



New Mexico 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.

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

<p><u>ALBUQUERQUE</u></p>	<p><u>LOS ALAMOS</u></p>
<p><u>FARMINGTON</u></p>	<p><u>ROSWELL</u></p>
<p><u>LAS CRUCES</u></p>	<p><u>SANTA FE</u></p>
	<p><u>TAOS</u></p>

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.

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



ALBUQUERQUE

Essential Tremor Support Group

Meeting virtually.

Location: Albuquerque, NM 87109

For more information, contact Ken Whiton at 505-453-1732 or kwhiton43@icloud.com

Link to website [here](#).

Grace Outreach Church Support Groups

Support groups for PWP & Care Partners.

Location: Albuquerque, NM 87124

For more information, contact

- [Patty Ruybal](#) – 505-220-2401
- [Carol Smith](#) – 505-221-4515
- [Doreen Rosenberg](#) – 505-899-0735

Parkinson's Connection/Central New Mexico

The Albuquerque Metro Support Group consists of people living with PD and their caretakers.

Sessions consist of a presentation about issues and concerns of people with PD with discussion afterward.

Meeting Virtually.

Location: Albuquerque, NM

For more information, contact Gloria Carol at info@parkinsoncnm.org

Link to website [here](#).

Project to Improve and Expand Albuquerque Metro Support Groups, Parkinson's Connection of Central NM

Location: Albuquerque, NM

For more information, contact Larry Kemp at klk221b@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.

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



Presbyterian Healthplex Support Group

This group divides into two separate groups: PWP and Care Partners. Individuals and couples are welcome.

Location: Albuquerque, NM 87109

For more information, contact:

- [Elaine Murphy](#) – 505-485-8676
- [Margarita Archibeque](#) – 303-918-8332
- [Joan Gillis](#) – 505-899-0078
- [Kathy Manygoats](#) – 505-228-7125

Rock Steady Boxing Albuquerque [Updated May 2023]

Non-contact boxing exercise wellness program for adults with Parkinson's disease.

Location: Albuquerque, NM 87113 – *Meeting in-person*

Fee: Yes

For more information, contact 505-967-8729 or coach Patrick Strosnider pstro54@comcast.net

Link to website [here](#).

The Alivio Caregiver Support Program, Share Your Care Adult Day Services

Provides Adult Day Services to vulnerable adults and Caregiver Respite to their caregivers and family members.

Location: Albuquerque, NM

Fee: Yes

For more information, contact Victoria Finnegan at [\(505\) 298-1700](tel:5052981700) ext. 9025 or

vickif@shareyourcare.org.

Link to website [here](#).

FARMINGTON

Parkinson's Group of Farmington [Updated May 2023]

We have a monthly support group meetings and two-weekly exercise classes for individuals with movement disorders.

Location: Farmington, NM 87402 – *Meeting in-person*

Fee: No

For more information, contact Wendy Bircher at 505-803-5636 or wdbircher@gmail.com

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.

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



Pinon Hills Community Church [Updated May 2023]

Location: Farmington, NM 87401 – *Meeting in-person*

For more information, contact

- Wendy Bircher – 505-803-5636 or wdbircher@gmail.com
- Doreen Rosenberg – 505-899-0735

Link to website [here](#).

LAS CRUCES

Holiday Inn Express [Updated May 2023]

Location: Las Cruces, NM 88011

For more information contact, Jo Bidwell at jbidwell@covhs.org or 806-725-0941

Link to website [here](#).

LOS ALAMOS

Betty Ehart Senior Center [Updated May 2023]

Open to anybody. Contact Allie Thompson via email to get onto the email list.

Fee: No

Location: Los Alamos, NM 87544 – *Meeting online*

For more information, contact, Allie Thompson – 505-672-9498 or allietnm@gmail.com

ROSWELL

Support Group - Grace Community Church [Updated May 2023]

Location: Roswell, NM 88201

For more information, contact Jo Bidwell at jbidwell@covhs.org or 806-725-0941

Link to website [here](#).

SANTA FE

Santa Fe Parkinson's Action Group [Updated May 2023]

These meetings are open to people living with Parkinson's, their spouses, caregivers and family members. Discussion topics are brought by the group and there are also outside speakers on a variety of topics of interest to our Parkinson's journey.

Location: Santa Fe, New Mexico – *Meeting online*

For more information, contact Karen St Clair at 505-780-5864 or kastclair@gmail.com

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.

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



Santa Fe Care Partners Connection [Updated May 2023]

These meetings are open to care partners and caregivers to people living with Parkinsons.

Discussions include topics of interest brought by the group and outside speakers are also brought in.

Location: Santa Fe, New Mexico – Meeting online

For more information, contact Karen St Clair at kastclair@gmail.com or call 505-780-5864

TAOS

Taos Youth & Family Center [Updated April 2023]

Location: Taos, NM 85751

For more information, contact Vivian Martinez at 575- 737-5326 or mega4849@gmail.com

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.

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