

## **Movement Support Groups in the Low Country Region**

### **ALS (Amyotrophic Lateral Sclerosis) Support Group**

Meets 2<sup>nd</sup> Tuesday monthly from 11:00 a.m. – 1:30 p.m.

Contact: Donna Thompson, [donna@alsaga.org](mailto:donna@alsaga.org) or 404-636-9909

### **Alzheimer's Support Group**

Meets 1<sup>st</sup> Thursday monthly at 5:30 p.m.

Contact: Joyce Crowder-McBride, 912-631-1072, 912-925-9434 (office)

### **Alzheimer's/Dementia Support Group**

Meets 1<sup>st</sup> 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 404-917-6277.

### **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 creating a community for those with dystonia.

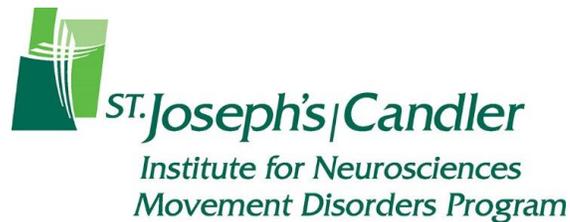
To join one of the groups below, visit

<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 Robert Senzel, Esq.

## **Edel Caregiver Institute Support Groups:**

- **Dementia Caregivers Support Group:**
  - Meets the 1<sup>st</sup> Wednesday monthly at 11:00 a.m. online via Zoom.
  - Meets in-person at Demere Center for Living. 6000 Business Center Drive, Savannah, Ga 31405. Meets 3<sup>rd</sup> Wednesday monthly at 11:00 a.m.
- **Caregiver Support Group (non-disease specific):**
  - Meets Second Tuesday monthly at 11:00 a.m. online via Zoom.
  - Meets in-person at Hospice Savannah In-Patient Unit. 1352 Eisenhower Drive, Savannah, GA 31406. Meets 3<sup>rd</sup> Wednesday monthly at 6:00 p.m.



- **Caregiver Fellowship Support Group:**
  - Meets in-person at Frank G Murray Community Center. 25 Wilmington Island Road, Savannah, GA 31410. Meets 2<sup>nd</sup> Tuesday monthly from 1:00 p.m. – 2:30 p.m.

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

### **Get Excited and Move! (GEM)**

Parkinson's, Essential Tremor, and other Movement Disorders focused exercise class at Anderson-Cohen Weightlifting Center. Meets Monday – Friday at 11:00 a.m. 7232 Varnedoe Drive, Savannah, GA 31406

Contact: 912-398-7611 or [Rebecca.Heyward@gmail.com](mailto:Rebecca.Heyward@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.

- **South Central Region Group**  
General support group for those with HD
- **Juvenile HD Support Group**  
Families & youth come together to share resources and experiences of HD
- **At Risk/Not Tested Support Group**  
For adults 18+ who are at risk for HD
- **Family Planning**  
Support group and a genetic counselor for discussing options for planning a family and what options are available
- **HDSA Caregiver Support Group (also available en Español)**  
Support group for those with loved ones with HD
- **HDSA Young Adults Support Group**  
For young adults with HD

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](mailto:harneka@sjchs.org)



- **HD Positive, Early Symptoms**

For those with early symptoms to discuss changes in life

- **HD Positive, Pre-Symptomatic**

For those with a positive diagnosis but have no symptoms

Contact: Jennifer Simpson, [jsimpson@hdsa.org](mailto:jsimpson@hdsa.org)

<https://hdsa.org/find-help/community-social-support/hdsa-support-groups/>

### **Lewy Body Dementia Association (LBDA)**

Contact: Support Services, 800-539-9767, [support@LBDA.org](mailto:support@LBDA.org)

- **Living with Lewy**

Group only for those who have Lewy Body Dementia & newly diagnosed.  
Weekly virtual support group and facebook group.

[www.facebook.com/groups/LBDALivingwithLewy](http://www.facebook.com/groups/LBDALivingwithLewy)

- **Living Together with Lewy**

Group for those with Lewy Body Dementia and their care partners.  
Virtual support group with facebook group

[www.facebook.com/groups/LBDALivingTogetherwithLewy](http://www.facebook.com/groups/LBDALivingTogetherwithLewy)

- **Care Partner Support Group**

Facebook Care Partner of those with Lewy Body Dementia Support Group

[www.facebook.com/groups/LBDACarePartnerSupportGroup](http://www.facebook.com/groups/LBDACarePartnerSupportGroup)

### **Multiple Sclerosis - PRYME2**

Meets 2<sup>nd</sup> Tuesdays monthly from 6:00 – 8:00 p.m. via Zoom

Contact: Dr. Virginia Morrison, 912-308-5384, [vmorriso@bellsouth.net](mailto:vmorriso@bellsouth.net)



**National Alliance on Mental Illness (NAMI) Connections Support Group.** NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Contact: [info@namisavannah.org](mailto:info@namisavannah.org)

- Savannah - Meetings will be held on Thursdays @ 6 pm.  
Location: Trinity Lutheran Church -12391 Mercy Blvd (East side of Abercorn). The meeting will be held in the large Dining Room.
- Garden City - Meetings held on the 1st Thursday of the month @ 7:00 pm.  
Location: Garden City United Methodist Church -62 Varnedoe Ave, Savannah, GA 31408

### **Savannah Essential Tremor Support Group**

Meets 3<sup>rd</sup> Tuesday of the month at 10:30 a.m.

Hybrid meetings (in-person and via Zoom) ConneXion Church. 5411 Skidaway Road, Savannah, GA 31406.

Contact: Katy Harne, 912-663-6803, [harneka@sjchs.org](mailto:harneka@sjchs.org)

**Georgia Tourette Community Support Group.** Typically meets the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 7:00 p.m. Email [Georgia@Tourette.org](mailto:Georgia@Tourette.org) for more information.

**Tourette Association of America – Online Support Groups.** [www.tourette.org](http://www.tourette.org)

Contact: Angela Sullivan, [angela.sullivan@tourette.org](mailto:angela.sullivan@tourette.org), 718-224-2999

- **Tourette Association Georgia Community**  
Facebook page to keep those with Tourette syndrome in contact with one another and resources and education tools. Moderated by Tourette Association of America – Georgia Chapter.
- **Parent Support Group**  
Every second Tuesday of the month from 6:00 pm – 7:30 pm. Zoom
- **Young Adult Support Group**  
Every second Wednesday of the month from 7:00 p.m. – 8:30 p.m.
- **Padres de Habla Hispana de Niños con Síndrome de Tourette u otro Trastorno de Tic**

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](mailto:harneka@sjchs.org)



El grupo de apoyo estará disponible para aquellos en un área con acceso limitado a recursos y apoyo. El grupo de apoyo se reunirá una vez al mes durante aproximadamente 90 minutos. Para participar, debe tener una conexión a Internet a través de una computadora, tableta u otro dispositivo similar, y un micrófono que funcione. No es necesaria una cámara web, pero podrán ver al moderador y están invitados a unirse al grupo utilizando su cámara web.

Para Información llame a Angela Sullivan 718-224-2999