



1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
 (919) 872-7933 • www.resourcesforseniors.org
 Services and information for older adults and adults with disabilities in Wake County, North Carolina

SUPPORT GROUPS

Last updated: 6/16/2025

The following support groups are a free community service. Groups are sorted by topic. Support groups vary a great deal in size and in format – some are structured, offering a specific topic or educational program for each meeting, while others are flexible and more focused on sharing experiences among members. This is not a complete list of groups offered in Wake County.

To figure out whether a particular group will meet your needs, talk to the facilitator before attending your first meeting. Additionally, some groups may decide to change meeting times or to skip a meeting occasionally, so it's a good idea to call ahead to verify time and place.

Caregiving (General)					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh		Caregiver's Support Group for Adult Children of Aging Parents	Abbotswood at Stonehenge 7900 Creedmoor Road, 27613 <i>*Currently meeting virtually via Zoom</i>	3 rd Thursday, 6 to 7:30 p.m.	Tracy Taylor, 919-847-3202 or tracy.taylor@kiscosl.com ; or Robyn Myers, ramyers20@gmail.com
*Virtual	Heartland Hospice	Caregiver Support Group	Via phone	2 nd and 4 th Thursdays, 1 to 2 p.m.	Kristin Lassiter, 919-877-9959 or kristin.lassiter@hcrmanorcare.com
Raleigh	RSF and Heartland Hospice	Caregiver Support Group	Five Points Center 2000 Noble Rd., 27608	2 nd Monday, 1:30 PM	Autumn Thatcher, 919-996-4738 or 984-232- 4215, or raleighsc@rfsnc.org

Caregiving (General)

For additional caregiver support resources:

- **Center for Volunteer Caregiving**, 919-460-0567, www.volunteercaregiving.org/programs/#Caregiver-Support
- **Transitions CareGiver Support**, 919-828-0890, www.transitionslifecare.org/families/caregiversupport

ALS (Lou Gehrig's Disease)					
Area	Sponsor	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Virtual	ALS United	ALS Information Support Group	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 309-205-3325 Meeting ID: 954 4703 2624 Passcode: 8390685	3 rd Sunday 2:00 to 3:00 PM	Joanna Nunez, LCSW 919-390-0120 or claudia@alsnc.org
Virtual	ALS United	Mindfulness & Meditation	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 305-224-1968 Meeting ID: 964 1588 0471 Passcode: 466448	2 nd Monday 6:00-7:00 PM	E. Belleau, LCSW ehb@alsnc.org
Virtual	ALS United	Veterans with ALS Support Group	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 689-278-1000 Meeting ID: 983 7079 0407 Passcode: 445811	2 nd Tuesday 6:00-7:00 PM	Joanna Nunez, LCSW 919-390-0120 or claudia@alsnc.org
Virtual	ALS United	Connect, Share & Chat	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 507-473-4847 Meeting ID: 982 5025 3401 Passcode: 4763803	4 th Tuesday 6:00-7:00 PM	Alicia Richardson, MSW 919-390-0119 or alicia@alsnc.org
Virtual	ALS United	Mental Health Matters	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 719-359-4580 Meeting ID: 938 3145 5772 Passcode: 841850	3 rd Thursday 6:00-7:00 PM	Joseph Peters, LCSW jpeters@alsnc.org
Virtual	ALS United	Caregiver Chat Time with Meg	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 305-224-1968 Meeting ID: 932 5042 9625 Passcode: 5100837	1 st & 4 th Thursday 7:00-8:00 PM	Meg Whitaker, MSW mwhitaker@alsnc.org

Virtual	ALS United	ALS Genetic Support Group	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 360-209-5623 Meeting ID: 940 1442 3267 Passcode: 9157019	*Meeting meets quarterly* 4th Monday of every 3rd month 6:30 - 7:30 PM Meeting months: March, June, September, December	Lauren Baldwin, MS, CGC lbaldwin@alsnc.org
Virtual	ALS United	Families with Children	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 646-931-3860 Meeting ID: 926 3698 9868 Passcode: 498032	*Meeting meets Quarterly* 2nd Thursday of every 3rd month 6:00-7:00 PM Meeting months: February, May, August, November	Lily Cola, MSW 919-390-0120 lcola@alsnc.org
Virtual	ALS United	Bereavement Support Group	*Zoom link listed in link below: https://alsnc.org/navigating-als/support-groups/ or by phone only 646-558-8656 Meeting ID: 983 6437 0040 Passcode: 5792100	3rd Wednesday 7:00 - 8:00 PM	Sherri McCormick-Smith smccormick@alsnc.org Rachelle Flowers rflowers@alsnc.org

For additional ALS United support group information contact the group facilitator for the group which interests you or Claudia Beirne at claudia@alsnc.org or 919-390-0125.

Alzheimer's Disease / Dementia					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Apex	Dementia Alliance	Dementia Support Group	Spring Arbor of Apex 901 Spring Arbor Court, 27502	2 nd Thursday, 10:30 a.m.	Tonya Headen-Lee, 919-303-9990 or axed@hhhunt.com
Cary	Dementia Alliance	Dementia Support Group	Glenaire 5000 Glenhope Court, 27511 <i>*Options for in person and virtually</i>	3 rd Tuesday, 10:30 a.m.	Mary Arthur, 919-447-4494 or marthur@glenaire.org

Cary	Dementia Alliance	Family Support Group (for family and friends)	Brookdale MacArthur Park 111 MacArthur Drive, 27513	3 rd Thursday, 7 p.m.	Casey Brown, 919-460-5959 or chix@brookdale.com or cary.avc@sunriseseniorliving.com
Virtual	Alzheimer's Association	Male Caregiver Support Group	<i>Virtually via Zoom</i>	1 st Fridays, 10 to 11:30 a.m.	Mike Caldwell 314-304-1635 or mikec308@gmail.com *Registration required (online here) or call 800-272-3900
Cary	Dementia Alliance	Male Caregiver Support Group	Wakemed Cary Hospital 1900 Kildaire Farm Rd Cary, NC 27518	2 nd Fridays, 10 to 11:30 a.m.	Mike Caldwell 314-304-1635 or mikec308@gmail.com *Registration required Online Only (here)
Durham	Duke Dementia Family Support Program	Younger Onset Support Group (for those living with memory loss and their care partners)	Via Zoom *Duke Dementia Family Support Program does NOT meet in July	2 nd & 4 th Tuesdays, 7 p.m.	Janeli McNeil, MSW, 919.660.7565 *Pre-registration required; call ahead before attending
Raleigh	Brookdale Senior Living	Caregiver Dementia Support Group	Brookdale Senior Living 1200 Carlos Drive, 27609	1 st Wednesday, 10 a.m.	Krystal Wolfe, CADDCT 919-999-8561 or support.triangle@OYLHC.com
Fuquay	Dementia Alliance	Dementia Support Group	Windsor Point 1221 Broad Street, 27526 *In the coffee lounge	1 st Tuesday, 6:30 p.m.	Kathy Seawell, 919-210-7525 or sakatielong@hotmail.com
Alzheimer's Disease / Dementia, continued					
Raleigh	Dementia Alliance	Fronto-Temporal Dementia (FTD) Caregivers	<i>*Meeting virtually via zoom</i>	1 st & 3 rd Tuesday, 7 to 8:30 p.m.	Paul Lester, 919-538-4827 or pblester58@gmail.com ; or Chad Thomsen, 919-946-0876 or chad.thomsen@gmail.com
Raleigh	Dementia Alliance	Dementia Support Group	St. Francis of Assisi (Anthony Hall, Room 405) 11401 Leesville Road, 27613	3 rd Wednesday, 7 p.m.	Lynne Carpenter, 919-215-2331 lynne@phicare.com

Cary	Dementia Alliance	Alzheimer's and Related Dementias Support Group	Spring Arbor of Cary 1705 Kildaire Farm Rd, 27511	4 th Thursday, 6:00-7:00 p.m.	Sandra Taranto, 919-250-0255 or ered@hhhunt.com
Apex	Dementia Alliance	Alzheimer's and Related Dementias Support Group	Spring Arbor of Apex 901 Spring Arbor Ct, 27502	2 nd Thursday, 10:30 a.m.	Sandra Taranto, 919-250-0255 or ered@hhhunt.com
*Virtual	Dementia Alliance	Dementia Support Group	<i>*Meeting virtually via zoom</i>	3 rd Mondays, 6 p.m.	Rachel Strauss, 919-848-0303 or rbs@nc.rr.com
Varies	Alzheimer's Association	Support Groups	Support Group- PDF to view online for current list.	Varies	800-272-3900 *Click here for Community Resource finder to register for event.
*Virtual	Alzheimer's Association	African American Caregiver Support Group	<i>*Meeting virtually via zoom or phone only</i>	2 nd Wednesdays, 6 to 7 p.m.	800-272-3900 *Registration required (online here)
*Virtual	Duke Dementia Family Support Program	African American Dementia Care Partner Support Group	<i>*Meeting virtually via zoom</i>	3 rd Tuesday from 7-8:15 p.m.	Bobbi Matcher, 919-660-7509, tiffany.summers@duke.edu
*Virtual	Duke Dementia Family Support Program	Long-Term Care Community Support Group	<i>*Meeting virtually via zoom</i>	3 rd Tuesdays, 12 to 1:15 p.m.	Natalie Leary, MSW, LCSW, 919-660-7542 or natalie.leary@duke.edu
*Virtual	Duke Dementia Family Support Program	Duke Dementia Evening Care Partner Support Group	<i>*Meeting virtually via zoom</i>	2 nd & 4 th Thursdays, 6:30 to 8 p.m.	Natalie Leary, MSW, LCSW, 919-660-7542 or natalie.leary@duke.edu
Alzheimer's Disease / Dementia, continued					
*Virtual	Duke Dementia Family Support Program	Early Stage Discussion: Understanding and Coping Strategy	<i>*Meeting virtually via zoom</i>	3 rd Mondays, 11 a.m.	Janeli McNeal, MSW, 919-660-7565 or janeli.mcneal@duke.edu *Call to see if you're a good fit

For additional Alzheimer's Disease / Dementia support group options:

- **Duke Dementia Family Support Program**, 919-660-7510, www.dukefamilysupport.org/support-groups
- **Dementia Alliance of North Carolina**, 919-832-3732, www.dementianc.org/helpsupport/support-groups

- Alzheimer's Association of Eastern North Carolina, www.alz.org/nc/helping_you/virtual-offerings

Amputation					
Area	Sponsor(s)	Name / Type	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh & Virtually	WakeMed	Raleigh Amputee Support Group	WakeMed Raleigh Campus (Rehab Conference Room #2) 3000 New Bern Avenue, 27610 <i>*Meeting virtually via zoom or in-person</i>	3 rd Wednesday, 4 to 5:30 p.m.	WakeMed Rehab & Physical Therapy, Beth Soto, 919-350-8903 or bsoto@wakemed.org

For additional amputee support group options:

- The Amputee Coalition, 888-267-5669, www.amputee-coalition.org/support-groups-peer-support/support-group-network

Brain Injury					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	WakeMed	Cary Brain Injury Support Group	WakeMed Cary Hospital (Conference Center) 1900 Kildaire Farm Road, 27518	2 nd Mondays, 6:30 to 8 p.m.	Norman Case, 919-244-6221
Raleigh	WakeMed	Triangle Brain Injury Support Group (a separate caregiver support group meets at the same time)	WakeMed Raleigh Campus (Conference Dining) 3000 New Bern Avenue, 27610	3 rd Tuesday, 6:30 to 8 p.m.	Brain Injury Association of North Carolina (BIANC), 919-833-9634

For additional brain injury support group options:

- Brain Injury Association of North Carolina (BIANC), 919-833-9634, www.bianc.net/wp-content/uploads/2021/03/Brain-Injury-Support-Groups-In-person-Virtual.pdf

Diabetes					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
*Virtual	WakeMed	Diabetes Support Group		1 st Wednesdays, 6 p.m. to 8 p.m.	WakeMed Diabetes Management, 919-350-2198 or wmdiabetessupport@wakemed.org

For additional diabetes support group options:

- American Diabetes Association (North & South Carolina Office), 704-373-9111, ADACarolinas@diabetes.org

Grief / Bereavement					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Wake Forest	Resources for Seniors and Heartland Hospice	Grief Counseling Appointments	Northern Wake Senior Center 235 E Holding Avenue in Wake Forest	3rd Tuesday, 3 p.m. to 4 p.m.	Keith Vaughn, BC 919-554-4111 *Call ahead to schedule a 1-on-1 Grief Counseling appointment
Raleigh	RFS & Raleigh Parks	Grief Support Group	Five Points Center 2000 Noble Road Raleigh, NC 27608	1st Friday 1 p.m to 2 p.m	To register, visit reclink.raleighnc.gov and search for keyword "support"

For additional grief/bereavement support group options:

- **Transitions GriefCare**, 919-719-7199, www.transitionslifecare.org/families/grief-care

Parkinson's Disease					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Raleigh	Resources for Seniors	Parkinson's Dialog Group	Five Points Center 2000 Noble Road, 27608	1st Thursday 1:30 to 2:30 p.m.	Autumn Thatcher, 919-996-4738 or 984-232-4215, or raleighsc@rfsnc.org , *Call or email for more information
Wake Forest	Resources for Seniors	Parkinson's Support Groups	Northern Wake Senior Center 235 E. Holding Ave., 27587	2nd Tuesdays, 1 to 2:30 p.m.	Autumn Thatcher, 919-996-4738 or 984-232-4215, or raleighsc@rfsnc.org , *Call/email for more information

For additional Parkinson's support group options:

- **Parkinson Association of the Carolinas**, 980-245-2786 or 866-903-7275, www.parkinsonassociation.org/support-groups

Stroke					
Area	Sponsor(s)	Name	Meeting Place	Day and Time	Facilitator/Contact(s)
Cary	WakeMed	Cary Stroke Support Group	WakeMed Cary Hospital (Conference Center) 1900 Kildaire Farm Road, 27518	3rd Wednesday, 7 to 8:30 p.m.	919-350-0875

* <i>Virtual</i>	WakeMed	Virtual Stroke Survivor Support Group		2 nd Tuesdays, Noon to 1 p.m.	919-350-8993 or Ichambers@wakemed.org
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To find support group options on other topics:

- **Aphasia:** Triangle Aphasia Project, 919-650-3854, www.aphasiaproject.org
- **Huntington's Disease:** HD Reach, 919-803-8128, www.hdreach.org/support-groups/triangle-support-group.html
- **Multiple Sclerosis:** National MS Society, www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group
- **Veterans:** VA Caregiver Support: 855-260-3274, www.caregiver.va.gov