

# LOCAL PARKINSON'S RESOURCES: OTTAWA

*We hope the Davis Phinney Foundation becomes a go-to resource for tools and information to support you. We also know that having local resources and community you can turn to are critical to living well with Parkinson's. This booklet can get you started!*

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## SUPPORT GROUPS

### **Almonte – Parkinson's Support Group**

Last Monday from 2:00-4:00 pm  
Mills Community Support  
67 Industrial Dr  
Almonte, ON K0A 1A0  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

### **Arnprior – Parkinson's Support Group**

2nd Wednesday from 1:30-3:30 pm  
Arnprior Public Library  
21 Madawaska St  
Arnprior, ON K7S 1R6  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

### **Brockville – Parkinson's Support Group**

1st Thursday from 10:00 am-12:00 pm  
Royal Brock Retirement Residence  
Activities Room  
100 Stewart Blvd  
Brockville, ON K6V 4W3  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

### **Cornwall – Parkinson's Support Group (English)**

3rd Wednesday from 1:30-3:30 pm  
Centre Charles Émile Claude  
146 Chevrier Ave  
Cornwall, ON K6H 1S1  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

### **Dorval – Parkinson's Support Group (French)**

2nd Tuesday from 6:30-8:30 pm  
Maison Herron  
2400 Herron Rd  
Dorval H9S 5W3  
Contact: Claire Savage  
514-868-0597  
montreal-laval@parkinsonquebec.ca

### **Embrun – Parkinson's Support Group (French)**

2nd Wednesday  
from 10:00am-12:00 pm  
Centre de Santé de l'Estrie  
649 Notre Dame St  
Embrun, ON K0A 1W1  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Hawkesbury – Parkinson’s Support Group (English)**

4th Tuesday from 1:30-3:30 pm  
The Legion Upstairs Hall  
152 Nelson St E  
Hawkesbury, ON K6A 1L8  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Hawkesbury – Parkinson’s Support Group (French)**

4th Tuesday from 10:00 am-12:00 pm  
The Legion Upstairs Hall  
152 Nelson St E  
Hawkesbury, ON K6A 1L8  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Iroquois – Parkinson’s Support Group**

October 30 and November 27  
from 10:00 am-12:00 pm  
Iroquois Legion  
24 Dundas St  
Iroquois, ON K0E 1K0  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Kanata – Parkinson’s Support Group**

3rd Wednesday from 1:00-3:00 pm  
Kanata United Church  
33 Leacock Dr  
Kanata, ON K2K 2B9  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Kemptville – Kemptville and District Home Support**

3rd Monday from 1:00-3:00 pm  
215 Sanders St #101  
Kemptville, ON K0G 1J0  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Kingston – Care Partner Support Group**

Last Monday from 3:00-4:30 pm  
Kingsdale Chateau  
520 Kingsdale Ave  
Kingston, ON K7M 9B6  
1-800-565-3000  
Info@Parkinson.ca

**Kingston – Parkinson’s Support Group**

1st Tuesday from 7:00-9:00 pm  
Ongwanda Resource Centre  
191 Portsmouth Ave  
Kingston, ON K7M 8A6  
1-800-565-3000  
Info@Parkinson.ca

**Laval – Parkinson’s Support Group (French)**

4th Tuesday from 1:30-3:30 pm  
ALPA  
1850 Boulevard Le Corbusier Suite 100  
Laval, QC H7S 2K1  
Contact: Diane Patenaude  
514-868-0597  
Montreal-Laval@ParkinsonQuebec.ca

**Montreal – Parkinson’s Support Group (English)**

4th Monday from 1:30-3:30 pm  
Saint-Raymond Center  
5600 Chemin Upper Lachine  
Montréal, QC H4A 2A6  
Contact: Paul Mallette or  
Bernadette Cardyn  
514-868-0597  
Montreal-Laval@ParkinsonQuebec.ca

**Nepean – Care Partners Only Support Group**

4th Wednesday: October 30,  
November 27, December 25  
from 7:00-9:00 pm  
Parkinson Canada Ottawa  
Office Unit 1  
200 Colonnade Rd  
Nepean, ON K2E 7K3  
Contact: Shannon Harrison  
1-800-565-3000 ext. 3420  
Shannon.Harrison@Parkinson.ca

**Nepean – Parkinson’s Support Group**

3rd Tuesday from 7:00-9:00 pm  
Parkinson Canada Ottawa Office  
200 Colonnade Rd Unit 1  
Nepean, ON K2E 7K3  
Contact: Shannon Harrison  
1-800-565-3000 ext. 3420  
Shannon.Harrison@Parkinson.ca

**Orangeville – Parkinson’s Support Group**

2nd Wednesday (excluding July and  
August) from 7:00-8:30 pm  
Alzheimer Society  
25 Centennial Rd  
Orangeville ON L9W 1R1  
Contact: Christine Cianfagna or Rob  
Ecclestone  
1-888-851-7376

**Orleans – Care Partners Support Group**

3rd Tuesday from 1:00-3:00 pm  
Chapel Hill Retirement Residence  
2305 Pagé Rd  
Orleans, ON K1W 1H3  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Orleans – Parkinson’s Support Group (English)**

Chapel Hill Retirement Residence  
2305 Pagé Rd  
Orleans, ON K1W 1H3  
3rd Thursday from 1:00-2:30 pm  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Ottawa – Parkinson’s Support Group (English)**

3rd Tuesday from 2:00-4:00 pm  
Carlingwood Retirement Residence  
200 Lockhart Ave  
Ottawa, ON K2A 4C6  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Ottawa – Parkinson’s Evening Support Group (English)**

3rd Tuesday from 7:00-9:00 pm  
Parkinson Canada Ottawa Office  
200 Colonnade Rd, Unit 1  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Ottawa – Care Partner Support Group (English)**

Last Wednesday from 7:00-9:00 pm  
Parkinson Canada Ottawa Office  
200 Colonnade Rd, Unit 1  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Ottawa South – Parkinson’s Support Group**

3rd Tuesday from 10:00 am-12:00 pm  
Parkinson Canada Ottawa Office  
200 Colonnade Rd, Unit 1  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Pembroke – Parkinson’s Support Group**

3rd Monday from 10:00 am-12:00 pm  
Marianhill  
600 Cecilia St  
Pembroke, ON K8A 7Z3  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Perth – Community Home Support Lanark County**

Last Monday from 1:00-3:00 pm  
40 Sunset Blvd #100  
Perth, ON K7H 3C6  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Prescott – Parkinson’s Support Group**

October 14, November 11, December 9  
from 10:00 am-12:00 pm  
Walker House  
623 King St W  
Prescott, ON K0E 1T0  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Renfrew – Parkinson’s Support Group**

1st Wednesday from 2:00-4:00 pm  
Bonnechere Manor  
Day Program Building  
470 Albert St  
Renfrew, ON K7V 4L5  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Smiths Falls – Parkinson’s Support Group**

Last Tuesday from 1:30-3:30 pm  
Rideau Community Health Services  
2 Gould St  
Smiths Falls, ON K7A 2S5  
Contact: Shannon Harrison  
1-800-565-3000 ext 3420  
Shannon.Harrison@Parkinson.ca

**Ste. Adele – Entraïdons-Nous**

**(French)**

707 Ste-Adèle Blvd

Ste Adele, Quebec J8B 2N1

Contact: Cathy Martin

450-229-6601

Cathy\_Martin@SSSS.Gouv.QC.ca

**Vanier – Parkinson's Support**

**Group (French)**

2nd Friday from 10:00am-12:00 pm

Cité Parkway Retirement Residence

380 Le Boutillier

Ottawa, ON K1K 3W3

Contact: Shannon Harrison

1-800-565-3000 ext 3420

Shannon.Harrison@Parkinson.ca

**Winchester – Parkinson's Support**

**Group (English)**

Carefor

517 Albert St

Winchester, ON K0C 2K0

2nd Tuesday from 10:00 am-12:00 pm

Contact: Shannon Harrison

1-800-565-3000 ext 3420

Shannon.Harrison@Parkinson.ca

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# LOCAL WELLNESS AND EXERCISE CLASSES

## Gatineau

### *LSVT Big Training*

Consultation required before registration

Physio Outaouais Tache Clinic

382 Alexandre-Taché Blvd

Gatineau, QC J9A 1M5

Contact: Sophie Richer

819-775-9515

## Kanata

### *Boxing 4 Health*

Wednesdays & Fridays

from 10:00 am-11:00 am

1002 Beaverbrook Rd

Kanata, ON K2K 1L1

Contact: Christine Seaby

613-224-BOX4 (2694)

Info@Boxing4Health.com

## Kemptville

### *Parkinson's Exercise and Movement Group*

Wednesdays from 1:00-2:00 pm

In partnership with Parkinson

Society Ottawa

Kemptville District Hospital

215 Sanders St

Kemptville, ON K0G 1J0

Contact: Nancy at

The Workshop Dance Studio

613-258-6133 ext 136

Nancy@TheWorkshopDanceStudio.com

## Kingston

### *VON SMART Group Exercise Classes*

#### *Parkinson's Specialty Class*

Contact for class times

St. Andrew's By the Lake

1 Redden St

Kingston, ON K7M 4K7

Contact: Jillian Cowan

613-634-0130 ext 3414

Jillian.Cowan@VON.ca

## London

### *H.A. Leeper Speech and Hearing Clinic*

Contact for class times

Elborn College Rm 1231C

1201 Western Rd

Western University

London, ON N6A 1H1

519-661-2001

SpeechAndHearingClinic@UWO.ca

## Montreal

### *Drum, Dance and Sing for Parkinson's Class*

Fridays September-December

from 12:00-1:00 pm

The Cummings Centre

5700 Westbury Ave

Montreal, QC H3W 3E8

Contact: Maria Fragapane

514-734-1797

***Parkinson's Exercise Class***

Mondays & Wednesdays  
April-August 12:25-1:25 pm  
The Cummings Centre  
5700 Westbury Ave  
Montreal, QC H3W 3E8  
Contact: Maria Fragapane  
514-734-1797

***Drum, Dance, and Sing for Parkinson's Class***

Fridays September-December  
from 12:00-1:00 pm  
The Cummings Centre  
5700 Westbury Ave  
Montreal, QC H3W 3E8  
Contact: Maria Fragapane  
514-734-1797

***Parkinson's Exercise Class***

Mondays & Wednesdays  
April-August  
from 12:25-1:25 pm  
The Cummings Centre  
5700 Westbury Ave  
Montreal, QC H3W 3E8  
Contact: Maria Fragapane  
514-734-1797

***12-Week Parkinson's Seminar to Improve Gait, Balance and Coordination***

Fall and Spring Sessions  
(Dates TBD)  
Concordia University  
7200 Sherbrooke St West  
Montreal, Quebec H4B 1R6  
Contact: Alicia Wright  
14-848-2424 ext 4009  
Alicia.Wright@Concordia.ca

**Ottawa**

***Action Potential Rehab***

Contact for class times  
2081 Merivale Rd, Unit 300  
Ottawa, ON K2G 1G9  
613-680-6400  
Info@ActionPotentialRehab.ca

***Communications Disorders Clinic***

Contact for class times  
Hôpital Montfort  
713 Montreal Rd  
Ottawa, ON K1K 0T2  
613-746-4621

***Connecting with Dance for Parkinson's***

Contact for class times  
The School of Dance  
200 Crichton St  
Ottawa, ON K1M 1W2  
Contact: Merrilee Hodgins  
613-238-7838  
Aide@TheSchoolOfDance.ca

***Interprofessional Rehab Clinic (French)***

Contact for class times  
1750 Russell Rd, Ste 1500  
Ottawa, ON K1G 5Z6  
613-526-7125  
ICAdmin@PRVHC.com

***LiquidGym Rehab and Training Centre***

Contact for class times  
34 Stafford Rd  
Ottawa (Bells Corner), ON K2H  
8W1  
613-820-8228

### ***NeuroGym Rehab***

Contact for class times  
1050 Morrison Dr, Ste 100  
Ottawa, ON K2H 8K7  
613-523-9905  
Info@NeuroGymRehab.com

### ***Ottawa Center for Resilience***

Contact for class times  
204-2197 Riverside Dr  
Ottawa, ON K1H 7X8  
613-714-0662  
Info@OCFR.ca

### ***Phoenix Boxing***

Round 1: September 3 – October 24  
Round 2: October 24 – December 19  
Tuesdays & Thursdays  
from 10:30-11:15 am  
321 King Edward Ave  
Ottawa, ON K1N 7M5  
613-355-4494  
Kop@PhoenixBoxing.ca

### **Smiths Falls**

#### ***Boxing 4 Health***

Mondays & Wednesdays  
from 11:30am-12:30 pm,  
Fridays from 9:30-10:30 am  
11 Church St  
Smiths Falls, ON K7A 1P6  
Contact: Christine Seaby  
613-224-BOX4 (2694)  
Info@Boxing4Health.com

#### ***Delay the Disease***

O.T. Ontario East  
460 Townline Rd  
Smiths Falls, Ontario K7A 4S5  
Contact: Nancy McFadyen  
613-285-4032  
Ot.Nancy.McFadyen@Cogeco.ca

### **Toronto**

#### ***Rock Steady Boxing***

Mondays, Wednesdays, Fridays:  
PD 1/2 from 10:00-11:30 am  
PD 3/4 from 2:00-3:30 pm  
Tuesdays & Thursdays:  
Six-week boot camps for new boxers  
from 10:00-11:30 am  
38C Apex Rd  
North York, ON, M6A 2V2  
Contact: Mary Neilans  
647-618-3291  
Toronto@RSBAffiliate.com

#### ***Rock Steady Boxing***

Contact for class times  
Undisputed Martial Arts Gym  
127 Sunrise Ave Unit 3  
Toronto, ON, M4A 1A9,  
Contact: Lita Mae Button  
647-460-1979  
Undisputed@RSBAffiliate.com

### **Classes with Many Locations:**

See websites or call for more  
information

#### ***Better Strength, Better Balance!***

613-580-6744  
[www.OttawaPublicHealth.ca/  
en/Public-Health-Topics/Better-  
Strength--Better-Balance--Exercise-  
Program.aspx](http://www.OttawaPublicHealth.ca/en/Public-Health-Topics/Better-Strength--Better-Balance--Exercise-Program.aspx)

#### ***Dance for PD***

[www.DanceForParkinsons.org/Find-  
A-Class/Class-Locations/Canada](http://www.DanceForParkinsons.org/Find-A-Class/Class-Locations/Canada)



# PARTNERS

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## **Parkinson Canada**

Parkinson Canada is the national voice of Canadians living with Parkinson's. Our mission is to ease the burden and find a cure through advocacy, education, research and support. We strive to ensure a better life with a brighter future for Canadians living with Parkinson's today and a world without Parkinson's tomorrow.

[www.Parkinson.ca](http://www.Parkinson.ca)



## **Parkinson Research Consortium**

Since 2004, the Parkinson Research Consortium (PRC) has been committed to finding a cure for Parkinson's disease, and we are steadily gaining ground. Our team of prominent scientists and clinicians are making meaningful progress in understanding the underlying mechanisms of this debilitating condition, developing new pharmacological treatments and introducing innovative ideas into the Canadian healthcare system.

[www.OHRI.ca/PRC](http://www.OHRI.ca/PRC)

# PARTNERS

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## **Partners Investing in Parkinson's Research**

Founded in 2009, PIPR (Partners Investing in Parkinson Research) provides vital funding to support Parkinson's research that helps attract world-class scientists to The Ottawa Hospital. Our community-driven group has raised more than \$1.4 million, enabling access to cutting-edge tools, treatments and specialists. Perhaps most importantly, we bring hope to those who live with Parkinson's.

**[www.OHFoundation.ca/Parkinson-Research-At-The-Ottawa-Hospital](http://www.OHFoundation.ca/Parkinson-Research-At-The-Ottawa-Hospital)**



# CONNECT WITH A DAVIS PHINNEY FOUNDATION AMBASSADOR

Ambassadors share our resources and information throughout their local and regional communities to help people take action and improve their quality of life with Parkinson's.

Our ambassadors are advocates for living well and are available to discuss tools and strategies for improving quality of life with support groups, individuals, families and healthcare professionals. Ambassadors speak on the subject of wellness at local Parkinson's events and support groups, and they also meet one-on-one with individuals and families.

If you would like to connect with one of our ambassadors, please visit the website below. Each Ambassador brings something special to the table, but they all share a passion for helping others live well today. Reach out to an ambassador today!

[www.DPF.org/Ambassadors](http://www.DPF.org/Ambassadors)



## **Steve Hovey**

***Location:***

Saratoga Springs, NY

***Expertise:***

Newly Diagnosed

***Ask Steve about:***

- » A wellness approach to dealing with Parkinson's - exercise, diet, sleep and mindfulness.
- » Attitude - staying positive
- » Life after retirement



## **Patti Burnett**

***Location:***

Dillon, CO

***Expertise:***

Working with Parkinson's

***Ask Steve about:***

- » Spirituality
- » Complementary therapies
- » Self-efficacy



**DAVIS PHINNEY**  
Foundation For Parkinson's  
*every victory counts®*

[davisphinneyfoundation.org](http://davisphinneyfoundation.org)  
(866) 358-0285  
[contact@dpf.org](mailto:contact@dpf.org)