

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>
<u>Sponsored by Resources for Seniors:</u>		
<i>CAREGIVER SUPPORT GROUP</i>		
Cary Senior Center 120 Maury O'Dell Place Cary, NC 27513	2nd and 4th Monday of each month, 11:30am-1:00pm *Call facilitator	Heather Arcuri (919) 462-3983
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<i>CAREGIVER SUPPORT GROUP</i>		
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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<i>CAREGIVER AND GRIEF SUPPORT GROUP</i>		
Brookdale Wake Forest 611 South Brooks Street Wake Forest, NC 27587 (Co-sponsored and facilitated by Heartland Hospice)	2nd Wednesday of each month, 2:30pm	Call Northern Wake Sr. Center (919) 554-4111
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<i>BEREAVEMENT SUPPORT GROUP</i>		
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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<i>"GOING ON" GRIEF GROUP</i>		
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	Heather Arcuri (919) 462-3983
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<i>DIABETES SUPPORT GROUP</i>		
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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<i>PARKINSON'S INFORMATION EXCHANGE GROUP (PIE)</i>		
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
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<i>PARKINSON'S DIALOG GROUP</i>		
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
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<i>PARKINSON'S SUPPORT GROUP</i>		
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

<u>Name and Meeting Place</u>	<u>Date and Time</u>	<u>Facilitators/Contacts</u>
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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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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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Sponsored by Dementia Alliance of North Carolina:

For most updated info call (919) 832-3732 or go to website: <https://dementianc.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:

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
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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
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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
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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
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<i>Name and Meeting Place</i>	<i>Date and Time</i>	<i>Facilitators/Contacts</i>
<u>Sponsored by Dementia Alliance of North Carolina – RALEIGH LOCATIONS (continued):</u>		
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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Sponsored by Alzheimer's Association:

For most updated info call (919) 803-8285 or go to website: 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 *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 276094th Tuesday of each
month, 3:00pmErica Adams, (919) 782-3456
eadams@raleighneurology.com***Windsor Point***1221 Broad Street
(Auditorium)
Fuquay-Varina, NC 275264th Thursday of each
month, 1:00pmKim 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 275181st Monday of each
month, 6:30-8:00pmSusan Fewell
(919) 618-3003***RALEIGH STROKE SUPPORT GROUP***WakeMed Healthpark Classroom
3000 New Bern Avenue
Raleigh, NC 276102nd Tuesday of each
month, 12:00-1:00pmTonya Gable
(919) 350-4163**Other Support Groups:*****RALEIGH ARTHRITIS & FIBROMYALGIA/ CFIDS SUPPORT GROUP***The Heritage of Raleigh
1200 Carlos Drive
Raleigh, NC 276092nd 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 276102nd Thursday of each
month, 5:30-6:30pmSheila 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.

Updated September 2018