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## Minnesota Support Groups by City

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*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.*

<a href="#"><u>Alexandria</u></a>	<a href="#"><u>Duluth</u></a>	<a href="#"><u>Minneapolis</u></a>	<a href="#"><u>Virginia</u></a>
<a href="#"><u>Apple Valley</u></a>	<a href="#"><u>Eveleth</u></a>	<a href="#"><u>Montevideo</u></a>	<a href="#"><u>Wabasha</u></a>
<a href="#"><u>Baxter</u></a>	<a href="#"><u>Fairfax</u></a>	<a href="#"><u>New Prague</u></a>	<a href="#"><u>Wadena</u></a>
<a href="#"><u>Bemidji</u></a>	<a href="#"><u>Fairmont</u></a>	<a href="#"><u>New Ulm</u></a>	<a href="#"><u>Willmar</u></a>
<a href="#"><u>Big Lake</u></a>	<a href="#"><u>Fargo</u></a>	<a href="#"><u>Northfield</u></a>	<a href="#"><u>Windom</u></a>
<a href="#"><u>Bloomington</u></a>	<a href="#"><u>Fergus Falls</u></a>	<a href="#"><u>Oak Park Heights</u></a>	<a href="#"><u>Woodbury</u></a>
<a href="#"><u>Blue Earth</u></a>	<a href="#"><u>Golden Valley</u></a>	<a href="#"><u>Owatonna</u></a>	
<a href="#"><u>Burnsville</u></a>	<a href="#"><u>Grand Rapids</u></a>	<a href="#"><u>Red Wing</u></a>	
<a href="#"><u>Cambridge</u></a>	<a href="#"><u>Hastings</u></a>	<a href="#"><u>Rochester</u></a>	
<a href="#"><u>Cloquet</u></a>	<a href="#"><u>Lakeville</u></a>	<a href="#"><u>Sauk Rapids</u></a>	
<a href="#"><u>Coon Rapids</u></a>	<a href="#"><u>Luverne</u></a>	<a href="#"><u>Silver Bay</u></a>	
<a href="#"><u>Crookston</u></a>	<a href="#"><u>Mankato</u></a>	<a href="#"><u>St. Michael</u></a>	
	<a href="#"><u>Marshall</u></a>	<a href="#"><u>St. Paul</u></a>	

If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing [minnesotadakotas@parkinson.org](mailto:minnesotadakotas@parkinson.org).

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## ALEXANDRIA

### **Alexandria Parkinson's Support Group** [Updated June 2023]

*Open to those living with PD and their care partners/loved ones.*

**Location:** Alexandria, MN 56308

For more information, contact Ann Challes, Parish Nurse at 320-762-2196 or [ann.challes@firstlutheranalexandria.com](mailto:ann.challes@firstlutheranalexandria.com).

## APPLE VALLEY

### **Orchard Path Senior Living Community** [Updated June 2023]

*Open to those living with PD and their care partners/loved ones.*

**Location:** Apple Valley, MN 55124 *Meeting in-person*

For more information, contact Peg Knutson at 952-890-9144

## BAXTER

### **Brainerd Lakes Area Parkinson's Support** [Updated May 2023]

*Monthly support and education group. Care Partners are welcome.*

**Location:** Baxter, MN 56425 – *Meeting in-person*

For more information, contact Lynda Erickson at 218-829-4017 or [lyndak.erickson@gmail.com](mailto:lyndak.erickson@gmail.com)

## BEMIDJI

### **Sanford Health WindSong**

**Location:** Bemidji, MN 56601

For more information, contact Gary Roerick at 218-760-8266 or [groerick@paulbunyan.net](mailto:groerick@paulbunyan.net)

Link to website [here](#).

## BIG LAKE

### **Living With Parkinson's Under The Age of 60** [Updated May 2023]

*For those that have been diagnosed with PD at a younger age.*

**Location:** Big Lake, MN 55309 – *Meeting in-person*

For more information, contact Camille Johnson at 763-350-7401 or [camillejohnson@hotmail.com](mailto:camillejohnson@hotmail.com).

Link to website [here](#).

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### BLOOMINGTON

#### **Friendship Village**

**Location:** Bloomington, MN 55438

For more information, contact [\(952\) 831 – 7500](tel:9528317500).

Link to website [here](#).

### BLUE EARTH

#### **Council Interface Care Givers** [Updated May 2023]

**Location:** Blue Earth, MN 56013 – *Meeting in-person*

For more information, contact Merry McGowen at 507-526-4684 or [merry@interfaithcaregivers.net](mailto:merry@interfaithcaregivers.net).

Link to website [here](#).

### BURNSVILLE

#### **Prince of Peace Lutheran Church** [Updated May 2023]

**Location:** Burnsville, MN 55337

For more information, contact Jody Slaughter at 952-898-9312 or [jslaughter@popmn.org](mailto:jslaughter@popmn.org).

Link to website [here](#).

### CAMBRIDGE

#### **Walker Methodist Levande Parkinsons Support Group** [Updated May 2023]

*For residents and outside community.*

**Location:** Cambridge, MN 55008 – *Meeting in-person*

For more information, contact 763-325-0100 or Kim O'Connor at [koconnor@walkermethodist.org](mailto:koconnor@walkermethodist.org), [sgrant@walkermethodist.org](mailto:sgrant@walkermethodist.org), or [mumm@walkermethodist.org](mailto:mumm@walkermethodist.org).

Link to website [here](#).

### CLOQUET

#### **Community Memorial Hospital**

**Location:** Cloquet, MN 55720

For more information, contact Karen Hartung at [khartung@cmhmn.org](mailto:khartung@cmhmn.org)

Link to website [here](#).

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## COON RAPIDS

### **Coon Rapids Senior Center**

**Location:** Coon Rapids, MN 55433

For more information, contact Milo Hartmann at 612-599-0756 or [milo.hartmann@hotmail.com](mailto:milo.hartmann@hotmail.com)

Link to website [here](#).

## CROOKSTON

### **Villa St Vincent**

**Location:** Crookston, MN 56716

For more information, contact ReNae Sperling at 218-281-3424, ext 252 or [rmsperling@gmail.com](mailto:rmsperling@gmail.com).

## DULUTH

### **Essentia Health-Miller Hill Health Plaza** [updated Jan 2024]

**Location:** Duluth, MN 55811

For more information, contact Kitty Hoden at [stevekittyhoden@gmail.com](mailto:stevekittyhoden@gmail.com)

## EDEN PRAIRIE

### **Summit Place Senior Campus** [updated Jan 2024]

**Location:** Eden Prairie

For more information, contact Trish Anderson at 952-995-1171 or

[tanderson@summitplacecampus.com](mailto:tanderson@summitplacecampus.com)

## EVELETH

### **Eveleth Health Services**

**Location:** Eveleth, MN 55734

For more information, contact Mary Maki at 218-741-8069.

## FAIRFAX

### **Fairfax Community Home Health**

**Location:** Fairfax, MN 55332

For more information, contact Mary Ann Dummer at 507-426-7559.

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### FAIRMONT

**CREST** [Updated June 2023]

**Location:** Fairmont, MN 56031

For more information, contact Joyce Peterson at 507-235-3833 or [crest@crestvolunteers.org](mailto:crest@crestvolunteers.org)

Link to website [here](#).

### FARGO

**Sanford Fargo PD Support Group**

*An inspirational meeting for those affected by Parkinson's disease and their caregivers.*

**Location:** Fargo, ND 58104

For more information, contact Nora Wallace at 701-234-4170 or [nora.wallace@sanfordhealth.org](mailto:nora.wallace@sanfordhealth.org).

### FERGUS FALLS

**Mills Street Residence** [Updated May 2023]

**Location:** Fergus Falls, MN 56537 – *Meeting in-person*

For more information, contact Mick Siems at 218-736-8590 or [mdsiems@lrhc.org](mailto:mdsiems@lrhc.org).

Link to website [here](#).

### GOLDEN VALLEY

**Struthers Parkinson's Center** [Updated June 2023]

- *Caregiver support group*
- *Recently diagnosed education and support group*
- *People with Parkinson's support group*
- *Young-onset Parkinson's support group*
- *Early in the Journey Carepartner support group*

**Location:** Golden Valley, MN 55427 – *Meeting in-person and online*

**Fee:** No

For more information, contact Joan Hlas at 952-993-6650 or [joan.hlas@parknicollet.com](mailto:joan.hlas@parknicollet.com).

Link to website [here](#).

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### GRAND RAPIDS

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

**Location:** Grand Rapids, MN 55744 – *Meeting in-person*

**Fee:** No. Donations welcomed.

For more information, contact Danielle Hawkinson 218-999-9233 or [danielle@eldercircle.org](mailto:danielle@eldercircle.org).

Link to website [here](#).

### HASTINGS

#### **Tilden Community Welcome Center** [Updated May 2023]

**Location:** Hastings, MN 55033 – *Meeting in-person*

For more information, contact Laurie Thrush at 651-480-7689 or [lthrush@isd200.org](mailto:lthrush@isd200.org)

Link to website [here](#).

### LAKEVILLE

#### **Parkinson's Support Group** [Updated June 2023]

*This support group is for people living with a Parkinson's diagnosis and their care partners.*

**Location:** Lakeville, MN 55044 – *Meeting in-person*

For more information, contact Lola D. Amendt at (952) 985-9016 or [lamendt@walkermethodist.org](mailto:lamendt@walkermethodist.org).

Link to website [here](#).

### LUVERNE

#### **St John's Lutheran Church**

**Location:** Luverne, MN 56156

For more information, contact Dianne Karlstad at 507-530-3307 or [dkarlstad@frontiernet.net](mailto:dkarlstad@frontiernet.net).

Link to website [here](#).

### MANKATO

#### **First Congregational United Church of Christ** [Updated June 2023]

**Location:** Mankato, MN 56001 – *Meeting in-person and online*

For more information, contact Kelly Simmons at (507) 995-0722 or

[kelly.simmons@adarahealth.com](mailto:kelly.simmons@adarahealth.com), or Betsy Paul at (507) 720-5006 or [betsyepaul@gmail.com](mailto:betsyepaul@gmail.com).

Link to website [here](#).

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### MARSHALL

#### **Adult Community Center**

**Location:** Marshall, MN 56258

For more information, contact:

- Rita Engels at 507-428-3554
- Kathy Paxton at 507-828-4690 or [jkpax49@gmail.com](mailto:jkpax49@gmail.com)

### MINNEAPOLIS

#### **East Lake Harriet**

**Location:** Minneapolis, MN 55409

For more information, contact Joselyn Specht at 612-827-8525 or [jspecht@walkermethodist.org](mailto:jspecht@walkermethodist.org)

Link to website [here](#)

#### **Minneapolis VA Health Care System**

*Open to Care Partners of Veterans living with Parkinson's*

**Location:** Minneapolis, MN 55417

For more information, contact Jessica Peterson at 612-243-7922

### MONTEVIDEO

#### **CCM Wellness Center in Montevideo** [Updated June 2023]

*Open to people with Parkinson's and their care partners*

**Location:** Montevideo, MN 56265 – *Meeting in-person and online*

For more information, contact Gretchen Reeves 320-321-8230 or

[Gretchen.Reeves@ccmhealthmn.com](mailto:Gretchen.Reeves@ccmhealthmn.com).

Link to website [here](#).

### NEW PRAGUE

#### **New Prague Fire Hall** [Updated Jan 2024]

**Location:** New Prague 56071

For more information, contact Rosella Kes 952-215-5128 or [rosella.kes@gmail.com](mailto:rosella.kes@gmail.com)



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### NEW ULM

#### **Oak Hills Living Center Hillside Haven**

**Location:** New Ulm, MN 56073

For more information, contact Linda Tauer at 507-227-1497 or [lindapsc@outlook.com](mailto:lindapsc@outlook.com).

Link to website [here](#).

### NORTHFIELD

#### **Northfield Hospital** [Updated June 2023]

**Location:** Northfield, MN 55057 – *Meeting in-person*

For more information, contact Heather Scott at 507-646-8648 or [scoth@northfieldhospital.org](mailto:scoth@northfieldhospital.org)

Link to website [here](#).

### OAK PARK HEIGHTS

#### **Boutwells Landing Community**

**Location:** Oak Park Heights, MN 55082

For more information, contact Aimee Stanton at 651-241-3373 or [aimee.stanton@allina.com](mailto:aimee.stanton@allina.com).

Link to website [here](#).

### OWATONNA

#### **Owatonna Public Library**

**Location:** 105 N Elm Ave Owatonna, MN 55060

For more information, contact Bill Owens at [owenswilliamt@gmail.com](mailto:owenswilliamt@gmail.com)

### RED WING

#### **Red Wing Area Senior Center** [Updated June 2023]

**Location:** Red Wing, MN 55066 – *Meeting in-person*

**Fee:** Yes, must register in advance

For more information, contact Patty Svien at (651) 380-8752 or [svien65@hdci.com](mailto:svien65@hdci.com).

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### ROCHESTER

#### **125 LIVE Parkinson's Support Group** [Updated May 2023]

*For those with Parkinson's or their caregivers.*

**Location:** Rochester, MN 55902 – Meeting in-person

For more information call 507-287-1404 or email [info@125LIVEMN.org](mailto:info@125LIVEMN.org)

Link to Website [here](#).

### SAUK RAPIDS

#### **St. Cloud Area Parkinson's Support Group** [Updated May 2023]

*St. Cloud Parkinson's Support Group is to assist those with Parkinson's and caregivers for those with Parkinson's to have people in the community to support them and be able to ask questions about the disease process.*

**Location:** Sauk Rapids, MN 56379

For more information, contact Katie Malotky at 320-258-7388 or [katie@spot-rehab.com](mailto:katie@spot-rehab.com).

Link to website [here](#).

### SILVER BAY

#### **Northshore Area Partners** [Updated Feb 2024]

*Meeting at Northshore Area Partners to bring a local support group to our area for people with Parkinson's and their support people.*

**Location:** Silver Bay, MN 55615 – Meeting in-person

**Fee:** No

For more information, contact Karen Bzdok at 320-310-2584 or [kbzdok@hotmail.com](mailto:kbzdok@hotmail.com)

### ST. MICHAEL

#### **Crow River Senior Center** [Updated May 2023]

**Location:** St. Michael, MN 55376

For more information, call 763-497-8900 or [information@crowriverseniorcenter.com](mailto:information@crowriverseniorcenter.com)

Link to website [here](#).



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### ST. PAUL

#### **Lyngblomsten “The Heritage”** [Updated June 2023]

**Location:** St. Paul, MN 55108

For more information, contact Jay Haukom at 651-632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org).  
Link to website [here](#).

#### **Parkinson’s Caregiver Support Group**

*Caregiver support for people caring for someone with Parkinson's disease. On-site respite available for a fee. In-person and virtual option available for hybrid group.*

*Meeting in person and virtually.*

**Location:** Saint Paul, MN 55104

For more information, contact Melissa Gibbs at 651-280-2515 or [caregiver@wilder.org](mailto:caregiver@wilder.org)

#### **Fairview Outpatient Rehab**

**Location:** St. Paul, MN

For more information, contact Becky Horton at 612-273-3868 or [rhorton1@fairview.org](mailto:rhorton1@fairview.org).

#### **Fairview East Region** [Updated May 2023]

*For people with Parkinson's Disease and their care providers.*

**Location:** St. Paul, MN 55102

For more information, contact Margie Kron, CTRS at 651-326-3629 or [Margie.Kron@Fairview.org](mailto:Margie.Kron@Fairview.org).

### VIRGINIA

#### **Edgewood Vista**

**Location:** Virginia, MN 55792

For more information, contact Kelly Sandstrom at 218-741-7106 or [kelly.sandstrom@edgewoodvista.com](mailto:kelly.sandstrom@edgewoodvista.com).

Link to website [here](#).

### WABASHA

#### **Gundersen St. Elizabeth’s Hospital and Clinics**

**Location:** Wabasha, MN 55981

For more information, contact 651-565-5558

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## **WADENA**

### **United Methodist Church**

**Location:** Wadena, MN 56482

For more information, contact Beverly Richard at 218-837-6323 or [bevrichard16515@gmail.com](mailto:bevrichard16515@gmail.com).

## **WILLMAR**

### **Bethesda**

**Location:** Willmar, MN 56201

For more information, contact 320-233-9532.

Link to website [here](#).

## **WINDOM**

### **Windom Hospital**

**Location:** Windom, MN

For more information, contact Karen Denzer at 507-831-0687 or [karen.denzer@sanfordhealth.org](mailto:karen.denzer@sanfordhealth.org).

## **WOODBURY**

### **Woodbury Lutheran Church**

**Location:** Woodbury, MN 55125

For more information, contact Sandy Varpness at [svarpness@gmail.com](mailto:svarpness@gmail.com)

Link to website [here](#).