



International: Support for PSP/CBD/MSA

Peer Supporters

If you are in search of one-on-one conversation about the journey you are on, please find the names and contact information of our peer supporters. Peer supporters are available to offer practical care tips, connect with local resources, and provide emotional support. Feel free to reach out to anyone on this or other regional lists, regardless of location.

Support Groups

Support groups are safe and dedicated spaces to connect with and learn from individuals and families on similar journeys. CurePSP's network of regional support groups offers opportunities to meet others in your community impacted by PSP, CBD and MSA. You can also visit www.psp.org/ineedsupport/online-support-groups for CurePSP's national support groups

Canada

Peer Supporter: Riel Hishon **City:** Toronto, ON

Email: riel.hishon@gmail.com **Phone:** 647-225-6220

Relationship to diagnosis: Cared for a parent with PSP

Availability: Evenings/weekends

Languages: English and French

Montreal Facebook Group for people with PSP/MSA/CBD/LBD and care partners

Location:

<https://www.facebook.com/groups/3473422349337693/?ref=share&fs=e&s=cl>

Associated Medical Center: Centre Hospitalier de L'Université de Montreal

PSP Society of Canada's Support Group for PSP/CBD/MSA Patients and/or Care Partners

Location: Meeting virtually - See PSP Canada Events Page:

<https://www.pspocietycanada.ca/support-groups>

Meeting Time: 3rd Wednesday of every month at 7:30pm ET

Facilitator: Stéphane Hetherington, info@pspsocietycanada.ca

PSP Society of Canada's Support Group for PSP/CBD/MSA Care Partners

Location: Meeting virtually - See PSP Canada Events Page:

<https://www.pspocietycanada.ca/support-groups>

Meeting Time: 2nd Tuesday of every month at 6:30pm ET

Facilitator: Darellynn Oo, info@pspsocietycanada.ca

University of Toronto's Support Group for People with PSP/CBD/MSA and Care Partners

Location: Meeting virtually. [Click here to register](#)

Meeting time: Meeting four times each year on the last Wednesday of the month in: September, January, March, and June, at 12pm ET

Facilitators: Rossy PSP Centre's Nurse Practitioner and Program Coordinator, rossypsp@uhn.ca

Alberta Support Group for people with PSP/CBD/MSA and care partners

Location: Meeting virtually on Zoom – contact facilitator for link

Meeting Time: 1st Tuesday of each month from 10:00 – 11:00 AM MST

Facilitator: Parkinson Association of Alberta - clientservices@parkinsonassociation.ca or 1-800-561-1911

Hamilton Support Group for people with PSP/CBD/MSA and care partners

Location: Meeting virtually - contact facilitator for link or visit

(<https://pspawareness.com/pages/zoom-support-meetings-for-psp>)

Meeting Time: Every Thursday from 7:00pm-9:00pm ET

Facilitator: Kate Borgert, info@coleencunninghamfoundation.com, 905-616-9433

British Columbia Support Group for people with PSP/MSA/CBD/LBD and care partners

Location: Contact facilitator for location

Associated Medical Center: Movement Disorder Clinic, Djavad Mowafaghian Center for Brain Health, University of British Columbia

Meeting Time: 4th Friday of every month from 1:00pm-3:30pm, except December

Facilitator: Bob Brett, curepspbcc@gmail.com, 604-930-8150

Ontario Support Group for people with PSP/CBD/MSA and care partners

Location: Port Nelson United Church, 3132 South Drive, Burlington ON

Meeting Time: Last Monday of every month from 1:00pm-3:00pm (No December Meeting)

Facilitator: January Will, info@coleencunninghamfoundation.com, 905-616-9433

India

India WhatsApp Group for people with PSP/CBD/MSA and care partners

Contact gutt@curepsp.org to be added to the group

Kuwait

Peer Supporter: Noha Al-Awadi **City:** Jabriya

Email: noha.alawadi@gmail.com **Phone:** + 965 66612660

Experience: Cared for a parent with PSP/PD