



You Have Parkinson's Disease

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

You Are Not Alone!

Whether you are newly diagnosed, have been living with Parkinson's disease for a while, or you're the Care Partner of someone who does, you can join a Support Group of 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 Wednesday, 2:00-4:00 pm

Torrey Pines Group

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

Chula Vista Group

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

Vi at La Jolla Village

Care Center - 5th Floor Living Room
4171 Las Palmas Square
San Diego, CA 92122
3rd Wednesday, 2:30-4:30 pm

Young On-set (Dx < age 50)

Northpark neighborhood
San Diego, CA 92104
2nd Sunday, 6:00-7:30pm
Call for venue: 619-565-0411

Flying SOLO Group

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

Otay Ranch

Sienna at Otay Ranch
1290 Santa Rosa Drive
Chula Vista, CA 91913
1st Monday, 1:00-3:00 pm

National City

Paradise Village
2700 East 4th Street
National City, CA 91950
1st Tuesday, 1:00-2:30 pm

Who Should Attend?

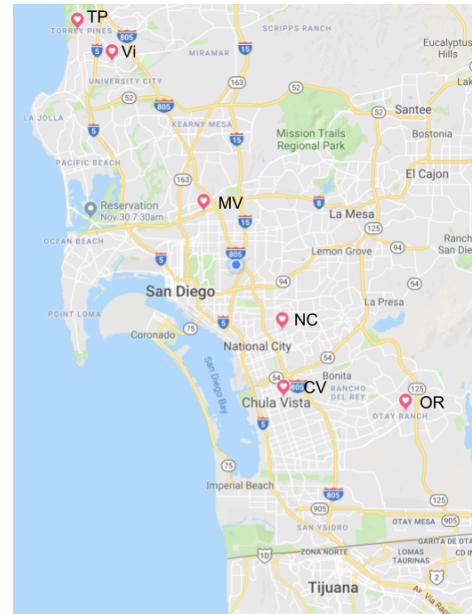
Anyone diagnosed with Parkinson's disease and their Care Partners, family and friends should attend a support group, preferably regularly. UCSD Parkinson's Support Group meetings are free and open to anyone regardless of where you get your medical care.

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.

UC San Diego Parkinson's Support Group Network

- This network of support groups serves the needs of San Diego's diverse communities, from La Jolla to Tijuana.
- The network is sponsored by the UC San Diego Movement Disorders Center (MDC), designated by the Parkinson's Foundation as a Center of Excellence.
- These affiliations offer access to world-class Parkinson's researchers and clinical trials.
- San Diego, an epicenter of Biotech and innovative clinical research, is a hot bed for advances in Parkinson's research, and UC San Diego MDC is at the forefront of this work.
- You are welcome regardless where you get your healthcare.



Why Join a Support Group?

- Meet other people diagnosed with Parkinson's disease
- Meet people who are helping provide care for a friend, loved one, relative or spouse
- Access local organizations such as the Parkinson's Association and national organizations such as the 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 Parkinson's, new drugs and therapies
- Share personal experiences
- Make new friends, discover shared interests
- Make a difference in your life and in others

Contact Us

For questions or more information contact David Higgins at 619-565-0411

Or, you can email us at info@Support4PD.org

To be on our email list, send YOUR email address to info@Support4PD.org

Also, check out our web site: www.Support4PD.org