

# November 2021

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

Visit our calendar for links:  
[bit.ly/PCLAEvents](http://bit.ly/PCLAEvents)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	<b>1</b> <b>Unidos con el Parkinson</b> (en Español) With Lisbeth Garces 10-11 am PDT  Register: <a href="http://bit.ly/unidospcla">bit.ly/unidospcla</a>  <small>This program is supported by a community grant from the Parkinson's Foundation.</small>	<b>2</b> <b>**new group**</b> <b>Women with PD</b> <small>For women with PD</small> With Juanita Thompson, LCSW 7-8:30 pm PDT <a href="http://bit.ly/womenwithpd">bit.ly/womenwithpd</a>  <b>Weekly Tuesday PD Support group</b> 11 am-12:30 pm PDT with Judy Yaras Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>3</b> <b>**new group**</b> <b>Caregiver Cafe</b> (daytime) <small>For care partners and family caregivers</small> With Juanita Thompson, LCSW 11 am-12:30 pm PDT  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	4	5	6
7 Daylight Savings time ends	<b>8</b> <b>2nd Monday PD Support group</b> 10:30-11:30 am PT  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>9</b> <b>Weekly Tuesday PD Support group</b> 11 am-12:30 pm PT with Judy Yaras  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>10</b> <b>Children of PD</b> <small>support group for adult children of a parent with PD</small> 7:30-8:30 pm PT  Register: <a href="http://bit.ly/ChildofPD">bit.ly/ChildofPD</a>	<b>11</b> <b>2nd Thursday PD support group</b> 11 am-12 pm PT with Judy Yaras  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	12	13
14	<b>15</b> <b>Caregiver Cafe</b> (evening) <small>for care partners &amp; family caregivers</small> 7:30-8:30 pm PT with Judy Yaras Sign up link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>16</b> <b>Weekly Tuesday PD Support group</b> 11 am-12:30 pm PT with Judy Yaras  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>17</b> <b>Living with Loss</b> <small>bereavement support</small> 7-8:30 pm PT - with Juanita Thompson, LCSW Register: <a href="http://bit.ly/pclaLWL">bit.ly/pclaLWL</a>	18	19	20
21	<b>22</b> <b>**new group**</b> <b>Children of PD</b> (daytime) <small>support group for adult children of a parent with PD</small> 9-10 am PT <a href="http://bit.ly/ChildofPD">bit.ly/ChildofPD</a>	<b>23</b> <b>Weekly Tuesday PD Support group</b> 11 am-12:30 pm PT with Judy Yaras  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>24</b> <b>Young Onset support group</b> 7:30-9 pm PT Mike Weinman Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>25</b>  <b>HAPPY THANKSGIVING</b>	26	27
28	<b>29</b> <b>online event</b> <b>Let's Talk Parkinson's Caregiving: A Roundtable Discussion</b> 7-8 pm PT Register: <a href="http://bit.ly/letstalkcaregiving">bit.ly/letstalkcaregiving</a>	<b>30</b> <b>Weekly Tuesday PD Support group</b> 11 am-12:30 pm PT with Judy Yaras  Sign up for the link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	<b>1 December</b> <b>Caregiver Cafe</b> <small>for care partners &amp; family caregivers</small> 7:30-8:30 pm PT with Judy Yaras Sign up link: <a href="http://bit.ly/PCLAEvents">bit.ly/PCLAEvents</a>	2	3	<b>4</b> <b>online event</b> <b>Parkinson's: Life Beyond the Basics</b> 9 am - 1pm PT  Register: <a href="http://bit.ly/PDLBB2021">bit.ly/PDLBB2021</a>