



# You Have Parkinson's Disease

About Parkinson's • For Parkinson's • By Parkinson's

## You are not alone!

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Whether you are newly diagnosed, you have been living with Parkinson's disease for a while, or if you're the Care Partner of someone who does, YOU can join a Support Group of Parkinson's peers.

## Who are we?

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We are a unique group specifically created by and for People with Parkinson's and their Care Partners. Learn from your peers, get questions answered, discuss symptoms and medication options, share resources, and learn from people who have first hand experience. The group is made-up of warm, smart, welcoming, funny, optimistic people.

## When and where do we meet?

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### **Mission Valley Group**

MV First United Methodist Church  
2111 Camino del Rio South  
San Diego, CA 92108  
1<sup>st</sup> Wednesdays, 2:00-4:00 pm

### **Torrey Pines Group**

Sanford Consortium for Regenerative Medicine  
2880 Torrey Pines Scenic Drive  
La Jolla, CA 92037  
3<sup>rd</sup> Thursdays, 12:30-2:30 pm

### **Chula Vista Group**

Norman Park Senior Center  
270 F Street  
Chula Vista, CA 91910  
2<sup>nd</sup> Fridays, 1:00-3:00 pm

### **National City Group**

Paradise Village  
2700 East 4<sup>th</sup> Street  
National City, CA 91950  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 3:00-5:00 pm

### **Flying SOLO Group**

MV First United Methodist Church  
2111 Camino del Rio South  
San Diego, CA 92108  
1<sup>st</sup> Wednesdays, 1:00-2:00 pm

### ***Groups Under Construction***

*El Cajon, East County*  
*El Centro, Imperial County*  
*Spanish language*  
*Specialty groups*

## Who should attend?

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Anyone diagnosed with Parkinson's disease and their Care Partners, family and friends should attend a support group, preferably regularly. UCSD Parkinson's Support Group meetings are free and open to anyone regardless of where you get your medical care.

## Take Control

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Parkinson's disease is different for everyone. Optimizing your health requires collaboration with your physician. Symptoms and treatments vary widely from person to person. Learn what works for others and apply that knowledge to your care. Call for more information or simply show-up at our next meeting.

## Make connections

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- Meet people like yourself diagnosed with Parkinson's disease
- Meet people who are helping provide care for a friend, loved one, relative or spouse who has PD – Care Partners
- Access local organizations such as the Parkinson's Association and National organizations such as the National Parkinson's Foundation and the Michael J. Fox Foundation
- Learn about the latest in clinical trials that you might participate in
- Get current information about PD, new drugs and therapies, hear about others' successes and failures
- Share personal experiences
- Make new friends, discover shared interests
- Make a difference in your life and in others

## Each Group has it's own personality and focus

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**Mission Valley** is the flagship Group and still boasts being the largest with 50 to 60 people in attendance at monthly meetings.

**Torrey Pines** in ON the UCSD campus near the famous Salk Institute in a new, state-of-the-art research building complete with its own Café and spectacular view of the Pacific Ocean.

**National City** is the newest group and the only one to meet twice a month AND include an exercise component developed for and run by professional trainers with experience working with Parkinson's people.

**Chula Vista** is currently the most Southern group and meets near the center of Chula Vista's thriving revitalized downtown.

The **SOLO** Group focuses on the special challenges of people with PD, but without a designated Care Partner. Identifying issues, strategic planning for future care, identifying available resources and being proactive are all topics for this group.

## Expert speakers

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Special guest speakers are regular faire at the Mission Valley and Torrey Pines groups. Topics include: Stem cells, Non-motor symptoms, Dance for PD, Medical marijuana for PD, the Clinical development process for new drugs, Long term care, Mapping the human brain, Elder law, Navigating Medi-Cal, Financial planning, Patient advocacy, Presentations from area movement disorder specialists.

## Contact

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For questions or more information contact David Higgins at 619-565-0411 or email inquiries to [info@Support4PD.org](mailto:info@Support4PD.org)

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Visit the UCSD Parkinson's Support Group Network web site: [www.Support4PD.org](http://www.Support4PD.org)