



PARKINSON'S SUPPORT GROUP



HELD AT THE WEST MORRIS AREA YMCA

In partnership with the Parkinson's Foundation, the West Morris Area YMCA offers a monthly support group. This free group is open to anyone diagnosed with Parkinson's or a care partner of someone with Parkinson's. Support groups can help you cope with the day-to-day realities of having Parkinson's or caring for someone with Parkinson's. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience.

**Support Groups are held on
the following Mondays from
12:00–1:00 pm**



- **No July or August Support Groups**
- **September 28, 2026**
- **October 26, 2026**
- **November 16, 2026**
- **December 21, 2026**

Topics will vary

973 366 1120

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www.wmaymca.org