

November 2020 online support groups & events

Email for support group links: info@pcla.org

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|--|
| 1 Happy National Family Caregivers Month! | 2 | 3 Weekly Tuesday PD Support group 11 am PT - hosted by Sandy Yaras | 4 | 5 | 6 1st Friday PD Support group 1-2:30 pm PT, hosted by Sandy Yaras | 7 |
| 8 | 9 2nd Monday PD Support group 10:30 - 11:30 am PT - hosted by Nessa Weinman | 10 Weekly Tuesday PD Support group 11 am PT - hosted by Sandy Yaras | 11 Children of PD for adult children caregivers 7:30-8:30 pm PT - with Sarah King & Lora Kurtenbach | 12 2nd Thursday PD support group 11 am-12 pm PT hosted by Sandy Yaras | 13 | 14 |
| 15 | 16 | 17 Weekly Tuesday PD Support group 11 am PT - hosted by Sandy Yaras | 18 | 19 | 20 | 21 online event Advances in Treatment for Parkinson's & Essential Tremor 10 am PT bit.ly/PDTremor |
| 22 | 23 Caregiver Cafe for care partners & family caregivers 7:30-8:30 pm PT - hosted by Judy Yaras | 24 Weekly Tuesday PD Support group 11 am PT - hosted by Sandy Yaras | 25 Young Onset support group 7:30-9 pm PT - hosted by Mike Weinman | 26 Happy Thanksgiving! | 27 | 28 |
| 29 | 30 | 1 December Weekly Tuesday PD Support group 11 am PT - hosted by Sandy Yaras | 2 | 3 | 4 1st Friday PD Support group 1-2:30 pm PT, hosted by Sandy Yaras | 5 |