

## **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](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

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### **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

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## **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

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### **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

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### **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

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### **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

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### **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

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### **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

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### **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

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### **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

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### **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.

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## **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

Tonya Gable: 350-4163  
Lisa Chambers: 350-4174

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### **CARY AREA STROKE SUPPORT GROUP**

Cary Senior Center  
Bond Park  
Maury O'Dell Pl  
Cary, NC

3rd Thursday of each month  
1-2 pm

Linda Bell  
350-1706  
lbell@wakemed.org

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## **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

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### **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

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