



Have you been diagnosed with Parkinson's?
Are you supporting a person with Parkinson's?
Would you like to learn more about the illness?
Would you like to talk with others in a similar situation?

Consider joining a:
PARKINSON SUPPORT
GROUP
for people with Parkinson's and care
partners

Almonte and Area Parkinson Group

Planned for the last Monday of every month at 1:30 pm

Almonte Home Support
67 Industrial Dr. Almonte ON

Please call to register: 613 256-4700

This local support group for people living in Almonte and surrounding communities will be provided in partnership with Parkinson Society Ottawa and Mills Community Support Corporation, Home Support Program. Our groups provide a supportive environment where questions are answered, ideas for coping shared, and friendships are formed. Support groups can help you cope with your emotions, frustrations and changes that may accompany Parkinson's disease.



Parkinson Society Ottawa
Société Parkinson d'Ottawa

Serving Eastern Ontario

1053 Carling Avenue, Ottawa Ontario K1Y 4E9
Tel: 613-722-9238 Fax: 613-722-3241
psoc@lri.ca www.parkinsons.ca



Mills Community Support
Home Support Program
tel: (613) 256-4700
Fax: (613) 256-1185

homesupport@themills.on.ca
www.themills.on.ca



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