

# SUPPORT GROUPS BY STATE



## ALABAMA

- [Alabamapandas@gmail.com](mailto:Alabamapandas@gmail.com)
- Alabama PANDAS/PANS Support (Facebook group)

## ARIZONA

- [azpandas1@gmail.com](mailto:azpandas1@gmail.com)

## CALIFORNIA

- [Stanfordmenelson@stanford.edu](mailto:Stanfordmenelson@stanford.edu)
- PANS/AE Kids-Parent Peer Support Group (First Thursdays, 5:30-7 pm, Stanford Psych Bldg. 401 Quarry Rd.)
- Southern CA [pandassocal@yahoo.com](mailto:pandassocal@yahoo.com)
- San Diego, CA [SanDiegoPANDAS@gmail.com](mailto:SanDiegoPANDAS@gmail.com)
- San Diego PANDAS (Facebook group)

## COLORADO

- [meaghan240@q.com](mailto:meaghan240@q.com)

## GEORGIA

- Georgia PANDAS/PANS (Facebook Group)
- Savannah, GA [ankekaf@aol.com](mailto:ankekaf@aol.com)

## ILLINOIS

- Chicagoland area [tnarbyort@comcast.net](mailto:tnarbyort@comcast.net)
- PANDAS/PITAND/PANS Advocacy and Support of Illinois (Facebook group)

## INDIANA

- Indianapolis, IN [midwestpandas@aol.com](mailto:midwestpandas@aol.com)

## IOWA

- Facebook Group

# SUPPORT GROUPS BY STATE



## KANSAS

- [kcareapandas@gmail.com](mailto:kcareapandas@gmail.com)

## KENTUCKY

- Lexington, KY [pandaslex@gmail.com](mailto:pandaslex@gmail.com)

## MARYLAND

- [marylandpandas@gmail.com](mailto:marylandpandas@gmail.com)

## MASSACHUSETTS

- Salem, MA [PANSsupport@comcast.net](mailto:PANSsupport@comcast.net)
- [megangreenstein@aol.com](mailto:megangreenstein@aol.com)
- Whitman, MA [pandasgroup@yahoo.com](mailto:pandasgroup@yahoo.com)

## MICHIGAN

- [mmcrombez@gmail.com](mailto:mmcrombez@gmail.com)
- [rhelinski@aol.com](mailto:rhelinski@aol.com)
- Great Lakes Pediatric Autoimmune Encephalitis Association (Facebook page)
- Southwest Michigan [madisoka@yahoo.com](mailto:madisoka@yahoo.com)

## MINNESOTA

- [mnpandas1@gmail.com](mailto:mnpandas1@gmail.com)

## MISSOURI

- [pt4kiddos@yahoo.com](mailto:pt4kiddos@yahoo.com)
- STL/Midwest (Facebook group)
- Kansas City, Missouri [kristenmarsh1@hotmail.com](mailto:kristenmarsh1@hotmail.com)

## NEBRASKA

- [pandasnebraska@cox.net](mailto:pandasnebraska@cox.net)

# SUPPORT GROUPS BY STATE



## NEVADA

- osborns4@cox.net
- PANDAS Reno Caregivers Group (Facebook group)

## NEW JERSEY

- Edison, NJ (JFK Medical Center) pandashelp@hotmail.com
- Northern New Jersey Support Group njpandas1@gmail.com
- Monmouth County, NJ pandasmonmouth@gmail.com

## NEW MEXICO

- newmexicopans@gmail.com

## NEW YORK

- Brooklyn, NY egyud@email.com
- Westchester County, NY omklew@verizon.net

## NORTH CAROLINA

- Asheville, NC WNCPPANDAS@gmail.com
- Charlotte, NC pandasofthecarolinas@gmail.com
- Carolina PANDAS Parents Support Group (Facebook group)

## OHIO

- NE Ohio michele\_223@hotmail.com
- Columbus, OH uamamabear@gmail.com
- Cincinnati, OH dadslittlebuddy@yahoo.com

## OKLAHOMA

- Oklahoma City, OK OKC.Dallas.PANDAS@gmail.com

## OREGON

- edsjas@mac.com

# SUPPORT GROUPS BY STATE



## OREGON

- edsjas@mac.com
- Northwest PANDAS PANS Network <https://www.facebook.com/nwppn>

## PENNSYLVANIA

- Media, PA rlumio21@gmail.com (Doylestown YMCA 2500 Lower State Rd, Doylestown, PA). Meetings are 2nd Sunday every month 3-5pm

## RHODE ISLAND

- r.i.pandasparents@gmail.com

## SOUTH CAROLINA

- Greenville, SC Contact us for information
- Charlotte, NC [pandasofthecarolinas@gmail.com](mailto:pandasofthecarolinas@gmail.com)
- Carolina PANDAS Parents Support Group (Facebook group)

## TENNESSEE

- Chattanooga, Tennessee [pandaschattanooga@yahoo.com](mailto:pandaschattanooga@yahoo.com)
- Johnson City, TN, Bristol, TN, Kingsport, TN [TriCitiesPANDAS@gmail.com](mailto:TriCitiesPANDAS@gmail.com)

## TEXAS

- Frisco, TX [deborah\\_conner@yahoo.com](mailto:deborah_conner@yahoo.com)
- Jefferson/Hardin County [megg455@yahoo.com](mailto:megg455@yahoo.com)
- Houston, Texas [terri.verdone@yahoo.com](mailto:terri.verdone@yahoo.com)
- Dallas, TX OKC.Dallas.PANDAS@gmail.com

## UTAH

- UTPANDASmom@gmail.com

# SUPPORT GROUPS BY STATE



## VIRGINIA

- Fredericksburg, VA (Central Virginia Support Group) sarah\_johnst@yahoo.com
- Springfield, VA teechamp@gmail.com
- Tidewater, VA PANDAS-Awareness@cox.net
- Loudoun County, VA locopandas@yahoo.com
- Bristol VA, Abingdon, VA TriCitiesPANDAS@gmail.com
- Henrico, VA cynthia.jaeger@yahoo.com

## WASHINGTON

- Northwest PANDAS PANS Network <https://www.facebook.com/nwppn>

## WISCONSIN

- <https://www.facebook.com/groups/WIPANDAS>

# INTERNATIONAL SUPPORT GROUPS



## AUSTRALIA

- Northern NSW 'Northern Rivers' PANDAS/PANS Support Group  
jogroves2002@yahoo.com.au

## CANADA

- Ontario, Canada pandaspansontario@gmail.com
- PANDAS/PANS Ontario (Facebook group)
- Sarnia/Lambton area pandaspans.sarnialambton@gmail.com
- Langely, BC gjheckley@shaw.ca
- freemanbk@ns.sympatico.ca
- PANDAS Canada website
- <https://www.facebook.com/inflamedbrainalliance/>

## EUROPE

- EXPAND, The European Immuno-neuropsychiatric Association

## ITALY

- [www.pandasitalia.it](http://www.pandasitalia.it)
- [www.pandasbge.it](http://www.pandasbge.it)

## NETHERLANDS

- <http://www.pandasweb.nl/>

## POLAND

- [info@pandas.pl](mailto:info@pandas.pl)
- [www.pandas.pl](http://www.pandas.pl)
- pandasPL (Facebook page)

## UK

- Oxfordshire/Berkshire/Wiltshire [suzanne.ayres@yahoo.co.uk](mailto:suzanne.ayres@yahoo.co.uk)
- Norfolk/Suffolk [lisharrison@hotmail.com](mailto:lisharrison@hotmail.com)