

## **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.

**Name and Meeting Place**

**Date and Time**

**Facilitators/Contacts**

**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  
(919) 462-3983

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**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

Rebecca Brown  
(919) 661-6894

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**CAREGIVER AND GRIEF SUPPORT GROUP**

Northern Wake Senior Center  
235 East Holding Avenue  
Wake Forest, NC 27587  
(Co-sponsored and facilitated by Heartland Hospice)

2nd Wednesday of each  
month, 2:30pm

Call Northern Wake Senior Center  
(919) 554-4111

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**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

Rebecca Brown  
(919) 661-6894

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**"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  
(919) 462-3983

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**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

Rebecca Brown  
(919) 661-6894

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**PARKINSON'S DIALOG GROUP**

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

Last Friday of each  
month (except holidays)  
1:00-2:30pm

Susan McGuire  
(919) 996-4738

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**PARKINSON'S SUPPORT GROUP**

Northern Regional Center  
350 East Holding Avenue  
Wake Forest, NC 27587

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

Call Northern Wake Senior Center  
919-554-4111

## **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

\*Call facilitator

Sarah Jansen

919-745-9236

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### **ADULT CHILDREN OF AGING PARENTS**

Magnolia Glen

5301 Creedmoor Road

Raleigh, NC 27612

2nd and 4th Thursdays of  
each month, 6:30-7:30pm

Lauren Watral

(919) 803-8025

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### **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

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## **Alzheimer's NC Sponsored: (For most updated info call (919) 832-3732 or go to [www.alznc.org](http://www.alznc.org))**

### **Cary Locations:**

Glenaire

5000 Glenhope Court

Cary, NC 27511

3rd Monday of each  
month, 10:00am

Karen Walker

(919) 447-4494

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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

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Woodland Terrace

300 Kildaire Woods Drive

Cary, NC 27511

3rd Thursday of each  
month, 6:00pm

Kay Moore

(919) 271-0326

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### **Fuquay-Varina Locations:**

Carillon Assisted Living

6516 Johnson Pond Road

Fuquay-Varina, NC 27526

(Open to all)

3rd Tuesday of each  
month, 2:00pm

Nancy Broadwell

(919) 810-2839

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Windsor Point

1221 Broad Street

Fuquay-Varina, NC 27526

(Open to all)

1st Tuesday of each  
month, 6:30pm

Nancy Broadwell

(919) 363-2484

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### **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

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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

(919) 832-3732

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Alzheimers North Carolina, Inc.

1305 Navaho Drive, Suite 101

Raleigh, NC 27609

2nd Monday of each  
month, 10:00am

Dee Dee Harris

(919) 832-3732

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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 11401 Leesville Road (Anthony Hall Library & Conference Room) 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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**Alzheimer's Association Sponsored: (For most updated info call (919) 803-8285 or see [www.alz.org/nc](http://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
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
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

**Other Dementia Support Groups:**

**LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP**

Alzheimers North Carolina, Inc. 1305 Navaho Drive, Suite 101 Raleigh, NC 27609	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 Monday 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  
\*Please call if plan to attend.

Suzanne Gilroy  
(919) 755-9001 ext. 227

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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

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Windsor Point

1221 Broad Street  
(Auditorium)  
Fuquay-Varina, NC 27526

4th Thursday of each  
month, 1:00pm

Kim Poindexter, (919) 552-4580  
kpoindexter@windsorpoint.com  
or Sheena Barbour, (919) 552-4580  
sbarbour@windsorpoint.com

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## **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

Susan Fewell  
(919) 618-3003

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### **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

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## **Other Support Groups:**

### **RALEIGH ARTHRITIS & FIBROMYALGIA/ CFIDS SUPPORT GROUP**

The Heritage of Raleigh  
1200 Carlos Drive  
Raleigh, NC 27609

2nd Monday of each  
month, 7:00pm  
\*Please call if plan to attend.  
(No meeting June, July, August, December)

Esther Heidepriem  
(919) 782-6784

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### **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

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*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 the Resources for Seniors, Inc. information line at 919-713-1556.*

Fully Updated June 2016  
Partially Updated Dec. 2016