



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.

<u>ONLINE</u> <u>ALLENTOWN</u> <u>BETHLEHEM</u> <u>BRYN MAWR</u> <u>CENTER VALLEY</u> <u>CHAMBERSBURG</u> <u>ELKINS PARK</u> <u>NAZARETH</u> <u>NEW HOLLAND</u> <u>NEW OXFORD</u>	<u>PAOLI</u> <u>PHOENIXVILLE</u> <u>SHAMOKIN DAM</u> <u>WEST CHESTER</u> <u>WHITEHALL</u> <u>WILKES-BARRE</u> <u>WYOMISSING</u>
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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.

September 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.

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: 4th Monday of each month, excluding December from 4:00 pm to 5:30 pm

Contact: 484-719-7351 or 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: 4th Monday of each month, excluding December from 6:30 pm to 8:00 pm

Contact: 484-719-7351 or 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: 3rd Tuesday of each month

Contact: 484-596-5725 or parkinsupportgr@mlhs.org

Parkinson's Disease Support Group

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

Meetings: 3rd Tuesday of each month from 11:00 am to 12:00 pm

Contact: 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: 1st 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.

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: 4th 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: 2nd 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: 4th 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: 1st Tuesday of every month from 10 am to 10:50 am

Cost: \$5

Contact: 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 2nd 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 2nd 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.

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

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: 4th Tuesday of each month except December from 10:00 am to 12:00 pm

Contact: 610-657-1334 or 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, 2nd Floor, Wilkes-Barre Township, PA 18702

Meetings: 3rd 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.

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: 2nd 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.

Link to website [here](#).