



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: 3/31/2026

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 find 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; it’s a good idea to call ahead to verify the 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 |
| <i>*Virtual</i> | 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 |
| 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 <i>*Registration required (online here) or call 800-272-3900</i> |
| 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 <i>*Registration required Online Only (here)</i> |
| Durham | Duke Dementia Family Support Program | Younger Onset Support Group (for those living with memory loss and their care partners) | Via Zoom <i>*Duke Dementia Family Support Program does NOT meet in July</i> | 2 nd & 4 th Tuesdays, 7 p.m. | Janeli McNeil, MSW, 919.660.7565 <i>*Pre-registration required; call ahead before attending</i> |
| 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 <i>*In the coffee lounge</i> | 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 |

| | | | | | |
|-----------------|--------------------------------------|---|------------------------------------|----------------------------------|---|
| <i>*Virtual</i> | 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 | 1 st Friday 1 p.m to 2 p.m | To register, visit relink.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 | 1 st 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 | 2 nd 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 | 3 rd 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 lchambers@wakemed.org |

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