

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. Since some groups may decide to change meeting times or to skip a particular meeting occasionally, it's always a good idea to call ahead to verify time and place.

<u>Name and Meeting Place</u>	<u>Date and Time</u>	<u>Facilitators/Contacts</u>
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Resources for Seniors Sponsored:

CAREGIVER SUPPORT GROUP

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

4th Monday of each
 month, 11:30am-1:00pm
 *Call facilitator

Theresa Trimble
 462-3983

CAREGIVER SUPPORT GROUP

Garner Senior Center
 205 East Garner Road
 Garner, NC 27529
 (Co-sponsored and facilitated by Heartland Hospice)

4th Monday of each
 month, 10:00am

Janet Harrison
 661-6894

BEREAVEMENT SUPPORT GROUP

Garner Senior Center
 205 East Garner Road
 Garner, NC 27529
 (Co-sponsored and facilitated by Heartland Hospice)

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

Janet Harrison
 661-6894, or
 Ann Ritter, facilitator
 773-4865

"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;
 discussion and lunch out
 *Call facilitator

Theresa Trimble
 462-3983

DIABETES SUPPORT GROUP

Garner Senior Center
 205 East Garner Road
 Garner, NC 27529
 (Co-sponsored and facilitated by Kroger Pharmacy)

2nd Tuesday of each
 month, 10:00am

Janet Harrison
 661-6894

Other Community Caregiver Support Groups:

CAREGIVER SUPPORT GROUP

Abbotswood at Stonehenge
 7900 Creedmoor Road
 Raleigh, NC 27613

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

David Sexton
 847-3202, or
 Linda Kendall, facilitator
 861-8890 ext. 3

ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP

Patty's Café
 8300 Health Park
 Raleigh, NC 27615

1st and 3rd Wednesdays of
 each month, 7:00-8:00pm

Lauren Watral
 803-8025
 lwatral@rgcmgmt.com

CARING FOR CAREGIVERS Southeastern Adult Day Health 3911 New Bern Ave Raleigh, NC 27620	Every Monday 6:30 pm	Joyce Harper 212-8580 jharper@southeasternhealthcarenc.com
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ADULTS CARING FOR LOVED ONES St. Andrews Presbyterian Church 7506 Falls of the Neuse Road Raleigh, NC 27615	4th Thursday of each month, 7:00pm	Trenna Perkins 847-4047 Church 847-1913
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SANDWICH GENERATION CAREGIVER GROUP Jordan Oaks Retirement Community 10820 Penny Road Cary, NC 27518	Wednesdays 7:00-8:00pm	Pat Fitzgerald 387-8250 pat.fitzgerald@holidaytouch.com
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CAREGIVER SUPPORT GROUP SarahCare at Lake Boone Trail 2245 Gateway Access Point Suite 101 Raleigh, NC 27607	2nd Thursday of each month, 5:00-6:30pm	Marcia Jarrell 746-7050 marcia@sarahcare.lakeboonetrail.com
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Alzheimers North Carolina Sponsored: (For most updated info call 832-3732 or go to www.alznc.org)

Cary Locations:

Clare Bridge of Cary 7870 Chapel Hill Road Cary, NC 27513	3rd Wednesday of each month, 6:00pm	Phyllis Green 852-1355
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Glenaire 5000 Glenhope Court Cary, NC 27511	2nd Monday of each month, 10:00am	Emily Smith 447-4494
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St. Michael the Archangel Catholic Church 804 High House Road Cary, NC 27513	3rd Monday of each month, 10:00am	Joe Dunbeck, 465-0332 Church, 468-6100
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Sunrise of Cary 1206 West Chatham Street Cary, NC 27513	2nd Thursday of each month, 6:00pm	Lisa Stewart 462-9147
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Fuquay-Varina Location:

Windsor Point 1221 Broad Street Fuquay-Varina, NC 27526 Open to all	1st Tuesday of each month, 6:30pm	Frances Howard 363-2484
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Carillon Assisted Living 6516 Johnson Pond Road Fuquay-Varina, NC 27526 Open to all	3rd Tuesday of each month, 2:00pm	Frances Howard 363-2484
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Raleigh Locations:

Alzheimers North Carolina, Inc. 1305 Navaho Drive, Suite 101 Raleigh, NC 27609	1st Tuesday of each month, 6:30pm	Melanie Bunn 832-3732
Alzheimers North Carolina, Inc. 1305 Navaho Drive, Suite 101 Raleigh, NC 27609	2nd Monday of each month, 10:00am	Dee Dee Harris 832-3732
Alzheimers North Carolina, Inc. (Early Stage Support Group) 1305 Navaho Drive, Suite 101 Raleigh, NC 27609	3rd Monday of each month, 1:30pm	Nancy Broadwell 832-3732
Alzheimers North Carolina, Inc. (Early Stage Support Group) 1305 Navaho Drive, Suite 101 Raleigh, NC 27609	4th Monday of each month, 1:00pm	Dee Dee Harris 832-3732
Brighton Gardens 3101 Duraleigh Road Raleigh, NC 27612	Last Monday of each month, 6:00pm	Kamilah Washington 571-1123
Inwood Baptist Church 3700 Lake Wheeler Road Raleigh, NC 27603	1st Tuesday of each month, 7:30pm	Sue Price 832-3007
Ruth Sheets Adult Care Center 228 West Edenton Street Raleigh, NC 27603	2nd and 4th Wednesdays of each month, 4:00-5:30pm	Joe Bukowski 832-7227
Springmoor Retirement Community Auditorium 1500 Sawmill Road Raleigh, NC 27615	2nd Monday of each month, 7:30-8:45pm	Phyllis Mayo 848-7083 phyllis.mayo@springmoor.com
Sunrise at North Hills 615 Spring Forest Road Raleigh, NC 27609	Last Tuesday of each month, 6:00pm	Zona Chagwiza 981-6100
Sunrise of Raleigh 4801 Edwards Mill Road Raleigh, NC 27612	1st Wednesday of each month, 10:00am	Lakisha Fields 787-0777
The Cypress of Raleigh Rosewood Healthcare Center 8801 Cypress Lakes Drive Raleigh, NC 27615	2nd Thursday of each month, 6:00pm	Shannon Graham 518-8941

Wake Forest Location:

Wake Forest Baptist Church 107 E. South Avenue Wake Forest, NC 27587	4th Tuesday of each month, 7:00pm	Marty Edwards 554-0124
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Zebulon Location:

Wakefield Central Baptist Church 308 Proctor Street Zebulon, NC 27597	3rd Thursday of each month, 6:30pm	Melody Hocutt 269-9512
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Other Dementia Support Groups:

FRONTO-TEMPORAL DEMENTIA CAREGIVER SUPPORT GROUP

Alzheimers North Carolina, Inc.
1305 Navaho Drive, Suite 101
Raleigh, NC 27609

2nd Monday of each
month, 7:00-8:30pm

Nancy Broadwell
832-3732
nbroadwell@alznc.org

FRONTO-TEMPORAL DEMENTIA CAREGIVER SUPPORT GROUP

Waltonwood
750 SE Cary Parkway
Cary, NC 27511

3rd Tuesday of each
month, 7:00-8:30pm

Taylor Queen
796-5752

Stroke Support Groups:

CARY BRAIN INJURY & STROKE SUPPORT GROUP

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

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

Leslie Johnson
231-3325

RALEIGH STROKE SUPPORT GROUP

WakeMed Outpatient Rehab Center
3701 Wake Forest Road
Raleigh, NC 27609

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

Tonya Gable
350-4163

ALS (Lou Gehrig's Disease) Support Groups:

ALS CAREGIVER SUPPORT GROUP

120-101 Penmarc Drive
Raleigh, NC 27603

3rd Monday of each
month, 6:30pm
*Please call if plan to attend.

Sue Humphries
755-9001

ALS RESOURCE SUPPORT GROUP

120-101 Penmarc Drive
Raleigh, NC 27603

1st Sunday of each
month, 2:00-4:00pm

Sue Humphries
755-9001

Other Support Groups:

PARKINSON'S SUPPORT GROUP

The Heritage of Raleigh
1200 Carlos Drive
Raleigh, NC 27609

4th Thursday of each
month, 1:45pm

Nancy Davison, 215-0204
nancyd@qilady.com
or Erica Wilson, 782-3956

RALEIGH AMPUTEE SUPPORT GROUP (UnLIMBited)

WakeMed Outpatient Rehab Center
3701 Wake Forest Road
Raleigh, NC 27609

2nd Thursday of each
month, 4:30-5:30pm

Sheila McNair
510-5988

Note: There are many other support groups, focused on specific diseases and conditions. For instance, Rex Healthcare sponsors a number of groups related to various cancers; see info at: <http://www.rexhealth.com/classes/support.htm>. If you are looking for a group with a different focus from those listed here, talk to your doctor or call the Resources for Seniors, Inc. information line at 713-1556.