

**Caregiver Support Groups - Alzheimer's & Related Dementia**

Brunswick County – Southport  
St. Peter Lutheran Church Southport, NC  
3<sup>rd</sup> Wednesday 1:00 PM  
Melannie Pate  
910-686-1944

Brunswick County – Bolivia  
Universal Healthcare  
1700 Old Ocean Highway, Bolivia, NC  
2<sup>nd</sup> Thursday 2-3:30 PM  
Heather Garrison Biagiotti 910 755-5955

Carillon Assisted Living of Southport  
Brunswick County – Southport  
1125 East Leonard Street  
2<sup>nd</sup> Thursday 1 pm  
Davina Schmidt-910-454-4001

Columbus County  
Angel House  
206 Warrior Trail Road in Whiteville  
1<sup>st</sup> Monday 7:00 PM  
Wallyce Todd 910-625-9233

New Hanover Co. – Wilmington  
Home Instead  
2505 S. 17<sup>th</sup> St. Wilmington  
2<sup>nd</sup> Thursday 1:00 PM  
Ann LaReau 910-342-0455

New Hanover Co. – Wilmington  
1<sup>st</sup> Tuesday 12:00 PM  
Holly Pilson 910-395-4553  
Melannie Pate 910-686-1944

New Hanover Co. – Wilmington  
Champions Assisted Living – The Davis Community  
1007 Porters Neck Road Wilmington  
2<sup>nd</sup> Wednesday 10:00 AM  
Brigid Sheridan 910-200-1545

New Hanover Co. – Wilmington  
Early Stages Memory Impairment  
For persons with and their caregivers  
Registration Req.  
3<sup>rd</sup> Wednesday 10:00 AM  
Andrew Zeldin 910-798-6435  
Holly Pilson 910-395-4553

Pender County – Burgaw  
Pender Adult Service  
901 S. Walker St. Burgaw  
4<sup>th</sup> Thursday 11:30 AM  
Kay Warner 910-259-9119

Pender County – Hampstead  
Livingstones Tabernacle  
127 Sloop Point Loop Rd. Hampstead  
2<sup>nd</sup> Thursday 6:00PM  
Ann LaReau 910-342-0455/910-470-2378

**General Caregiver Support Groups  
All Caregivers Welcome**

Brunswick County – Shallotte  
Arbor Landing at Ocean Isle  
5490 Arbor Branch Drive (2<sup>nd</sup> floor)  
Shallotte  
2<sup>nd</sup> Thursday 6:00 PM  
910-754-8080  
Peggy Haughey (facilitator)

Brunswick County – Southport  
The Brunswick Center at Southport  
1513 N. Howe St., Suite 1 Southport  
4<sup>th</sup> Wednesday 10:00 AM  
Beth Caragol 910-471-1271  
Rene` Tarquinio 910-454-0583

New Hanover Co. – Wilmington  
New Hanover County Senior Center  
2222 S. College Rd. Wilmington  
3<sup>rd</sup> Monday 1:30PM  
Gayle Ginsberg 910-798-6402

New Hanover Co. – Wilmington  
The Commons at Brightmore of Wilmington  
2320 41<sup>st</sup> St. Wilmington  
3<sup>rd</sup> Monday 6:30 PM  
Marianna Stacy 910-512-9948

New Hanover Co. – Wilmington  
New Hanover County Senior Resource Center  
ART Support Group “a place to create with other  
family caregivers” Limited Space  
2<sup>nd</sup> Tuesday 10:00 AM  
Becky Hayes 910-798-6435



List maintained by the Cape Fear Area Agency on Aging Family Caregiver Support Program. Contact Holly Pilson at 910-395-4553 or [hpilson@capefearcog.org](mailto:hpilson@capefearcog.org) for additions. It can be found at <http://www.capefearcog.org/Area-Agency-on-Aging/Family-Caregiver-Support-Program>

Parkinson's & Lewy Body Dementia Support Group  
New Hanover Co. – Wilmington  
[www.parkinsonandlewybody.org](http://www.parkinsonandlewybody.org)  
4<sup>th</sup> Tuesday 1:30 NHC Sr. Resource Ctr.  
Deb Shulse 910-612-2917  
[wilmparkinsonslewybody@yahoo.com](mailto:wilmparkinsonslewybody@yahoo.com)

Prostate Cancer Support  
New Hanover County – Wilmington Cape Fear Area  
NHRMC - auditorium  
1<sup>st</sup> Thursday 6:00PM  
George Gardner 910-762-9953  
[ggar104641@aol.com](mailto:ggar104641@aol.com)  
[wtroscasupportgp@aol.com](mailto:wtroscasupportgp@aol.com)  
[wilmingtonprostatecancercupportgroup.com](http://wilmingtonprostatecancercupportgroup.com)  
Or Henry Lathrop 910-799-5478

Wilmington MS Support Group  
2<sup>nd</sup> Thursday at 7 PM  
NHRMC Rehabilitation Hospital  
2131 South 17<sup>th</sup> St.  
Open to anyone with MS & Friends/Family  
Lisa Burns 910-399-7252  
[Burns186@yahoo.com](mailto:Burns186@yahoo.com)  
Burt Masters 910-383-1368  
[happyheim@peoplepc.com](mailto:happyheim@peoplepc.com)

### **Grief Support**

Lower Cape Fear Hospice website:  
[www.hospiceandlifecarecenter.org](http://www.hospiceandlifecarecenter.org)  
910-796-7900

Widows & Widowers Support Group  
The W Meet-up "Because Life Goes On and So Must We"  
New Hanover Co. – Wilmington  
Home Instead  
2505 S. 17<sup>th</sup> St. Wilmington  
2<sup>nd</sup> Tuesday 5:30-7:30 PM  
Ann LaReau 910-470-2378  
Gayle Ginsberg 471-1660

Pender County – Hampstead  
Sip & Share  
Continuum Home Care & Health  
16717 US Highway 17 Suite 206 Hampstead  
3<sup>rd</sup> Thursday 11:00AM – 12:00PM  
Amiee Kryszczynski, MSW 910-270-9212

Facing Forward  
<http://www.andrewsmortuary.com/?page=facingforward>  
Debbie Miller, [dmiller@andrewsmortuary.com](mailto:dmiller@andrewsmortuary.com)  
910-762-7788

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### **Blind/Visually Impaired Support**

New Hanover Co. – Wilmington  
No meeting in Jan  
Mar – Dec New Hanover County Senior Center  
2222 S. College Rd. Wilmington  
Feb – Apr Jumpin Run Club  
1801 Jumpin Run Wilmington, NC  
1<sup>st</sup> Thursday 10:00AM  
Jennifer DeLong-White 910-251-5743  
[Jennifer.Delong-White@dhhs.nc.gov](mailto:Jennifer.Delong-White@dhhs.nc.gov)

New Hanover Co. – Wilmington  
(Macular Degeneration) more clinical than social  
Wesley United Methodist Church  
1401 S. College Rd. Wilmington, NC  
2<sup>nd</sup> Wednesday 10:30AM  
Jennifer DeLong-White 910-251-5743  
[Jennifer.Delong-White@dhhs.nc.gov](mailto:Jennifer.Delong-White@dhhs.nc.gov)

### **Chronic Pain**

"Supporting Balance" Chronic Pain Support Group  
3<sup>rd</sup> Thursday of every month 11:00am – 12:00pm  
Balance Integrative Care  
2202 Wrightsville Avenue, Suite 211  
Wilmington, NC  
Sarah Brownlee 910-232-5778  
[balanceintegrativecare.com](http://balanceintegrativecare.com)

### **Mental Illness**

NAMI (National Alliance on Mental Illness)  
Caring & Sharing Support Group  
2<sup>nd</sup> Monday 7:00pm-8:30pm  
Winter Park Presbyterian Church 2<sup>nd</sup> floor  
4501 Wrightsville Avenue  
Wilmington, NC  
910-772-3074  
[www.namiwilmington.org](http://www.namiwilmington.org)

Mental Health Caregiver Support  
4<sup>th</sup> Tuesday 2 PM  
NHC Senior Resource Center Craft Room 3  
2222 South College Rd. Wilmington  
Dianne Phillips, LPC, Certified Gerontologist 910-471-5028  
[dsp1008@yahoo.com](mailto:dsp1008@yahoo.com)