



# Newly Diagnosed

# Counseling Group for Parkinson's Disease

This four-week counseling group is intended to serve individuals with Parkinson's Disease who have been diagnosed within the last 24 months.

The group is designed to help participants by providing emotional support, social connection, and skill building.

RPN is a locally-focused 501(c)(3) non-profit serving people affected by Parkinson's disease by connecting them with the information, resources, and allies they need to thrive.

**Meetings will be 90 minutes long and run for four consecutive weeks. They will be located at 30B Grove St. Pittsford, N.Y.**

## To Register:

Contact Julie Bartlett by email at [jcbartlett28@gmail.com](mailto:jcbartlett28@gmail.com) or phone at 585-615-6844.

# Group Facilitator

Julie Bartlett is a licensed mental health counselor with a private practice in Pittsford.

She has over thirty-five years of experience providing individual counseling, group counseling, and consultation.

## Group Objectives To Help Participants:

Feel less isolated and more connected.

Create a personal care plan.

Learn stress reduction strategies.

Learn about and practice healthy coping skills.

Improve communication skills and self-advocacy.

# Get In Touch with RPN!

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Rochester Parkinson Network is a 501(c)(3) Corporation