



**Pennsylvania 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.*

<p><b><u>ONLINE</u></b></p> <p><b><u>ALLENTOWN</u></b></p> <p><b><u>BETHLEHEM</u></b></p> <p><b><u>BRYN MAWR</u></b></p> <p><b><u>CENTER VALLEY</u></b></p> <p><b><u>CHAMBERSBURG</u></b></p> <p><b><u>ELKINS PARK</u></b></p> <p><b><u>NAZARETH</u></b></p> <p><b><u>NEW HOLLAND</u></b></p> <p><b><u>NEW OXFORD</u></b></p>	<p><b><u>PAOLI</u></b></p> <p><b><u>PHOENIXVILLE</u></b></p> <p><b><u>SHAMOKIN DAM</u></b></p> <p><b><u>WEST CHESTER</u></b></p> <p><b><u>WHITEHALL</u></b></p> <p><b><u>WILKES-BARRE</u></b></p> <p><b><u>WYOMISSING</u></b></p>
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If you would like to be added to this list, or if the details of your group need to be updated, please email [NJPA@parkinson.org](mailto:NJPA@parkinson.org).

June 2025



### **Pennsylvania Support Groups**

*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.*

#### **ONLINE**

##### **Parkinson's Disease Support Group at Jefferson Health**

**Contact:** Lance Wilson at 215-955-8257 or [lance.wilson@jefferson.edu](mailto:lance.wilson@jefferson.edu).

Link to Website [here](#).

#### **ALLENTOWN**

##### **Lehigh People with Parkinson's**

*The support group empowers people with Parkinson's and their caretakers on their journey to live their best lives.*

**Location:** Lehigh Valley Active Life, 1633 West Elm St., Allentown, PA 18102

**Meetings:** 4<sup>th</sup> Monday of each month, excluding December from 4:00 pm to 5:30 pm

**Contact:** 484-719-7351 or [lehighpwp@gmail.com](mailto:lehighpwp@gmail.com)

#### **BETHLEHEM**

##### **Lehigh People with Parkinson's**

*The support group empowers people with Parkinson's and their caretakers on their journey to live their best lives.*

**Location:** One Kirkland Village Circle, Bldg-3000, Bethlehem, PA 18017

**Meetings:** 4<sup>th</sup> Monday of each month, excluding December from 6:30 pm to 8:00 pm

**Contact:** 484-719-7351 or [lehighpwp@gmail.com](mailto:lehighpwp@gmail.com)

#### **BRYN MAWR**

##### **Bryn Mawr Rehab Hospital Parkinson's Support Group**

*The focus of the group is to enhance quality of life through education, symptom management and strategies for support and coping. Meetings are facilitated by Main Line Health clinicians and staff.*

**Location:** Bryn Mawr Rehab Hospital

**Meetings:** 3<sup>rd</sup> Tuesday of each month

**Contact:** 484-596-5725 or [parkinsupportgr@mlhs.org](mailto:parkinsupportgr@mlhs.org)

##### **Parkinson's Disease Support Group**

**Location:** Lehigh Valley – Muhlenberg Educational Conference Center Room "C", 2545 Schoenersville Rd, Bethlehem, PA 18017

**Meetings:** 3<sup>rd</sup> Tuesday of each month from 11:00 am to 12:00 pm

**Contact:** [christine\\_e.herczeg@lvnh.org](mailto:christine_e.herczeg@lvnh.org)



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## **CENTER VALLEY**

### **Navigating Life with Parkinson's**

*The group is facilitated by Patty Wargo, Ambassador, Davis Phinney Foundation*

**Location:** Southern Lehigh Public Library, 3200 Preston Lane, Center Valley, PA 18034

**Meetings:** 1<sup>st</sup> Tuesday of each month from 6:00 pm to 7:00 pm

**Contact:** 267-934-8174 or wargopatricia1220@gmail.com

## **CHAMBERSBURG**

### **Chambersburg Parkinson's Support Group**

**Location:** Chambersburg, PA

**Meetings:** 2nd Thursday of the month

**Contact:** Kelly Smith at 717-377-8318 or [cburgpsg@gmail.com](mailto:cburgpsg@gmail.com).

## **ELKINS PARK**

### **Parkinson's Support Group for Patients and Caregivers**

This support group provides a safe space to ask questions, share your experiences, and get practical, helpful information from others going through similar circumstances. Everyone is welcome to participate at your own pace, whether that is simply coming to listen or to share your experiences. We encourage both people with Parkinsonism and caregivers to attend!

**Meetings:** 4<sup>th</sup> Thursday of every month from 4:30-5:30 pm

**Location:** Jefferson Moss-Magee Rehabilitation, 60 Township Line Road, Elkins Park, PA, G1 Conference Room

**Contact:** Sky Yallop at 856-431-3805 or kleinparkinsonsclinic@jefferson.edu

## **NAZARETH**

### **Morningstar Living Parkinson's Support Group**

**Location:** Moravian Hall Square, 175 W. North St., Nazareth, PA 18064

**Meetings:** 2<sup>nd</sup> Monday of each month except on federal holiday and Christmas week from 11:00 am to 12:00 pm

**Contact:** 484-719-7351 or lehighpwp@gmail.com

## **NEW HOLLAND**

### **Parkinson's Friends in Community**

This support group is for individuals living with Parkinson's and their family members. Educational speakers, times of sharing, and free resources are part of this time together

**Meetings:** 4<sup>th</sup> Monday of most months from 2-3 pm

**Location:** Garden Towers multi-purpose room of Garden Spot Village Retirement Community, 433 S Kinzer Ave., New Holland, PA 17557

**Contact:** Sherilyn at 717-355-6264 or Jenny at 717-355-6259



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## **NEW OXFORD**

### **Cross Key Villages Parkinson's Education & Support**

Cross Keys Village is offering its **Parkinson's Thursday** education and support groups, in the Encore Room (Harmony Ridge, 620 Harmony Drive, New Oxford PA), **on the third Thursday of each month**. The goal of the group is to empower people with Parkinson's, care partners, family and friends by offering education on specific topics, followed by peer support. Parkinson's Thursday is open to all at no cost, and no registration is required.

**Location:** 2990 Carlisle Pike, New Oxford, PA 17350

**Contact:** 717-624-5403; Link to Website [here](#).

## **PAOLI**

### **Coffee With Care Partners**

*A support group for Parkinson's Caregivers at Mobility Specialists Clinic led by Occupational Therapist Jessica.*

**Location:** 16 Industrial Blvd, Suite 101, Paoli, PA 19301

**Meetings:** 1<sup>st</sup> Tuesday of every month from 10 am to 10:50 am

**Cost:** \$5

**Contact:** [info@mobilityspecialist.org](mailto:info@mobilityspecialist.org) or 610-484-6232; Link to Website [here](#).

## **PHOENIXVILLE**

### **Phoenixville YMCA Parkinson's Support Group**

*This educational and support group is for people living with Parkinson's and their loved ones. It is facilitated by local RN, Karen S., from Phoenixville Hospital.*

**Location:** Phoenixville YMCA, 400 E Pothouse Rd, Phoenixville, PA 19460

**Meetings:** Every 2<sup>nd</sup> Monday of each month from 1:30 pm to 2:30 pm

**Contact:** 610-983-1288; Link to Website [here](#).

### **Phoenixville YMCA Parkinson's Care Partners Support Group**

*This group serves the partners and caregivers of participants in our Pedal for Parkinson's Group. This group offers an opportunity to connect with and support one another. This group is free and open to the community. Registration is not required.*

**Location:** Phoenixville YMCA Lobby, 400 E Pothouse Rd, Phoenixville, PA 19460

**Meetings:** Every 2<sup>nd</sup> Monday of each month from 1:30 pm to 2:30 pm



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## **SHAMOKIN DAM**

### **Titan Tactical Fitness**

*Monthly support group meetings for those with Parkinson's, their family members, and caregivers.*

**Location:** 3180 N Old Trl, Shamokin Dam, PA 17876

**Meetings:** 1st Friday of each month at 12:30pm. The meeting is free to attend for anyone.

**Contact:** Cindy Murphy at 570-412-3286 or [cindy@titantacticalfitness.com](mailto:cindy@titantacticalfitness.com).

Link to Website [here](#).

## **WEST CHESTER**

### **West Chester Area PD Support Group**

*Free monthly meetings to inform, encourage, and offer fellowship with others coping with Parkinson's Disease. This support group is open to patients, family, friends, and caregivers.*

**Location:** West Chester Area Senior Center, 530 East Union Street, West Chester, PA 19382

**Meetings:** Last Wednesday of every month except for January, August, November, and December.

**Contact:** Marsha Grantham-Murillo at 610-431-1852 or email: [Marsha.Grantham-Murillo@pennmedicine.upenn.edu](mailto:Marsha.Grantham-Murillo@pennmedicine.upenn.edu)

## **WHITEHALL**

### **Parkinson's Support Group of the Lehigh Valley**

*Helps members understand and live well with Parkinson's Disease. Offers local to national news /resources, speakers, experiences, and discussions for those with Parkinson's and their care partners.*

**Location:** Zentz Community Center, 3020 Fellowship Rd., Whitehall, PA 18052

**Meetings:** 4<sup>th</sup> Tuesday of each month except December from 10:00 am to 12:00 pm

**Contact:** 610-657-1334 or [parkinsonsglv@gmail.com](mailto:parkinsonsglv@gmail.com)

## **WILKES-BARRE**

### **Parkinson's Support Group**

*Support group for people with Parkinson's and their care partners.*

**Location:** 150 Mundy Street, Medical Arts Center NORTH, 2<sup>nd</sup> Floor, Wilkes-Barre Township, PA 18702

**Meetings:** 3<sup>rd</sup> Tuesday of the month except December from 4:00 pm to 5:00 pm

**Contact:** Dr. Kristina Dorkoski at 570-830-4215 or [kdorko@allied-services.org](mailto:kdorko@allied-services.org).

Link to website [here](#).



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## **WYOMISSING**

### **RHRW Parkinson's Support Group**

*Our Parkinson's Support Group meets monthly for People living with Parkinson's and for friends and care partners. The sessions are educational to help with understanding of the disease and the members support and encourage one another.*

**Location:** 2802 Papermill Road, Wyomissing, PA 19610

**Meetings:** 2<sup>nd</sup> Monday of each month from 3:30 pm to 4:30 pm

**Contact:** Lori Koch, PT, DPT at 484-628-2684 or [lori.koch@towerhealth.org](mailto:lori.koch@towerhealth.org).

Link to website [here](#).