

May 2021 online support groups & events

Email for support group links: info@pcla.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

9

16

23/30

3

Unidos con el Parkinson (en Español) 11:30 am PDT - with Lisbeth Garces
bit.ly/UnidosPCLA

10

2nd Monday PD Support group 10:30 - 11:30 am PDT - hosted by Nessa Weinman

17

Caregiver Cafe for care partners & family caregivers 7:30-8:30 pm PDT - hosted by Judy Yaras

24/31

4

Weekly Tuesday PD Support group 11 am PDT - hosted by Judy Yaras

11

Weekly Tuesday PD Support group 11 am PDT - hosted by Judy Yaras

18

Weekly Tuesday PD Support group 11 am PDT - hosted by Judy Yaras

25

Weekly Tuesday PD Support group 11 am PDT - hosted by Judy Yaras

5

12

Children of PD online meetup for adult children caregivers 7:30-8:30 pm PT - register: bit.ly/ChildofPD

19

26

Young Onset support group 7:30-9 pm PDT - hosted by Mike Weinman

6

online event
Moving Forward: Learning More About PD & How it Advances 11 am-12 pm PDT
bit.ly/MovingForwardPCLA

13

2nd Thursday PD support group 11 am-12 pm PDT hosted by Judy Yaras

20

online event
Let's Talk Parkinson's: A Taste of Mindfulness 11 am-12 pm PDT
bit.ly/PCLAmindfulness

27

4th Thursday PD support group 11 am-12 pm PDT - hosted by Judy Yaras

7

14

21

28

1

8

15

22

29