

# Parkinson's Works

**Join us for a free, virtual Peer Support Group for people with Parkinson's disease seeking counsel and/or community support as you navigate, looking for work, or work-life balance.**

## PURPOSE

The purpose of the "Parkinson's Works" Peer Support Group is to develop a sense of community among people with Parkinson's who may share similar experiences in the workplace or job-searching process. The group's mission is to provide a safe environment where the physical, emotional, and cognitive challenges of living and working with Parkinson's can be shared with a community of supportive peers with early-stage PD.

These Peer Support Groups are moderated by a Certified Rehabilitation Counselor who specializes in Vocational Rehabilitation at the Shirley Ryan AbilityLab. The group is conducted via a confidential web-based videoconference platform.

## Who can participate?

You can participate in this group if you:

- Live in the United States
- Have Parkinson's disease
- Are currently working or looking for work
- Have access to internet via computer, phone, tablet, etc.

## MEETINGS

The Group meets twice per month, on a bi-weekly Friday schedule from 4:40pm-5:40pm CST. Guest discussants will be present approximately monthly. Refer to the following dates:

Date	Topic	Date	Topic
<b>Jan 13</b>	Group Talk	<b>May 19</b>	SSDI Attorney
<b>Jan 27</b>	Research Discussion	<b>Jun 02</b>	Group Talk
<b>Feb 10</b>	Group Talk	<b>Jun 16</b>	Group Talk
<b>Feb 24</b>	Group Talk	<b>Jun 30</b>	Nutrition
<b>Mar 10</b>	Rehabilitation	<b>Jul 14</b>	Group Talk
<b>Mar 24</b>	Group Talk	<b>Jul 28</b>	Mental Health
<b>Apr 07</b>	Group Talk	<b>Aug 11</b>	Group Talk
<b>Apr 21</b>	Social Work	<b>Aug 25</b>	Exercise
<b>May 05</b>	Group Talk		

To register or for more information, please contact Paulo Aco  
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