



1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
 (919) 872-7933 • www.resourcesforseniors.com
 Services and information for older adults and adults with disabilities in Wake County, North Carolina

SUPPORT GROUPS

Last updated: 11/02/2021

The following support groups are a free community service. Groups are sorted by topic. Support groups vary a great deal in size and in format – some are structured, offering a specific topic or educational program for each meeting, while others are looser and more focused on sharing experiences among members. This is not a complete list of groups offered in Wake County.

To figure out whether a particular group will meet your needs, talk to the facilitator before attending your first meeting. Additionally, some groups may decide to change meeting times or to skip a meeting occasionally, so it's a good idea to call ahead to verify time and place.

Caregiving (General)					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	Resources for Seniors and Heartland Hospice	Caregiver Support Group (and Caregiver Counseling appointments)	Cary Senior Center 120 Maury O'Dell Place, 27513 <i>*Currently meeting virtually via Zoom</i>	3 rd Monday, 1 to 2 p.m. (1-on-1 Caregiver Counseling 1 to 1:45 p.m.)	Heather Arcuri, 919-462-3983 or 984-232-4523, or carysc@rfsnc.org <i>*Register at Cary Senior Center front desk or on Mycary.org</i> https://mycary.org/
Raleigh		Caregiver's Support Group for Adult Children of Aging Parents	Abbotswood at Stonehenge 7900 Creedmoor Road, 27613 <i>*Currently meeting virtually via Zoom</i>	3 rd Thursday, 6 to 7:30 p.m.	Tracy Taylor, 919-847-3202 or tracy.taylor@kiscosl.com ; or Robyn Myers, ramyers20@gmail.com
Wake Forest	Resources for Seniors and Heartland Hospice	Caregiver Support Group (and Grief Counseling appointments)	Brookdale Wake Forest 611 S. Brooks Street, 27587	2nd Wednesdays, 2:30 p.m. (1-on-1 Grief Counseling 1 to 2 p.m.)	Northern Wake Senior Center, 919-554-4111 <i>*Call ahead if you'd like to schedule a 1:1 Grief Counseling appointment</i>

Wendell	Resources for Seniors and Heartland Hospice	Caregiver Support Group	Eastern Wake Senior Center 323 Lake Drive, 27591	3 rd Tuesdays, 1:30 to 2:30 p.m.	Nancy Broadwell, 919-996-4738 or 984-232-4215, or raleighsc@rfsnc.org *Call before attending
*Virtual	Heartland Hospice	Caregiver Support Group	Via phone	2 nd and 4 th Thursdays, 1 to 2 p.m.	Kristin Lassiter, 919-877-9959 or kristin.lassiter@hcr-manorcare.com

For additional caregiver support resources:

- **Center for Volunteer Caregiving**, 919-460-0567, www.volunteercaregiving.org/programs/#Caregiver-Support
- **Transitions CareGiver Support**, 919-828-0890, www.transitionslifecare.org/families/caregiversupport

ALS (Lou Gehrig's Disease)					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh	ALS Association	Triangle Area Caregivers	North Carolina Chapter Office 4 N. Blount Street, Suite 200, 27601 <i>*Currently meeting virtually</i>	2 nd Sunday, 2:30 to 3:30 p.m.	E. Belleau, LCSW, 919-390-0120 or ebelleau@alsnc.org ; or Meg Whitaker, MSW, 919-390-0119 or meg@alsnc.org

For additional ALS support group options:

- **ALS Association**, www.als.org/local-support/support-groups

Alzheimer's Disease / Dementia					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Apex	Dementia Alliance	Dementia Support Group	Spring Arbor of Apex 901 Spring Arbor Court, 27502	2 nd Thursday, 10:30 a.m.	Tonya Headen-Lee, 919-303-9990 or axed@hhhunt.com
Cary	Dementia Alliance	Dementia Support Group	Glenaire 5000 Glenhope Court, 27511	3 rd Monday, 10 a.m.	Mary Arthur, 919-447-4494 or marthur@glenaire.org
Cary	Dementia Alliance	Family Support Group (for family and friends)	Brookdale MacArthur Park 111 MacArthur Drive, 27513	3 rd Thursday, 7 p.m.	Casey Hix, 919-460-5959 or cary.avc@sunriseseniorliving.com
Cary	Alzheimer's	Male Caregiver	<i>*Currently meeting virtually</i>	2 nd Fridays,	800-272-3900

	Association	Support Group		10 to 11:30 a.m.	*Registration required (online here)
Alzheimer's Disease / Dementia, continued					
Area	Area	Area	Area	Area	Area
Durham	Alzheimer's Association, Duke Neurology, and Duke Dementia Family Support Program	Younger Onset Support Group (for those living with memory loss and their care partners)	Calvary Baptist Church 1204 Lynn Road, Durham 27703 (Close to Wake County) <i>*Currently meeting virtually via Zoom</i>	2 nd & 4 th Tuesdays, 7 p.m.	Bobbi Matchar, MSW, 919-660-7509 or bobbi.matchar@duke.edu <i>*Pre-registration required; call ahead before attending</i>
Fuquay	Dementia Alliance	Dementia Support Group	Windsor Point 1221 Broad Street, 27526	1 st Tuesday, 6:30 p.m.	Kathy Seawell, 919-210-7525 or sakatielong@hotmail.com
Raleigh	Dementia Alliance	Fronto-Temporal Dementia (FTD) Caregivers	SarahCare at Lake Boone Trail 2245 Gateway Access Point, Suite 101, 27609	3 rd Tuesday, 7 to 8:30 p.m.	Paul Lester, 919-538-4827 or pblester58@gmail.com ; or Chad Thomsen, 919-946-0876 or chad.thomsen@gmail.com
Raleigh	Dementia Alliance	Dementia Support Group	St. Francis of Assisi (Anthony Hall, Room 405) 11401 Leesville Road, 27613	3 rd Wednesday, 7 p.m.	Lynne Carpenter, 937-478-9537 lynne@phicare.com
Raleigh	Dementia Alliance	Alzheimer's and Related Dementias Support Group	Spring Arbor of Raleigh 1810 N. New Hope Road, 27604	3 rd Tuesday, 12:30 p.m.	Sandra Taranto, 919-250-0255 or ered@hhhunt.com
Raleigh	Dementia Alliance	Dementia Support Group	Beth Meyer Synagogue 504 Newton Road, 27615	3 rd Mondays, 6 p.m.	Rachel Strauss, 919-848-0303 or rbs@nc.rr.com
Wake Forest	Alzheimer's Association	Wake Forest Caregiver Support Group	St. John's Episcopal Church 830 Durham Road, 27587 <i>*Currently meeting virtually</i>	1 st Wednesdays, 10 to 11:30 a.m.	800-272-3900 <i>*Registration required (online here)</i>
<i>*Virtual</i>	Alzheimer's Association	African American Caregiver Support Group		2 nd Wednesdays, 6 to 7 p.m.	800-272-3900 <i>*Registration required (online here)</i>
<i>*Virtual</i>	Duke Dementia Family Support Program	Long-Term Care Community Support Group	Via Zoom	3 rd Tuesdays, 12 to 1:15 p.m.	Natalie Leary, MSW, LCSW, 919-660-7542 or natalie.leary@duke.edu
<i>*Virtual</i>	Duke Dementia Family Support Program	Duke Dementia Evening Care Partner Support Group	Via Zoom	2 nd & 4 th Thursdays, 6:30 to 8 p.m.	Natalie Leary, MSW, LCSW, 919-660-7542 or natalie.leary@duke.edu

*Virtual	Duke Dementia Family Support Program	Person Living with Memory Loss Diagnosis Group	Via Zoom	3 rd Mondays, 11 a.m.	Natalie Leary, MSW, LCSW, 919-660-7542 or natalie.leary@duke.edu

For additional Alzheimer's Disease / Dementia support group options:

- **Duke Dementia Family Support Program**, 919-660-7510, www.dukefamilysupport.org/support-groups
- **Dementia Alliance of North Carolina**, 919-832-3732, www.dementianc.org/helpsupport/support-groups
- **Alzheimer's Association of Eastern North Carolina**, www.alz.org/nc/helping_you/virtual-offerings

Amputation					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh	WakeMed	Raleigh Amputee Support Group	WakeMed Raleigh Campus (Rehab Conference Room #2) 3000 New Bern Avenue, 27610	3 rd Wednesday, 4 to 5 p.m.	WakeMed Rehab & Physical Therapy, Beth Soto, 919-350-8903 or bsoto@wakemed.org

For additional amputee support group options:

- **The Amputee Coalition**, 888-267-5669, www.amputee-coalition.org/support-groups-peer-support/support-group-network

Brain Injury					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	WakeMed	Cary Brain Injury Support Group	WakeMed Cary Hospital (Conference Center) 1900 Kildaire Farm Road, 27518	2 nd Mondays, 6:30 to 8 p.m.	Norman Case, 919-244-6221
Raleigh	WakeMed	Triangle Brain Injury Support Group (a separate caregiver support group meets at the same time)	WakeMed Raleigh Campus (Conference Dining) 3000 New Bern Avenue, 27610	3 rd Tuesday, 6:30 to 8 p.m.	Brain Injury Association of North Carolina (BIANC), 919-833-9634

For additional brain injury support group options:

- **Brain Injury Association of North Carolina (BIANC)**, 919-833-9634, www.bianc.net/wp-content/uploads/2021/03/Brain-Injury-Support-Groups-In-person-Virtual.pdf

Diabetes					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
* <i>Virtual</i>	WakeMed	Diabetes Support Group		1 st Wednesdays, 6t to 8 p.m.	WakeMed Diabetes Management, 919-350-2198 or wmdiabetessupport@wake-med.org

For additional diabetes support group options:

- **American Diabetes Association (North & South Carolina Office)**, 704-373-9111, ADACarolinas@diabetes.org

Grief / Bereavement					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	Resources for Seniors and Heartland Hospice	“Pathways to Peace” Grief Group	Cary Senior Center 120 Maury O’Dell Place, 27513	1 st Monday, 1 p.m. to 2 p.m. (1-on-1 Grief Counseling 1 to 1:45 p.m.)	Heather Arcuri, 919-462-3983, or carysc@rfsnc.org *register at Cary Senior Center front desk or https://mycary.org/
Wake Forest	Resources for Seniors and Heartland Hospice	Caregiver Support Group (and Grief Counseling appointments)	Brookdale Wake Forest 611 S. Brooks Street, 27587	2nd Wednesdays, 2:30 p.m. (1-on-1 Grief Counseling 1 to 2 p.m.)	Northern Wake Senior Center, 919-554-4111 *Call ahead to schedule a 1-on-1 Grief Counseling appointment

For additional grief/bereavement support group options:

- **Transitions GriefCare**, 919-719-7199, www.transitionslifecare.org/families/grief-care

Parkinson's Disease					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh	Resources for Seniors	Parkinson's Dialog Group	Five Points Center 2000 Noble Road, 27608	Last Friday (except holidays), 1:30 to 3 p.m.	Nancy Broadwell, 919-996-4738 or 984-232-4215, or raleighsc@rfsnc.org , *Call or email for more information
Wake Forest	Resources for Seniors	Parkinson's Support Groups	Northern Wake Senior Center 235 E. Holding Ave., 27587	2 nd Tuesdays, 1 to 2:30 p.m.	Nancy Broadwell, 919-996-4738 or 984-232-4215, or raleighsc@rfsnc.org , *Call or email for more information

For additional Parkinson's support group options:

- **Parkinson Association of the Carolinas**, 980-245-2786 or 866-903-7275, www.parkinsonassociation.org/support-groups

Stroke					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	WakeMed	Cary Stroke Support Group	WakeMed Cary Hospital (Conference Center) 1900 Kildaire Farm Road, 27518	3 rd Wednesday, 7 to 8:30 p.m.	919-350-0875
*Virtual	WakeMed	Virtual Stroke Survivor Support Group		2 nd Tuesdays, Noon to 1 p.m.	919-350-8993 or lchambers@wakemed.org

To find support group options on other topics:

- **Aphasia:** Triangle Aphasia Project, 919-650-3854, www.aphasiaproject.org
- **Huntington's Disease:** HD Reach, 919-803-8128, www.hdreach.org/support-groups/triangle-support-group.html
- **Multiple Sclerosis:** National MS Society, www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group

- **Veterans:** VA Caregiver Support: 855-260-3274, www.caregiver.va.gov