

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

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

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

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

"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

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

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

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

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

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

Alzheimer's NC Sponsored: (For most updated info call (919) 832-3732 or go to www.alznc.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

6516 Johnson Pond Road

Fuquay-Varina, NC 27526

(Open to all)

3rd Tuesday of each
month, 2:00pm

Nancy Broadwell

(919) 810-2839

Windsor Point

1221 Broad Street

Fuquay-Varina, NC 27526

(Open to all)

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:

Alzheimers North Carolina, Inc.

1305 Navaho Drive, Suite 101

Raleigh, NC 27609

1st Tuesday of each
month, 6:30pm

Melanie Bunn

(919) 832-3732

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

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
---	---------------------------------------	---------------------------------

Alzheimer's Association Sponsored: (For most updated info call (919) 803-8285 or see 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
--	--	------------------------------

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
--	--	-------------------------------

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

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

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

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

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

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

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

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

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