



Support Groups for Individuals with **Parkinson's Disease (PD) & PD Caregivers**

**3rd Wednesday of the
month**

10:30am-12:00 pm

Xenia Community
Center

Rooms 407 & 408

1265 W. Second St,
Xenia

What is a support group? It is a gathering of people facing a common issue to share experiences, offer support, encouragement, and comfort to the other group members, and receive the same in return.

Two support groups are held at the same time:

- A group for those with Parkinson's Disease (PD) or Parkinsonism
- A group for family members & friends caring for a loved one with PD

Both groups are facilitated by GCCOA team members and provide a safe and caring environment for sharing, learning and support.

"You can't imagine how much this group means to us"

— a PD group participant

For more information on this support group, services and resources for caregivers and seniors, please contact the Council at 937-376-5486 or YourFriends@gcco.org

