

SUPPORT GROUPS

The following support groups are a free community service. Note that support groups vary a great deal in size and in format. Some are structured, offering a specific topic or educational program for each meeting; others are looser and more focused on sharing experiences among members. To get an idea whether a particular group will meet your needs, we suggest that you talk to the facilitator before attending your first meeting. Some groups may decide to change meeting times or to skip a particular meeting occasionally, so it's a good idea to call ahead to verify time and place.

Please note: There are many other support groups, focused on specific diseases and conditions. If you are looking for a group with a different focus from those listed here, talk to your doctor or call Resources for Seniors at 919-713-1556.

<i>Name and Meeting Place</i>	<i>Date and Time</i>	<i>Facilitators/Contacts</i>
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SPONSORED BY RESOURCES FOR SENIORS**Caregiver Support Group**

Cary Senior Center
120 Maury O'Dell Place
Cary, NC 27513

2nd and 4th Monday of each
month, 11:30am-1:00pm

Heather Arcuri
(919) 462-3983
*Call facilitator

Caregiver Support Group (Co-sponsored and facilitated by Heartland Hospice)

Garner Senior Center
205 East Garner Road
Garner, NC 27529

4th Monday of each
month, 10:00am

Rebecca Brown
(919) 661-6894

Caregiver And Grief Support Group (Co-sponsored and facilitated by Heartland Hospice)

Brookdale Wake Forest
611 South Brooks Street
Wake Forest, NC 27587

2nd Wednesday of each
month, 2:30pm

Call Northern Wake Sr. Ctr
(919) 554-4111

Bereavement Support Group (Co-sponsored and facilitated by Heartland Hospice)

Garner Senior Center
205 East Garner Road
Garner, NC 27529

1st and 3rd Mondays of
each month, 10:00am

Rebecca Brown
(919) 661-6894

"Going On" Grief Group

Cary Senior Center
120 Maury O'Dell Place
Cary, NC 27513

1st and 3rd Mondays of
each month, 12:00-1:30pm

Heather Arcuri
(919) 462-3983
*Call facilitator

Diabetes Support Group (Co-sponsored and facilitated by Kroger Pharmacy)

Garner Senior Center
205 East Garner Road
Garner, NC 27529

2nd Tuesday of each
month, 10:00am

Rebecca Brown
(919) 661-6894

Parkinson's Information Exchange Group (Pie)

Garner Senior Center
205 East Garner Road
Garner, NC 27529

3rd Friday of each
month, 1:30-2:30pm

Rebecca Brown
(919) 661-6894, or
Priscilla Baxter
(919) 622-4132

Parkinson's Dialog Group

Five Points Center for Active Adults
2000 Noble Road
Raleigh, NC 27608

Last Friday of each
month (except holidays)
1:30-3:00pm

Susan McGuire
(919) 996-4738
raleighsc@rfsnc.org

Parkinson's Support Group

Carillon Assisted Living of Wake Forest
3218 Heritage Trade Drive
Wake Forest, NC 27587

1st Wednesday of each
month, 1:00-2:30pm

Heather Arcuri
(919) 462-3983

OTHER COMMUNITY CAREGIVER SUPPORT GROUPS**A Heart For Caring**

WakeMed Cary (Points West 2 and 3, near Café)
1900 Kildaire Farm Road
Cary, NC 27518

3rd Tuesday of each
month, 2:00-3:30pm

Sarah Jansen
919-745-9236
*Call facilitator

Caregiver Support Group

Abbotswood at Stonehenge
7900 Creedmoor Road
Raleigh, NC 27613

3rd Thursday of each
month, 6:00-7:30pm

Tracy Taylor
(919) 847-3202, or
Linda Kendall, facilitator
(919) 696-6163

SPONSORED BY DEMENTIA ALLIANCE OF NORTH CAROLINA

For the most up-to-date information, call (919) 832-3732 or go to: dementianc.org

Cary Locations:

Glenaire

5000 Glenhope Court
Cary, NC 27511

3rd Monday of each
month, 10:00am

Karen Walker
(919) 447-4494

St. Michael the Archangel Catholic Church
804 High House Road
Cary, NC 27513

3rd Thursday of each
month, 10:00am

Vivian McLaurin
(919) 302-9823

Woodland Terrace
300 Kildaire Woods Drive
Cary, NC 27511

3rd Thursday of each
month, 6:00pm

Kay Moore
(919) 271-0326

Fuquay-Varina Locations:

Carillon Assisted Living (*Open to all*)
6516 Johnson Pond Road
Fuquay-Varina, NC 27526

3rd Tuesday of each
month, 2:00pm

Nancy Broadwell
(919) 810-2839

Windsor Point (*Open to all*)
1221 Broad Street
Fuquay-Varina, NC 27526

1st Tuesday of each
month, 6:30pm

Nancy Broadwell
(919) 363-2484

Garner Location:

First Presbyterian Church of Garner
503 Lakeside Drive
Garner, NC 27529

3rd Thursday of each
month, 6:30pm

Donna Gould
(919) 772-0018

Raleigh Locations:

Dementia Alliance of North Carolina
9131 Anson Way, Suite 206
Raleigh, NC 27615

1st Tuesday of each
month, 6:30pm

Melanie Bunn
(919) 832-3732

Dementia Alliance of North Carolina
9131 Anson Way, Suite 206
Raleigh, NC 27615

2nd Monday of each
month, 10:00am

Dee Dee Harris
(919) 832-3732

Beth Meyer Synagogue
504 Newton Road
Raleigh, NC 27615

2nd Tuesday of each
month, 7:00pm

Rachel Strauss
(919) 848-0303

Ruth Sheets Adult Care Center

228 West Edenton Street Raleigh, NC 27603	2nd and 4th Wednesdays of each month, 3:30pm	Matt Frazier (919) 832-7227
St. Francis of Assisi, Anthony Hall Library & Conference Room 11401 Leesville Road Raleigh, NC 27613	3rd Wednesday of each month, 7:00pm	Carol Gault (919) 280-8245 carol.gault@stfrancisraleigh.org
Springmoor Retirement Community Auditorium 1500 Sawmill Road Raleigh, NC 27615	2nd Monday of each month, 7:30-8:45pm	Phyllis Mayo (919) 848-7083 phyllis.mayo@springmoor.com
The Cypress of Raleigh, Rosewood Health Center 8801 Cypress Lakes Drive Raleigh, NC 27615	3rd Wednesday of each month, 4:00pm	Angela Woodard (919) 518-8941

Zebulon Location:

Wakefield Central Baptist Church 308 Proctor Street Zebulon, NC 27597	3rd Thursday of each month, 6:30pm	Melody Hocutt (919) 269-9512
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SPONSORED BY ALZHEIMER'S ASSOCIATION

For the most up-to-date information, call (919) 832-3732 or go to: www.alz.org/nc

Faithful Hearts

600 Gathering Park Circle, Suite 103 Cary, NC 27519	1st Sunday of each month, 4:00pm	Karen Banning (919) 302-1605
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Alzheimer's Association office (**this group is for caregivers in their 20s & 30s*)

3739 National Drive Cumberland Building, Suite 110 Raleigh, NC 27612	2nd Monday of each month, 6:30pm	Nicola Huns (703) 439-0757
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Wake Forest Support Group

St. John's Episcopal Church 830 Durham Road Wake Forest, NC 27587	1st Wednesday of each month, 10:00am	Lynn Bartholomew (919) 761-1811
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OTHER DEMENTIA SUPPORT GROUPS**Lewy Body Dementia Caregiver Support Group**

Dementia Alliance of North Carolina 9131 Anson Way, Suite 206 Raleigh, NC 27615	2nd Thursday of each month, 10:00am	Loree Idol (919) 616-2776
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Fronto-Temporal Dementia Caregiver Support Group

SarahCare at Lake Boone Trail 2245 Gateway Access Point, Suite 101 Raleigh, NC 27609	3rd Tuesday of each month, 7:00-8:30pm	Paul Lester (919) 538-4827
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ALS (LOU GEHRIG'S DISEASE) SUPPORT GROUPS**ALS Caregiver Support Group**

120-101 Penmarc Drive Raleigh, NC 27603	3rd Monday of each month, 6:30-8:00pm	Suzanne Gilroy (919) 755-9001 ext. 227 *Please call if plan to attend.
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ALS Resource Support Group

120-101 Penmarc Drive Raleigh, NC 27603	1st Sunday of each month, 2:00-4:00pm	Lisa Hoskins (919) 755-9001 ext. 241
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PARKINSON'S SUPPORT GROUPS**The Heritage of Raleigh**

1200 Carlos Drive
Raleigh, NC 27609

4th Tuesday of each
month, 3:00pm

Erica Adams, (919) 782-3456
eadams@raleighneurology.com

Windsor Point (Auditorium)

1221 Broad Street
Fuquay-Varina, NC 27526

4th Thursday of each
month, 1:00pm
Email: kpoindexter@windsorpoint.com, sbarbour@windsorpoint.com

(919) 552-4580
Kim Poindexter or
Sheena Barbour

STROKE SUPPORT GROUPS**Cary Brain Injury & Stroke Support Group**

WakeMed Cary Hospital (Conference Center – Room A)
1900 Kildaire Farm Road
Cary, NC 27518

1st Monday of each
month, 6:30-8:00pm

Susan Fewell
(919) 618-3003

Raleigh Stroke Support Group

WakeMed Healthpark Classroom
3000 New Bern Avenue
Raleigh, NC 27610

2nd Tuesday of each
month, 12:00-1:00pm

Tonya Gable
(919) 350-4163

OTHER SUPPORT GROUPS**Raleigh Arthritis & Fibromyalgia/CFIDS Support Group** *(No meeting June, July, August, December)*

The Heritage of Raleigh
1200 Carlos Drive
Raleigh, NC 27609

2nd Monday of each
month, 7:00pm

Esther Heidepriem
(919) 782-6784
*Please call if plan to attend.

Raleigh Amputee Support Group (UnLIMBited)

WakeMed, Andrews Building
3000 New Bern Avenue
Raleigh, NC 27610

2nd Thursday of each
month, 5:30-6:30pm

Sheila McNair
(919) 803-5956