

# HAPS PD SUPPORT & THERAPY GROUPS

**ALL GROUPS ARE FREE OF CHARGE**

(PLEASE CALL TO CONFIRM GROUP TIMES AND LOCATIONS)

<b>CENTRAL</b>			
PD & DEMENTIA CAREGIVER'S SUPPORT GROUP	4 <sup>TH</sup> MONDAY of month 10:30 am–12:30 pm	Support group specifically for caregivers of persons with Parkinson's and dementia	For more information and to see if this group is appropriate for you, contact Kathleen Crist, LMSW (713) 626-7114
WATER EXERCISE	MONDAYS 2:00-3:00 pm THURSDAYS 11:00-12 noon	West Gray Adaptive Recreation Center 1475 W. Gray Houston, TX 77019	For more information, contact Alfonso Hernandez (713) 520-8670 Or by appointment
EXERCISE	TUESDAYS 3:30-4:30 pm	TIRR 2455 S. Braeswood Houston, TX. 77030	For more information, contact Alfonso Hernandez (713) 520-8670
SPEECH & EXERCISE SUPPORT	WEDNESDAYS 2:30-4:00 pm	Memorial Drive Presbyterian Church 11612 Memorial Houston, TX 77024	For more information, contact Alfonso Hernandez (713) 520-8670
YOUNG ONSET SUPPORT GROUP	2 <sup>ND</sup> WEDNESDAY of month 7:00 - 9:00 pm	For those with PD younger than 55.	For more information, contact Kathleen Crist, LMSW (713) 626-7114
TAI CHI	TUESDAYS 10:30 – 11:30	West Gray Adaptive Recreation Center 1475 W. Gray Houston, TX 77019	For more information, contact Alfonso Hernandez (713) 520-8670
EXERCISE	THURSDAYS 9:30-10:30 am	West Gray Adaptive Recreation Center 1475 W. Gray Houston, TX 77019	For more information, contact Alfonso Hernandez (713) 520-8670
POST-DBS SUPPORT GROUP	4 <sup>th</sup> TUESDAY of every other month	For those who have completed Deep Brain Stimulation surgery.	For more information, contact Celeste Guerrero, LMSW (713) 626-7114
TAI CHI	FRIDAYS 11:00 am	Memorial Drive Presbyterian Church 11612 Memorial – Room 102 Houston, TX 77024	For more information, contact Alfonso Hernandez (713) 520-8670
<b>SOUTH</b>			
EXERCISE SPEECH & SUPPORT	MONDAYS Exercise 9:00-9:45am Speech 9:45-10:30	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information, contact Alfonso Hernandez (713) 520-8670
CAREGIVER SUPPORT GROUP	3 <sup>rd</sup> MONDAY 9:30-10:30 am	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information contact Kathleen Crist, LMSW (713) 626-7114
WATER EXERCISE	THURSDAYS 12:00- 1:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information, contact Alfonso Hernandez (713) 520-8670
EXERCISE & SUPPORT	WEDNESDAYS 4:00– 5:00 pm	St. Andrew's Episcopal Church 2535 E. Broadway, FM 518 Pearland, TX 77581	For more information, contact Alfonso Hernandez (713) 520-8670
<b>SOUTHWEST</b>			
EXERCISE (Sugar Land/ Missouri City)	MONDAYS 10:00 – 11:00 am	First United Methodist Church 1220 FM 1092 Missouri City, TX 77459	For more information, contact Alfonso Hernandez (713) 520-8670
EXERCISE SPEECH & SUPPORT	TUESDAYS 2:00 - 3:30 pm	St. Philips Methodist Church 5501 Beechnut Room 104 Houston, TX 77096	For more information, contact Alfonso Hernandez (713) 520-8670
PROGRESSIVE SUPRANUCLEAR PALSY SUPPORT	3 <sup>rd</sup> SATURDAY of month 1:00 pm	Professional Bldg. II-Learning Center B Memorial Hermann Southwest Hospital Hwy 59 at Beechnut Exit Houston, 77074	For more information call Karen Kennemer (281) 358-2282

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<b>SOUTHEAST</b>			
<b>SPEECH &amp; EXERCISE</b>	<b>TUESDAYS</b> Speech 1:30-2:00 pm Exercise 2:00-3:00 pm	Bayshore Sports Medicine & Rehab. Center 4021 Brookhaven Pasadena, TX 77504	For more information, contact Alfonso Hernandez (713) 520-8670 (street level, within 50 feet of parking lot)
<b>WEST</b>			
<b>SPEECH, EXERCISE &amp; SUPPORT</b>	<b>TUESDAYS</b> Exercise 6:05-6:50 pm Speech 6:50-7:35 pm	1st United Methodist Church of Katy 5601 5th Street Room 107 Katy, TX 77493	For more information, contact Alfonso Hernandez (713) 520-8670
<b>SUPPORT</b>	Call for more information	Westchase Support Group for individuals with PD and their caregivers.	For more information contact Celeste Guerrero, LMSW 713-313-1621
<b>EAST</b>			
<b>WATER EXERCISE</b>	<b>TUESDAYS</b> <b>THURSDAYS</b> 2:00-3:00 pm	Bay Area Rehabilitation 7 Swalm Center Dr. Baytown, TX 77520	For more information, contact Alfonso Hernandez (713) 520-8670
<b>NORTH</b>			
<b>WATER EXERCISE</b>	<b>MONDAYS</b> 12 noon-1:00 pm	Healthsouth 18550 IH 45S Conroe, TX 77384	For more information, contact Alfonso Hernandez (713) 520-8670
<b>EXERCISE &amp; TAI CHI</b>	<b>1<sup>ST</sup> 3<sup>RD</sup> 5<sup>TH</sup> THURSDAYS</b> 1:30-2:30 pm <b>2<sup>ND</sup> 4<sup>TH</sup> THURSDAYS</b>	Woodlands United Methodist Church 2200 Lake Woodlands Dr. (Aldersgate Hall) The Woodlands, TX 77380	For more information, contact Alfonso Hernandez (713) 520-8670
<b>CAREGIVER SUPPORT GROUP</b>	<b>1<sup>ST</sup> THURSDAY</b> 1:30-2:30 pm	Woodlands United Methodist Church 2200 Lake Woodlands Dr. (Aldersgate Hall) The Woodlands, TX 77380	For more information, contact Kathleen Crist, LMSW (713) 626-7114
<b>NORTHEAST</b>			
<b>SUPPORT</b>	<b>4<sup>TH</sup> THURSDAY</b> of month 2:45 pm	St. Luke's Episcopal Church Parish Hall -836 West Jones Livingston, TX 77351	For more information, call Bob Martone (936) 967-3977
<b>EXERCISE</b>	<b>WEDNESDAYS</b> 10:00- 11:00 am	First United Street Methodist Church of Humble 800 East Main Humble, TX 77338	For more information, contact Alfonso Hernandez (713) 520-8670
<b>NORTHWEST</b>			
<b>EXERCISE TAI CHI &amp; SPEECH</b>	<b>1<sup>ST</sup> 4<sup>TH</sup> 5<sup>TH</sup> FRIDAYS</b> <b>3<sup>RD</sup> FRIDAY</b> 11:00 am - 12:00 noon <b>WEDNESDAYS</b>	The Heritage Gym 1221 Graham Drive Tomball, TX 77375	For more information, contact Alfonso Hernandez (713) 520-8670
<b>YOUNG ONSET SUPPORT GROUP</b>	<b>2<sup>ND</sup> WEDNESDAY</b> of month 7:00-9:00 pm	For those with PD younger than 55.	For more information, contact Kathleen Crist, LMSW (713) 626-7114
<b>SPEECH</b>	<b>THURSDAYS</b> 10:00-11:00 am	Foundry A United Methodist Congregation 8350 Jones Road Houston, TX 77065 (Scout Building) in back of church	For more information, contact Alfonso Hernandez (713) 520-8670
<b>CAREGIVER SUPPORT GROUP</b>	<b>1<sup>ST</sup> FRIDAY</b> 11:00 am - 12:00 noon	The Heritage Gym 1221 Graham Drive Tomball, TX 77375	For more information, contact Kathleen Crist, LMSW (713) 626-7114

**GROUP SCHEDULES CAN ALSO BE VIEWED ON THE WEBSITE AT [WWW.HAPSONLINE.ORG](http://WWW.HAPSONLINE.ORG)**  
FOR INFORMATION ON THERAPY AND SUPPORT GROUPS NOT AFFILIATED WITH HAPS, CALL 713-520-8670