



**All groups meet monthly unless otherwise noted.*

**Support groups
are designed to
provide
emotional, social
and educational
support for
caregivers
through regularly
scheduled
meetings**

**EASTERN
NORTH
CAROLINA
CHAPTER**

5171 Glenwood
Avenue, Ste. 101,
Raleigh, NC, 27612

alz.org/nc

**24/7
HELPLINE
800.272.3900**

BRUNSWICK COUNTY

Second Thursday from 2:00-3:30 PM
Universal Healthcare-Bolivia
Contact: Heather Biogotti, 910.755.5955

Fourth Wednesday from 10:00-11:30 AM
Brunswick County Senior Center
Southport
Contact: Melissa Catlett, 910.757.7109

First Wednesday 12:00-2:00PM
Strategic Behavioral Health-Leland
Contact: Anne Rostan, 910.342.0455


CARTERET COUNTY

VA Support Group
Second Friday from 12:00-1:00pm
Leon Mann, Jr. Enrichment Center,
Morehead City
Contact: Ada Massenburg, 919.426.5807

CRAVEN COUNTY

First Monday from 4:00-6:30pm
Craven County Senior Services,
The Sunshine Center, New Bern
Contact: Kim Grissom, 252.638.1790
Reservation is required.

CUMBERLAND COUNTY

First Wednesday from 6:30-7:30pm 
Carillon Assisted Living, Fayetteville
Contact: Nathan Williams, 910.764.2020

Third Tuesday 2:00pm
Cape Fear Valley Health Foundation
Contact: Sam Hutchinson, 910.615.1633

Third Thursday from 1:00-2:00pm
& 5:00-6:00pm
Kiwans Recreation Center
Contact: Carla Smith, 910.323.4191 ext.23

DURHAM COUNTY


VA Caregiver Support Group
First & Third Friday from 10:30-11:30am
Durham VA Medical Center, Durham
Contact: Ada Massenburg, 919.416.5807

Fourth Thursday from 6:30pm-7:00pm
Durham Alzheimer's Evening Family Support Group
Duke Medical Center Board Room, Durham
Contact: Janeli Mcneal, 919.660.7510
janeli.mcneal@duke.edu
Cornelia Poer, MSW, poer0006@mc.duke.edu

Fourth Wednesday from 12:00pm- 1:00pm
Daughters Concerned for Aging Relatives Support
Group
Duke Center for Aging, Durham
Contact: Bobbi Matchar, MSW, 919.660.7510
bobbi.matchar@duke.edu

Bryan ADRC Person with Dementia/Care Partner
Group
Grey Stone Baptist Church, Durham
Contact: Lisa Gwyther, MSW, 919.660.7510
lisa.gwyther@duke.edu
Contact before attending group.

Cary & Ruth Henderson Patient/Caregiver Support
Group
Fourth Tuesday from 10:30am-12:00pm
Grey Stone Baptist Church, Durham
Contact: Lisa Gwyther, MSW, 919.660.7510
lisa.gwyther@duke.edu

Second Sunday from 2:00-3:00pm 
First Presbyterian Church, Wilson Parlor
305 E Main Street Durham
For further information contact: 919.803.8285


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SUPPORT GROUPS

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JOHNSTON COUNTY

Fourth Thursday from 6:30-8:00pm
Johnston Medical Mall, Room 1404-A 
Smithfield
Contact: Dale O'Neill, 919.706.6122
Renee Myatt, 919.812.4483

NASH COUNTY

Caregiver Support Group
Third Tuesday at 3pm
Nash County Senior Center, Nashville
Contact: Ashley Winstead, 252.459.1365

NEW HANOVER COUNTY

Third Monday at 1:30pm
New Hanover County Senior Resource Center, Wilmington
Contact: Bart Canny, 910.798.6402

Creative Inlet- Art Support Group
Second Tuesday at 10:00am
New Hanover County Senior Resource Center, Wilmington
Contact: Jean Wall, 910.798.6443

First Thursday from 12:00-2:00pm
Home Instead Senior Care, Wilmington
Contact: Anne Rostan, 910.342.0455

Parkinson's & Lewy Body Dementia Support Group
Second Wednesday at 1:30 pm
Contact: Sandy Wessells, 910.397.0115

First Tuesday at 12:00 pm
Contact: Holly Pilson, 910.395.4553
Roxanne Walkotten, 910.686.1944

Early-Stage Dementia Education/Support Group
Third Wednesday at 10:00am
Forget-Me-Nots of Wilmington
Winter Park Baptist, Wilmington
Contact: Andrew Zeldin, 910.233.9538
**Pre-Registration required.*



ONSLOW COUNTY

Second Tuesday from 2:00-3:00pm
Onslow County Adult Day Center, Jacksonville
Contact: 910.989.3007

PENDER COUNTY

Second Monday from 12:00-2:00pm
Livingstones Tabernacle, Hampstead
Contact: Ann Rostan, 910.342.0455


PITT COUNTY


VA Support Group
Fourth Friday from 11:00am-12:00pm
Greenville Health Care Center, Greenville
Contact: Ada Massenburg, 919.416.5807


WAKE COUNTY

Spouse/Partner Loss Support Group
Meets weekly for eight sessions
Transitions LifeCare, Raleigh
Contact: 919.719.7199 for dates/times

Parent Loss Support Group
Meets weekly for eight sessions
Transitions LifeCare, Raleigh
Contact: 919.719.7199 for dates/times

Third Tuesday from 6:30-8:00pm 
North Raleigh United Methodist Church, Raleigh
Contact: Sandra Taranto, 919.740.4929

First Wednesday from 10:00-11:30am 
St. John's Episcopal Church, Wake Forest
Contact: Edna Toney, 919.496.6860
Lynn Bartholomew, 919.602.4862

Second Thursday from 6:30-8:00pm 
Alzheimer's Association Office, Raleigh
Contact: Mike Caldwell, 314.304.1635

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Support groups are subject to change.*

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SPECIALTY GROUPS

Male Caregiver Support Group of Wake County

Second Friday from 10:00-11:30am
Wake-Med Cary Hospital, Cary
Contact: Mike Caldwell, 314.304.1635



Male Caregiver Support Group of Durham County

First Friday from 10-11:30am
Durham Center for Senior Life, Durham
Contact: Frank Wootton 919-622-7178 or
Janae Brown, 919.688.8247 ext. 124



Early Stage Alzheimer's Support Group for People With Dementia and Care Partners, Durham



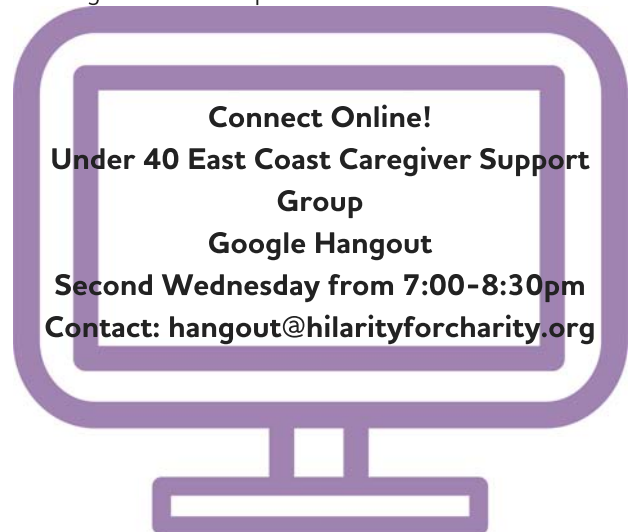
An eight-week Fall and Spring education and support and four week Summer Program for people with early-stage dementia and their care partners.

Contact the 24/7 Helpline at 800.272.3900 for details about this group or call Bobbi Matchar at 919.660.7510 for screening information.

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Younger-Onset Support Group, Durham

Second Tuesday from 7:00-8:30pm
Levin Jewish Community Center, Durham
Contact: Janeli McNeal, 919.660.7565
janeli.mcneal@duke.edu
Pre-registration is required.



Memory Cafes

Provide opportunities for individuals with memory loss and their families to socialize with others in similar situations. Friendship, fun and food!

Durham

First Thursday from 10:00am-12:00pm
Jewish Community Center, 1937 Cornwallis Road
Contact: Jordana Brown, 919.354.4924
jbrown@shalomdch.org or see
website. <https://www.shalomdch.org/>

Cary

Third Tuesday from 4:30-6:00pm
Cary Senior Center, 120 Maury Odell Place
Contact: Brian Blum, 919.233.0075 or see website.
<http://www.townofcary.org/recreation-enjoyment/facilities/senior-center>
Registration if required.

Chapel Hill

Second Monday from 1:30-3:30pm
Seymour Center, 2551 Homestead Road
Contact: Kim Lamon-Loperfido, 919.245.4253, or
kloperfido@orangecountync.gov
RSVP is encouraged.

Hillsborough

Third Monday from 2:00-4:00pm
The Passmore Center (Central Orange Senior Center)
103 Meadowlands Drive.
Contact: Kim Lamon-Loperfido, 919.245.4253, or
kloperfido@orangecountync.gov
RSVP is encouraged.

Pittsboro

Fourth Monday from 4:30-6:00pm
Piedmont Health SeniorCare (PACE)
163 Chatham Business Drive
Contact: Susan Hardy at Catham County Council on Aging,
919.542.4512

Raleigh

Second Monday from 4:30-6:00pm
Good Shepherd Lutheran Church,
7000 Creedmoor Road
Contact: Ginny Poston, 919.846.7650
Reservation is encouraged.

Third Wednesday from 4:15-6:00pm
Edenton Street United Methodist Church-
Poindexter Lobby, 228 W. Edenton Street
Contact: Lisa Pace, 919.306.1553
Dinner cost of \$8 per person.

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