

Support Groups for individuals diagnosed with Movement Disorders

ALS (Amyotrophic Lateral Sclerosis) Support Group:

- Meets 3rd Thursday monthly starting at 11:00 a.m. at Forest City Public Library, 1501 Stiles Avenue, Savannah, GA 31415
Contact: Robin Racoff, robin@alsaga.org or 404-290-1550
- Virtual Support Group meets on the 3rd Saturday of the month at 10:00 a.m.
Contact: Robin Racoff, robin@alsaga.org or 404-290-1550 for meeting link.
- Facebook Page: <https://www.facebook.com/groups/2019878358339775>

Alzheimer's/Dementia Support Group:

- Meets 2nd Monday of the month starting at 4:00 p.m.
Bethany Community Commons Building
353 Gesmon Neville Lane Statesboro, GA 30458
For more information and to register call 800-272-3900

Alzheimer's/Dementia Support Group:

Meets 1st Thursday monthly at:

- 10:00 a.m. Sun City-Hidden Cypress, Coosaw Room
- 2:00 p.m. St. Andrews Chapel, Hall Pickney Colony Road

Contact: Carol Mullen, CDP at carolmullen1@yahoo.com or 404-917-6277.

Alzheimer's/Dementia Care Partner Support Group:

- Meets 1st Thursday of the month at 11:00 a.m. at Skidaway Community Church Library, 50 Diamond Causeway, Savannah, GA 31411
- 3rd Thursday of the month at 5:30 p.m. at Living Independence for Everyone: LIFE, 4811 Waters Avenue, Savannah, GA 31404
For more information on either group, email facilitator Chris Rollwitz at crollwitz@youroasisadvisor.com

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org

Ataxia:

- www.ataxia.org
- National Ataxia Foundation Facebook page:
<https://www.facebook.com/groups/NAFmail>

Deep Brain Stimulation Online Support Group & Education:

- Parkinson's and Dystonia facebook support group and education information on Deep Brain Stimulation (DBS). Experiences from those living with DBS and other health professionals
<https://www.facebook.com/groups/PDandDBSsupport/>

Dystonia Medical Research Foundation Online Support Groups:

Facebook groups and forums create a community for those with dystonia.

To join one of the groups below, visit

<https://dystonia-foundation.org/living-dystonia/online/>

- Dystonia Support & Awareness
- Cervical Dystonia Support Forum
- Oromandibular, Blepharospasm, & Cranial Dystonia Support Forum
- Generalized Dystonia Support Forum
- 20/30 Dystonia Group – A forum for people in their 20s and 30s
- Support4Parents of Children with Dystonia
- Dystonia and Deep Brain Stimulation
- Parenting with Dystonia Support Forum
- Dystonia Spouses & Loved Ones
- Musicians with Dystonia Support Forum
- Dystonia Special Education Blog by Roberta Senzel, Esq.



Edel Caregiver Institute Support Groups:

- **Dementia Caregivers Support Group:**
 - Meets the 2nd Wednesday monthly at 11:00 a.m. online.
www.EdelCaregiverInstitute.org
- **Caregiver Support Group (non-disease specific):**
 - Meets 2nd Tuesday monthly at 11:00 a.m. online.
 - Meets in-person at Hospice Savannah In-Patient Unit. 1352 Eisenhower Drive, Savannah, GA 31406. Meets 2nd Wednesday monthly at 6:00 p.m.
- **Caregiver Fellowship Support Group:**
 - Meets 2nd Tuesday monthly from 1:00 p.m. – 2:30 p.m.
Frank G Murray Community Center. 25 Wilmington Island Road, Savannah, GA 31410.

For all groups, contact: Jill Costello at JCostello@HospiceSavannah.org or the Edel Caregiver Institute at 912-629-1331.

Essential Tremors:

- Savannah Parkinson and Movement Disorders (PMD) Support Group
Meets 3rd Monday of the month at 5:30 p.m.
Marsh Auditorium, Candler Hospital. 5353 Reynolds Street, Savannah, GA 31405
Contact: Katy Harne, 912-663-6803, harneka@sjchs.org

International Essential Tremor Foundation (IETF)

- www.essentialtremor.org, 888-387-3667

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Get Excited and Move! (GEM):

Parkinson's, Essential Tremor, and other Movement Disorders focused exercise class at Anderson-Cohen Weightlifting Center. Quarterly meetings.

- Meets Monday, Wednesday, & Friday at 10:45 a.m. & 11:30 a.m.
- Meets Tuesday & Thursday at 11:00 a.m.
7232 Varnedoe Drive, Savannah, GA 31406
Contact the gym at 912-658-4676 or scohensavannahparkinson@gmail.com

Huntington's Disease Society of America (HDSA):

- [Http://hdsa.org](http://hdsa.org). This organization offers monthly support groups hosted on the SupportGroupsCentral platform.
- <http://hdsa.org/find-help/community-social-support/> Resources in community and social support include:
 - Youth services
 - Caregiver services and resources
 - HDSA telehealth
 - HDSA support groups
 - HDSA social workers
 - HDSA resource library
 - HDSA Centers of Excellence
 - Disability program
 - Family education days
 - Profession education
 - Clinical trials
 - Research news
 - Helpline
 - HDSA on-demand
 - HDSA programs & service document

HELPLINE: 800-345-4372

National Office: 212-242-1968

Email: HDSAinfor@HDSA.org

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org



Lewy Body Dementia Association (LBDA):

HELPLINE: 800-539-9767, support@LBDA.org

- **Living with Lewy**
Group only for those who have Lewy Body Dementia & newly diagnosed.
www.facebook.com/groups/LBDALivingwithLewy
- **Care Partner Support Group**
Facebook Care Partner of those with Lewy Body Dementia Support Group
www.facebook.com/groups/LBDACarePartnerSupportGroup

Multiple System Atrophy (MSA), Progressive Supranuclear Palsy (PSP), and Corticobasal Degeneration (CBD):

- Visit Cure PSP at <http://psp.org>
- Online Support Groups-various topics
<https://www.psp.org/ineedsupport/online-support-groups/>
- **HOPELINE: 800-457-4777, info@curepsp.org**

Multiple Sclerosis - PRYME2:

- Meets 2nd Tuesdays monthly from 6:00 – 8:00 p.m.
Marsh Auditorium, Candler Hospital. 5353 Reynolds Street, Savannah, GA 31405
Contact: Dr. Virginia Morrison, 912-308-5384, vmorriso@bellsouth.net

National Alliance on Mental Illness (NAMI) Connections Support Group:

- For more support group information, visit <http://namiga.org/support-and-education/support-groups/>
- Contact: info@namisavannah.org
- NAMI Georgia HelpLine is available M – F, 9:00 a.m. – 5:00 p.m. by phone 770-408-0625 or email helpline@namiga.org
- In a crisis, call or text 988

National Organization for Rare Disorders (NORD):

- For the latest news and events, visit <https://rarediseases.org/>

For additional information, questions, or to promote an active support group, please contact the Outreach Coordinator at 912-663-6803 or email harneka@sjchs.org

Restless Leg Syndrome:

- www.rls.org
- Periodic support group meetings online via zoom

<https://www.rls.org/get-sypport>

Savannah Speech & Hearing. Speak Easy Support Group:

A group for survivors of stroke and traumatic brain injury (TBI):

- Meets every Friday from 10:00 a.m. – 11:30 a.m. in-person and online.
5414 Skidaway Road, Savannah, GA 31406
Contact: Jenna Harcher at 912-355-4601 ext. 132 or
jharcher@speechandhearingsav.org

Georgia Tourette Community Support Group:

- Meets the 1st and 3rd Monday of the month at 7:00 p.m. online.
Email Georgia@Tourette.org for more information.
- Tourette Association of GA Facebook group:
<https://www.facebook.com/TouretteGeorgia/>

Tourette Association of America – Online Support Groups:

www.tourette.org, call **800-4-TOURET** or email support@tourette.org

To find all groups, visit <https://tourette.org/online-support-groups-tourette-syndrome/>

- **Online support groups for Adults (26+)**
- **Online support groups for parents & guardians**
- **Online support groups for young adults**