

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
462-3983

MEN'S CAREGIVER SUPPORT GROUP

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

1st Thursday of each
month, 9:30-11:00am

Dick Scoville
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

Danielle Wilson
661-6894

**PARKINSON'S SUPPORT GROUP-
RALEIGH**

Whitaker Mill Senior Center
401 East Whitaker Mill Road
Raleigh, NC 27608

3rd Wednesday of each
month, 1:00pm
June meeting, 12:30pm
No meetings July and August

Jerry Roberts
848-6864

"GOING ON" GRIEF GROUP

Cary Senior Center
Bond Park
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

BEREAVEMENT SUPPORT GROUP

Garner Senior Center
205 East Garner Road
Garner, NC 27529

1st and 3rd Fridays of
each month, 10:00 AM

Danielle Wilson
661-6894, or
Ann Ritter, facilitator
773-4865

ONLINE WAKE COUNTY CAREGIVER SUPPORT GROUP

To join, go to http://health.groups.yahoo.com/group/wake_caregivers/join
If you have any trouble joining, please call moderator.

Chris Schafale
713-1537
christenas@rfsnc.org

Other Community Caregiver Support Groups:

ADULTS CARING FOR LOVED ONES

St. Andrews Presbyterian Church
7506 Falls of the Neuse Rd.
Raleigh, NC 27615

4th Thursday of each
month, 7:00pm
*Call facilitator

Trenna Perkins
847-4047
Church
847-1913

ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP

Magnolia Glen
5301 Creedmoor Road
Raleigh, NC 27612

3rd Thursday of each
month, 6:30-7:30pm;
PLEASE CALL 841-4747
if you plan to attend

Jan Phillips
841-4747

Alzheimer's Association Sponsored Groups: For most updated info call 832-3732 or 1-800-228-8738

ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association
400 Oberlin Road, Suite 220
Raleigh, NC 27605

1st Tuesday of each
month, 7:30pm

Melanie Bunn
832-3732

ALZHEIMER'S SUPPORT GROUP

Alzheimer's Association
400 Oberlin Road, Suite 220
Raleigh, NC 27605

2nd Monday of each
month, 10:00am
Call for more info.

Dee Dee Harris
832-3732

ALZHEIMER'S SUPPORT GROUP

Inwood Baptist Church
3700 Lake Wheeler Rd.
Raleigh, NC 27603

1st Tuesday of each
month, 7:30pm

Sue Price
832-3007

NORTH RALEIGH ALZHEIMER'S SUPPORT GROUP

Springmoor Retirement Community Auditorium
1500 Sawmill Rd.
Raleigh, NC 27615

2nd Monday of each
month, 7:30-8:45pm

Phyllis Mayo
848-7083
phyllis.mayo@springmoor.com

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Ruth Sheets Adult Day Care
228 W. Edenton St.
Raleigh, NC 27603

2nd and 4th Wednesdays
of each month,
4:00-5:30pm

Judith Shotts
832-7227

ALZHEIMER'S SUPPORT GROUP-CAROLINA HOUSE

Carolina House of Cary
111 MacArthur Drive
Cary, NC 27513

4th Tuesday of each
month, 6:30pm

Allison Bickel
460-5959

WAKE FOREST ALZHEIMER'S SUPPORT GROUP

Wake Forest Baptist Church
Wake Forest, NC 27587

4th Tuesday of each
month, 7:00pm

Virginia Meiburg
848-7449

FUQUAY-VARINA ALZHEIMER'S SUPPORT GROUP

Fuquay-Varina Baptist Church
301 N Woodrow St
Fuquay-Varina, NC 27526

1st Tuesday of each
month, 6:30pm

Frances Howard
363-2484

SUNRISE OF RALEIGH ALZHEIMER'S SUPPORT GROUP

Sunrise of Raleigh
4801 Edwards Mill Road
Raleigh, NC 27612

1st Wednesday
of each month, 10:00am

Kathy Merendino
786-6183

Other support groups:

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 Resources for Seniors information line at 713-1556.

Stroke Support Groups:

RALEIGH STROKE SUPPORT GROUP

WakeMed Rehab Day Center
3701 Wake Forest Rd.
Raleigh, NC 27609

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

Trisha Keipper
350-8845

CARY AREA STROKE SUPPORT GROUP

Western WakeMed
Outpatient Rehab Center
301 Ashville Ave.
Cary, NC 27511

2nd Tuesday of each month
11:30am-12:30pm

Linda Bell
350-1706
lbell@wakemed.org

ALS (Lou Gehrig's Disease) Support Groups:

ALS RESOURCE SUPPORT GROUP

120-101 Penmarc Drive
Raleigh, NC 27603

1st Sunday of each month
2:00pm

June Thompson
362-6526

ALS CAREGIVER SUPPORT GROUP

120-101 Penmarc Drive
Raleigh, NC 27603

2nd and 4th Tuesday of each
month, 6:30pm

Sue K. Humphries
755-9001
