops, 1:1 consultations and services open to all patients and families regardless of where you receive care. All classes are tailored to the unique needs of Neuroscience patients.

Location: Meeting virtually

For more information contact 650-721-8500 or NSCP@stanfordhealthcare.org

Link to website [here](#).

This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).

August 2023



California Local Resources

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

Exercise and Wellness

***Dance for People With Parkinson's, San Francisco Ballet Association** (updated August 2023)

San Francisco Ballet School offers dance classes specially designed for people with Parkinson's Disease and their family members, friends, and caregivers. San Francisco Ballet School's Dance Class for People with Parkinson's derives its artistic inspiration and goals from SF Ballet's repertory, which is based in the classical ballet tradition, our mission to share our joy of dance with the widest possible audience, and to further our Inclusion, Diversity, Equity, and Access mission to share our joy of dance with a diverse population. The classes engage participants in ballet movement experiences that develop individual artistic expression while honoring PD-specific concerns such as flexibility, balance, coordination, isolation, and depression.

Location: San Francisco, CA – Meeting in-person and online

Fee: None

For more information, contact Elizabeth Luu at eluu@sfballet.org.

Link to Website [here](#).

***It Takes a Village: Parkinson's Disease Educational Program for the San Francisco Bay Area Latinx and African American Communities, The Regents of the University of California**

(updated August 2023)

There are widespread racial and ethnic disparities in access to subspecialty care, diagnosis and management of Parkinson's disease (PD). Hispanic and African American patients with PD are less likely to receive care by a neurologist, physical and occupational therapist compared to white patients with PD. African American patients with PD are significantly less likely to receive appropriate pharmacologic or surgical therapy. African American and Hispanic patients also remain largely underrepresented in clinical research. We will host an educational symposium based in Alameda County targeted to Latinx and African American individuals living with PD and their families in the San Francisco Bay Area. Topics will include motor and non-motor symptoms of PD with particular emphasis on cognitive and mood disorders, given higher rates of PD related dementia and psychiatric symptoms in Hispanic and African American patients with PD compared to white patients. We plan to encourage family member participation in our educational program, and will particularly focus on the opportunity to provide caregiver education, support and resources. We hope to partner with community physicians and organizations in the Bay Area in the development of this educational program and build relationship for further outreach collaborations based on the identified needs of individuals with PD as well as their care partners.

Location: San Francisco, CA – Meeting in-person

Fee: None

For more information, contact Jill Ostrem at Jill.Ostrem@ucsf.edu.

Link to Website [here](#).



California Local Resources

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Jewish Family and Children's Services, Seniors at Home Jewish Family and Children's Services

Seniors At Home, the award-winning senior services division of JFCS, helps older adults live independently and provides peace of mind to their families.

Location: San Francisco, CA 94115

For more information, contact TraciD@jfcs.org

Link to website [here](#).

Mindfulness-Based Cognitive Therapy for People with Parkinson's Disease, University of California San Francisco

Location: San Francisco, CA 94143

For more information, contact Andreea Seritan at andreea.seritan@ucsf.edu.

Link to website [here](#).

Mobility Tango

Location: San Francisco, CA 94121

For more information, contact Bob Noakes 415-710-2144.

PDSF Network – Dance for PD

Parkinson's Disease San Francisco Network (PDSF Network) is a peer resources group that supports people with Parkinson's disease and our caregivers. Dance for PD is a movement class for people with Parkinson's Disease, their friends, family, and caregivers.

Location: Various locations in San Francisco

For more information, contact 415-285-7377 or pdsfnetwork@gmail.com.

Link to website [here](#).

PWR! Moves

This intermediate class is based on PWR! Moves program.

Location: San Francisco, CA 94114

For more information, contact Jennifer Broader, DPT, NCS at 415-600-5358.

Rock Steady Boxing SF

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: San Francisco, CA 94109

Fee: Yes, \$150/month

For more information, contact Kim Voronin at rocksteadyboxingsf@gmail.com.

Link to website [here](#).

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August 2023



California Local Resources

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SF Ballet Dance Class for Parkinson's

San Francisco Ballet offers a dance class specially designed for people with Parkinson's disease (PD). These classes emphasize large balletic movements and are designed to honor PD specific concerns such as balance, flexibility, isolation, and depression.

Location: San Francisco, CA 94109 – Meeting virtually and in-person.

For more information, contact Cecilia Beams at cbeam@sfballet.org.

Link to website [here](#).

University of California, San Francisco, a Parkinson's Foundation Center of Excellence

The University of California, San Francisco Medical Center has an international reputation for its excellence as a clinical and research facility and the UCSF Department of Neurology is widely recognized as one of the leading neuroscience centers in the United States.

Location: San Diego, CA 94143

Link to website [here](#).

SAN MATEO

Exercise and Wellness

Adaptive Physical Education

7 Different Parkinson's Exercise classes are offered year-round including: Yoga, Boxing, and Exercise for Parkinson's. New classes are starting soon including PD Yoga in Spanish and PD Mobility Training.

Location: Redwood City, CA

For more information, contact info@adaptivepevmcsc.org or call (650)368-7732.

Link to website [here](#).

***Compassion Training for Caregivers and Creative Exercise Programming, Adaptive Physical Education** (updated August 2023)

For more than 30 years, Adaptive Physical Education has been a fitness and wellness program for adults of all ability levels, particularly seniors, with physical disabilities or health limitations. Each week we offer 12 general conditioning exercise classes, as well as 12 specialized classes, including 5 Parkinson's Exercise classes. This is an 8 week course offered in both the Fall and the Spring. The course was developed by Stanford University and The Compassion Institute. "Compassion Cultivation Training" teaches a person to (a) have strength and be present with suffering, (b) have courage to take compassionate action, and (c) have resilience to prevent "compassion fatigue." (1) This training helps a person to reduce stress, anxiety, and depression, and to enhance connection with others.

Location: Redwood City, CA

Fee: None

For more information, contact Barbara McCarthy at info@adaptivepevmcsc.org.

Link to website [here](#).

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August 2023



California Local Resources

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Parkinson Association of Northern California

Dedicated to helping individuals and families affected by Parkinson's disease and related conditions, hosts various groups with different audiences and locations.

Location: Various locations

For more information, contact 916-357-6641.

Link to website [here](#).

Rock Steady Boxing Peninsula

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Belmont, CA 94002

Fee: Yes

For more information, contact Freddy Silva at rocksteadyfreddy650@gmail.com or 415-385-5668.

Link to website [here](#).

SANTA CLARA

Support Groups

Stanford Neuroscience Health Center

Support groups and classes by and for people with Parkinson's Disease, Walk ins welcome

Location: Multiple locations

For more information, contact TC Cowles, BSN, RN at NSCP@stanfordhealthcare.org or 650-721-8500.

Link to website [here](#).

San Jose Willow Glen Support Group

Support group for Parkinson's patients and their caregivers.

Location: San Jose, CA 95125 - Meeting in-person.

For more information, contact Bart Narter at 408-634-2265 bart.narter@gmail.com

Exercise and Wellness

Rock Steady Boxing San Jose

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Santa Clara, CA

For more information, contact Freddy Silva at rocksteadyfreddy650@gmail.com or 415-385-5668.

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August 2023



California Local Resources

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Rock Steady Boxing Silicon Valley

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Mountain View, CA 94043

For more information, contact Freddy Silva at rocksteadyfreddy650@gmail.com or 415-385-5668.

Link to website [here](#).

Taiko for Parkinson's Disease

This class includes basic taiko drumming techniques and form, which emphasize large amplitude movements, full extensions, trunk rotation, and using a loud voice. Care partners and family members are also welcome. No experience necessary.

Location: Santa Clara, CA - Meeting in-person.

For more information, contact Yurika Chiba at (408) 293-9344 or yurika@taiko.org

Link to website [here](#).

SANTA CRUZ

Support Groups

Parkinson's Speech and Physical Therapy Program, NextStage Productions

Location: Capitola, CA

For more information, contact Risa Lower at risa.mac@mac.com

Link to website [here](#).

Exercise and Wellness

Voice and Movement

Get LOUD and get MOVING with this split voice and movement class to improve vocal clarity and functional mobility.

Location: Santa Cruz, CA

Fee: Yes, \$40 for 8 sessions

For more information, contact Jocelyn Lagier at jocelynlagier@gmail.com

Link to website [here](#).



California Local Resources

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STANISLAUS

Exercise and Wellness

Rock Steady Boxing

Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. No boxing experience is necessary, and people of all ages are invited to participate.

Location: Modesto, CA 95356

For more information, contact Jackie Mendoza, Manager, at 209-544-1615.

VENTURA

Exercise and Wellness

Neuroboxing Fight Camp

A non-profit exercise, neurological rehabilitation and physical therapy program. Includes a free monthly support group dedicated to impacting the lives of those living with PD and neurological disease in our community.

Location: Ventura, CA 93003 – Meeting in person

Fee: Yes

For more information, contact Beth Baumer at 805-223-6955 or beth@neurorboxingfightcamp.com

Link to website [here](#).

Rock Steady Boxing VC/LA (updated May 2023)

Boxing-inspired group fitness classes are scientifically proven to delay the progression of Parkinson's symptoms.

Location: Camarillo, CA 91320 – Meeting in-person and virtually

Fee: Yes

For more information, contact Lisa Oliver at 805-814-6333 or lisa@rocksteadyboxingvcla.com

Link to website [here](#).

Ventura County Neurofitness

It's more than just boxing! An intensive training program specifically designed for those with PD and other neurological conditions. Neurofitness exercises classes offer challenges that create brain change.

Location: Ventura, CA 93003- Meeting in-person

Fee: Yes

For more information contact Dr. Vanessa White at 805-300-7749 or vcneurofitness@hotmail.com

Link to website [here](#).

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August 2023



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VICTORVILLE

Support Groups

Apple Valley Parkinson's Support Group

Location: Apple Valley, CA

For more information, contact Ann Miner at 760-954-2859 or eannminer@yahoo.com.

Programas en español

Grupos de Apoyo

JUNTOS - Con un Cafecito, grupo de apoyo en español

Nuestro grupo ofrece información sobre los recursos disponibles para manejar los síntomas de Parkinson. Tendremos oradores profesionales invitados, actividades terapéuticas, oración, plática, y amistad. Juntos, podemos apoyar un mejor bienestar con Parkinson.

Localización: Camarillo, CA 93010

El contacto: Michelle Rios, 805-377-2130 o grupojuntos7@gmail.com

¡Juntos Unidos! A peer led Hispanic Outreach Program, UCSD Parkinson and Movement Disorders Center

Localización: La Jolla, CA

Para más información, contacte a Adriana Gonzalez acg008@ucsd.edu

Luchando contra el Parkinson, Juan Carlos Organization

Localización: San Diego, CA 92169

Para más información, contacte a Lisbeth Garces juancarlosorganization@gmail.com

Enlace al sitio web [aquí](#).

***Promotores y embajadores de Parkinson - Parkinson's Promoters and Ambassadors 2023, Give for a Smile**

Localización: Garden Grove, CA

Para más información, contacte a Adriana Jimenez ajimenez@giveforasmile.org

Enlace al sitio web [aquí](#).