



You Have Parkinson's Disease

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

You are not alone!

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?

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?

Mission Valley Group

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

Torrey Pines Group

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

Chula Vista Group

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

National City Group

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

Flying SOLO Group

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

Groups Under Construction

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

Who should attend?

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

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

- 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

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

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

For questions or more information contact David Higgins at 619-565-0411 or email inquiries to info@Support4PD.org

Visit the UCSD Parkinson's Support Group Network web site: www.Support4PD.org