



Hawaii Local Resources

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](#).*

OAHU

Hawai'i Parkinson Association (updated March 2023)

Support groups in Oahu, Maui, Kauai, and the Big Island.

Location: Honolulu, Hawaii 96817 – Meeting in-person and online

For more information, contact (808) 219-8874 or info@parkinsonshawaii.org

Link to Facebook [here](#).

***Music Therapy for Mental Health: A Community Collaborative Program for People with Parkinson's and Their Care Partners, Sounding Joy Music Therapy, Inc.** (updated August 2023)

"Music Therapy for Mental Health: A Community Collaborative Program for People with Parkinson's and Their Care Partners" is a group music therapy (MT) program to be offered through a partnership between Sounding Joy Music Therapy and the Parkinson's and Movement Disorders Center (PMDC) at the Queen's Medical Center, with the support of the Hawai'i Parkinson Association (HPA). The project team will travel from Honolulu to provide program services to underserved communities on the island of Hawai'i. We will pool our interdisciplinary expertise to enhance mental health for individuals with Parkinson's and their care partners, with the intention of expanding services in the future to other locations across the state.

Location: Honolulu, HI – Meeting in-person

Fee: None

For more information, contact Maria (Nina) Guerrero at sounding@soundingjoymt.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



Hawaii Wellness Programs

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.

***PD Power Up: A Parkinson's Disease Pain Management Program, BEYONDREHAB, PLLC** (updated August 2023)

BeyondRehab, a digital Neuro Physical Therapy and Wellness clinic, is excited to announce the launch of the "PD PowerUp: Parkinson's Disease Pain Management Program." This comprehensive virtual group program is designed to empower individuals with Parkinson's disease to actively self-manage their pain using non-pharmacological approaches and gradually return to exercise routine and daily activities. The program will be provided to the Hawaii PD community at no cost and will be a vital resource for improving their quality of life.

Location: Honolulu, HI – Meeting online

Fee: None

For more information, contact Apurva Zavar at apurva@beyondrehab.health.

Link to Website [here](#).

MAUI

Maui Family YMCA (Updated March 2023)

A non-contact boxing class along with exercises that incorporates balance, coordination, & functional movement patterns. All levels are offered for those with lower autonomy with various chair exercises.

Location: Kahului, Hawaii 96732 – Meeting in-person

Fee: Yes

For more information, contact Jean Sevilla at (808) 866-5216 or

jean.sevilla@mauiymca.org

Link to website [here](#).

Maui Parkinson's TLC (updated May 2023)

Support Group for those with Parkinson's disease, their caregivers, and family can attend. Also, twice a week group exercise is available!

Location: Kahului, Hawaii – Meeting in-person

Fee: None

For more information, contact Risa Pascal at (808) 281-1224 or risa.pascal@gmail.com

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