PCLA
PARKINSON'S COMMUNITY
LOS ANGELES

July 2021 online support groups & events

Email for support group links: info@pcla.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	**2**	**3**
4	**5** **Unidos con el Parkinson** (en Español) 11:30 am PDT - with Lisbeth Garces Register: ***bit.ly/UnidosPCLA***	**6** **Weekly Tuesday PD Support group** 11 am PDT with Judy Yaras *contact us for the Zoom link*	**7**	**8** **2nd Thursday PD support group** 11 am-12 pm PDT with Judy Yaras *contact us for the Zoom link*	**9**	**10**
11	**12** **2nd Monday PD Support group** 10:30 - 11:30 am PDT - with Nessa Weinman *contact us for the Zoom link*	**13** **Weekly Tuesday PD Support group** 11 am PDT with Judy Yaras *contact us for the Zoom link*	**14** **Children of PD** *support group for adult children caregivers* 7:30-8:30 pm PDT Register: ***bit.ly/ChildofPD***	**15**	**16**	**17** online event **New Advances in DBS for Parkinson's** 10-11 am PDT Register: ***bit.ly/DBSadvances***
18	**19** **Caregiver Cafe** *for care partners & family caregivers* 7:30-8:30 pm PDT with Judy Yaras *contact us for the Zoom link*	**20** **Weekly Tuesday PD Support group** 11 am PDT with Judy Yaras *contact us for the Zoom link*	**21** **Living with Loss** *bereavement support* 7-8:30 pm PDT - with Juanita Thompson, LCSW Register: ***bit.ly/pclaLWL***	**22** **4th Thursday PD support group** 11 am-12 pm PDT with Judy Yaras *contact us for the Zoom link*	**23**	**24**
25	**26**	**27** **Weekly Tuesday PD Support group** 11 am PDT with Judy Yaras *contact us for the Zoom link*	**28** **Young Onset support group** 7:30-9 pm PDT – with Mike Weinman *contact us for the Zoom link*	**29**	**30**	**31** online event **The Ideal Parkinson's Diet** 10-11 am PDT Register: ***bit.ly/PDNutrition***

Find us online! **www.pcla.org** ParkinsonsCommunityLA @parkinsons.la Parkinson's Community Los Angeles