

October 2021

**online support groups
 and events**
 all times are Pacific
 all groups and events are free

Visit our calendar for links:
bit.ly/PCLAevents

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Unidos con el Parkinson (en Español) 11:30 am-12:30 pm Register: bit.ly/unidospcla <small>This program is supported by a community grant from the Parkinson's Foundation.</small>	5 Weekly Tuesday PD Support group 11 am PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	6	7 online event Parkinson's & the role of Nutrition and DBS 11 am-12pm PDT Register: bit.ly/nutritionDBS	8	9
10	11 2nd Monday PD Support group 10:30-11:30 am PDT Sign up for the link: bit.ly/PCLAevents	12 Weekly Tuesday PD Support group 11 am PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	13 Children of PD support group for adult children of a parent with PD 7:30-8:30 pm PDT Register: bit.ly/ChildofPD	14 2nd Thursday PD support group 11 am-12 pm PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	15	16
17 online event Roadmaps to Living Better, pt 1 10-11 am PDT Register: bit.ly/pdroadmaps	18 Caregiver Cafe for care partners & family caregivers 7:30-8:30 pm PDT with Judy Yaras Sign up link: bit.ly/PCLAevents	19 Weekly Tuesday PD Support group 11 am PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	20 Living with Loss bereavement support 7-8:30 pm PDT - with Juanita Thompson, LCSW Register: bit.ly/pclaLWL	21	22	23
24 online event Roadmaps to Living Better, pt 2 10-11 am PDT Register: bit.ly/pdroadmaps	25	26 Weekly Tuesday PD Support group 11 am PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	27 Young Onset support group 7:30-9 pm PDT Mike Weinman Sign up for the link: bit.ly/PCLAevents	28 4th Thursday PD support group 11 am-12 pm PDT with Judy Yaras Sign up for the link: bit.ly/PCLAevents	29	30
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