



Minnesota Support Groups by City

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.

<u>Alexandria</u>	<u>Duluth</u>	<u>Minneapolis</u>	<u>Virginia</u>
<u>Baxter</u>	<u>Eveleth</u>	<u>Montevideo</u>	<u>Wadena</u>
<u>Bemidji</u>	<u>Fairfax</u>	<u>Moorhead</u>	<u>White Bear Lake</u>
<u>Big Lake</u>	<u>Fairmont</u>	<u>New Ulm</u>	<u>Willmar</u>
<u>Bloomington</u>	<u>Fargo</u>	<u>Northfield</u>	<u>Windom</u>
<u>Blue Earth</u>	<u>Fergus Falls</u>	<u>Oak Park Heights</u>	<u>Woodbury</u>
<u>Breckenridge</u>	<u>Golden Valley</u>	<u>Owatonna</u>	
<u>Burnsville</u>	<u>Grand Rapids</u>	<u>Red Wing</u>	
<u>Cambridge</u>	<u>Hastings</u>	<u>Rochester</u>	
<u>Cloquet</u>	<u>Lakeville</u>	<u>Sauk Rapids</u>	
<u>Coon Rapids</u>	<u>Luverne</u>	<u>St. Paul</u>	
<u>Crookston</u>	<u>Mankato</u>		
<u>Delano</u>	<u>Maple Grove</u>		
	<u>Marshall</u>		

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.



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ALEXANDRIA

Alexandria Parkinson's Support Group

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

Location: Alexandria, MN 56308

Fee: Free

For more information, contact Val Trumm, RN, Parish Nurse at 320/762-2196 or val.trumm@firstlutheranalexandria.com.

BAXTER

Brainerd Lakes Area Parkinson's Support

Monthly support and education group. Care Partners are welcome.

Meeting in person.

Location: Baxter, MN 56425

For more information, contact Lynda Erickson at 218-829-4017 or 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

Link to website [here](#).

BIG LAKE

Living With Parkinson's Under The Age

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

Location: Big Lake, MN 55309

Fee: Free

For more information, contact Camille Johnson at 763-350-7401 or camillejohnson@hotmail.com.

Link to website [here](#).

BLOOMINGTON

Friendship Village

Location: Bloomington, MN 55438

For more information, contact Karen Lloyd at [\(952\) 831 – 7500](tel:9528317500) or

Karen.Lloyd@lifespacecommunities.com.

Link to website [here](#).



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BLUE EARTH

MN Valley Action Council

Location: Blue Earth, MN 56013

For more information, contact Merry McGowen at 507-526-4684 or merry@interfaithcaregivers.net.

Link to website [here](#).

BRECKENRIDGE

Twin Town Villa Assisted Living

Location: Breckenridge, MN 56520

For more information, contact Hannah Walberg at 218-643-8544 or towntownRN@midconetwork.com.

Link to website [here](#).

BURNSVILLE

Prince of Peace Lutheran Church

Location: Burnsville, MN 55337

For more information, contact Jody Slaughter at 952-898-9321 or jslaughter@popmn.org.

Link to website [here](#).

CAMBRIDGE

Walker Methodist Levande

Location: Cambridge, MN 55008

For more information, contact 763-325-0100.

CLOQUET

Community Memorial Hospital

Location: Cloquet, MN 55720

For more information, contact Mary Beck at 218-879-4641, ext 7388 or mbeck@cloquethospital.com.

Link to website [here](#).

COON RAPIDS

Coon Rapids Senior Center

Location: Coon Rapids, MN 55433

For more information, contact Milo Hartmann at 763-755-2175 or milo.hartmann@hotmail.com

Link to website [here](#).

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CROOKSTON

Villa St Vincent

Location: Crookston, MN 56716

For more information, contact ReNae Sperling at 218-281-3424, ext 252 or rmsperling@gmail.com.

DELANO

Delano Senior Center

Location: Delano, MN 55328

For more information, contact Nick Neaton at 763-972-0574 or nneaton@delano.mn.us.

Link to website [here](#).

DULUTH

Primrose Retirement of Duluth

Location: Duluth, MN 55811

For more information, contact:

- Joan Setterlund at 218-728 4986 or jsetterlund@msn.com
- Karen Utick (218)-464-3666 or keu6011@gmail.com
- Bonnie Niemi at 218-349-8095 or bjniemi@gmail.com

Link to website [here](#).

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.

FAIRMONT

Grace Lutheran Church

Location: Fairmont, MN 56031

For more information, contact:



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- Joyce Peterson at 507-235-3833 or joyce@crestvolunteers.org
- Thelma Vickerman at 507-238-2062

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

Fee: Free

For more information, contact Nora Wallace at 701-234-4170 nora.wallace@sanfordhealth.org.

FERGUS FALLS

Mills Street Residence

Location: Fergus Falls, MN 56537

For more information, contact Mick Siems at 218-736-8590 or mdsiems@lrhc.org.

Link to website [here](#).

GOLDEN VALLEY

Struthers Parkinson's Center

Location: Golden Valley, MN 55427

- "Caregiver Support" group
- "Atypical Parkinsonism" support group
- "Recently diagnosed" support group
- "Parkinson's support" group
- "Young-onset Parkinson's" support group
- "Early in the Journey Carepartner" support group
- "Caregiver Skills Building Class" support group

For more information, contact Joan Hlas at 952-993-6650 or joan.hlas@parknicollet.com.

Link to website [here](#).

GRAND RAPIDS

Itasca County Family YMCA

Support group for Parkinson's care givers

Location: Grand Rapids, MN 55744

For more information, contact 218-999-9233 or ecircle@eldercircle.org.



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HASTINGS

Tilden Community Welcome Center

Location: Hastings, MN 55033

For more information, contact Laurie Thrush at 651-480-7689 or lthrush@hastings.k12.mn.us.

Link to website [here](#).

LAKEVILLE

Parkinson's Support Group

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

Location: Lakeville, MN 55044 – Meeting in-person

Fee: No

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

Link to website [here](#).

Walker Highview Hills

Location: Lakeville, MN 55044

For more information, contact Candace Rovang at 952-985-9005 or crovang@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.

Link to website [here](#).

MANKATO

First Congregational United Church of Christ

Location: Mankato, MN 56001

For more information, contact Kelly Simmons at 507-995-0722 or kelly.simmons@prhomecare.com.

Link to website [here](#).

MAPLE GROVE

University of Minnesota Health – Maple Grove Clinic

Location: Maple Grove, MN 55369

For more information, contact Susan Metcalf at 763-898-1533 or smetcal1@fairview.org.

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MARSHALL

Adult Senior Center

Location: Marshall, MN 56258

For more information, contact:

- Terry Hennen at 507-929-5624 or jthennen@iw.net
- Kathy Paxton at 507-828-4690 or jkpax49@gmail.com

MINNEAPOLIS

Minneapolis VA Health Care System

Open to Care Partners of Veterans living with Parkinson's

Location: Minneapolis, MN 55417

Fee: Free

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

MONTEVIDEO

CCM Wellness Center in Montevideo

Open to people with Parkinson's and their care partners

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

Fee: Free

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

Gretchen.Reeves@ccmhealthmn.com.

Link to website [here](#).

MOORHEAD

HeartSprings Healing Center – Messiah Lutheran Church

Location: Moorhead, MN 58102

For more information, contact Jan Nelson at 701-261-3142 or heartspringsed@gmail.com.

Link to website [here](#).

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.

Link to website [here](#).



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NORTHFIELD

Northfield Hospital

Location: Northfield, MN 55057

For more information, contact Katherine Lathrop at 507-646-1195 or lathropk@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.
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

RED WING

Red Wing Area Senior Center

Location: Red Wing, MN 55066

For more information, contact Patricia Kernan at 651-327-2255 or pkernan@bevcomm.net.
Link to website [here](#).

ROCHESTER

125 LIVE Parkinson's Support Group

For those with Parkinson's or their caregivers.

Location: Rochester, MN 55902 – Meeting in-person

Fee: No

For more information, contact Warren Lopour at 507-288-0359 or wlopour@gmail.com
Link to Website [here](#).

SAUK RAPIDS

St. Cloud Area Parkinson's Support Group



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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

Fee: Free

For more information, contact Katie Malotky at 320-258-7388 or katie@spot-rehab.com.

Link to website [here](#).

ST. PAUL

Lyngblomsten “The Heritage”

Location: St. Paul, MN 55108

For more information, contact Jay Haukom at 651-632-5391 or 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

Fairview Outpatient Rehab

Location: St. Paul, MN

For more information, contact Becky Horton at 612-273-3868 or rhorton1@fairview.org.

Fairview East Region

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

Location: St. Paul, MN 55102

Fee: Free

For more information, contact Margie Kron, CTRS at 651-326-3629 or Margie.Kron@Fairview.org.

HealthPartners Como Clinic

Location: St. Paul, MN 55108

For more information, contact Nancy Andrews at 651-698-4158 or NAndrews@brwncald.com

Link to website [here](#).

VIRGINIA

Edgewood Vista

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Location: Virginia, MN 55792

For more information, contact Kelly Sandstrom at 218-741-7106 or kelly.sandstrom@edgewoodvista.com.

Link to website [here](#).

WADENA

United Methodist Church

Location: Wadena, MN 56482

For more information, contact Beverly Richard at 218-837-6323 or bevrichard16515@gmail.com.

WHITE BEAR LAKE

White Bear Heights Senior Living

Location: White Bear Lake, MN 55110

For more information, contact Ashley Wagner or Kerri Antonen at 651-653-3288.

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.

WOODBURY

Woodbury Lutheran Church

Location: Woodbury, MN 55125

For more information, contact Sandy Varpness at svarpness@gmail.com

Link to website [here](#).