

# WIN TER 21

Activities  
and  
services  
online

FOR ANY  
REQUEST

parkinsonmontreallaval.ca  
(514) 878-0597  
From monday to thursday  
From 08.30 am to 4.30 pm

## MONDAY

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1.30 pm - 3 pm  
From January 11 to March 15  
MEDITATION AND  
RELAXATION WORKSHOP (FR)  
For people living with  
Parkinson's disease and  
caregivers  
*\*servicespml@parkinsonquebec.ca*

## TUESDAY

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1.30 pm - 2.30 pm  
January 19, February 16 and  
March 16  
SUPPORT GROUP (FR)  
For people living with  
Parkinson's disease  
*\*servicespml@parkinsonquebec.ca*

## WEDNESDAY

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## THURSDAY

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9.30 am - 11 am  
EACH 3RD THURSDAY OF THE  
MONTH  
SUPPORT GROUP (EN)  
For Caregivers  
*\*soutienpml@parkinsonquebec.ca*

10 am - 11.30 am  
EACH 1ST THURSDAY OF THE  
MONTH  
SUPPORT GROUP (FR)  
For Caregivers  
*\*registrations closed*

## BY APPOINTMENT

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By appointment  
INDIVIDUAL SUPPORT (FR, EN)  
For caregivers  
*\*soutienpml@parkinsonquebec.ca*

## BY APPOINTMENT

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By appointment  
MEETING POST-DIAGNOSIS  
(FR, EN)  
For people living with  
Parkinson's disease and  
caregivers  
*\*soutienpml@parkinsonquebec.ca*

## BY APPOINTMENT

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By appointment  
PAIRING WITH A PEER (FR, EN)  
For people living with  
Parkinson's disease  
*\*servicespml@parkinsonquebec.ca*



**MONTRÉAL  
LAVAL**