

Caregiver Support Groups - Alzheimer's & Related Dementia

• **Brunswick County**

The Brunswick Center at Calabash
10050 Beach Drive, SW
Calabash, NC
1st Tuesday 2:00PM
Holley Norris 910-754-7427x1301 or hnorris@bsrinc.org

Brunswick Center at Supply
101 Stone Chimney Road
Supply, NC
2nd Thursday 2:00PM-3:30PM
Tikila Morgan 910-754-8450 or tmorgan@bsrinc.org

St. Peter Lutheran Church Southport
3rd Wednesday 1:00PM
Vicki Carlson bfairy65@gmail.com
Barbara Grever begrever@gmail.com

Seaside United Methodist Church
1300 Seaside Road, SW
Sunset Beach, NC
2nd Tuesday 1:00PM-2:30PM
Judy Rocklage jarocklage@gmail.com

• **Columbus County**

Peace Baptist Church
653 Love Mill Road
Whiteville, NC
3rd Thursday 7:00PM
Kathy Cartrette 910-640-9543

• **New Hanover County**

Cape Fear Area Agency on Aging
NE Library Pine Room
1st Tuesday 12:00PM
Kandace Gray 910-274-0343 or kgray@capefearcog.org

"Forget-Me-Knot"

For persons with memory impairment and their caregivers
Registration Req.

Winterpark Baptist Church
3rd Wednesday 10:00AM
Andrew Zeldin 910-798-6445 or azeldin@nhcgov.com
Kandace Gray 910-274-0343 or kgray@capefearcog.org

1st Monday of each Month
10:00AM – 12:00PM
Masonboro Baptist Church
Gail Gibson 910-512-2407 or Gt99gibson@gmail.com

Unity Christ Church on Orchard -zoom
717 Orchard Ave Rm 202
Enter through door facing garage -zoom
2nd Monday 1:00PM
Carol Wise, MSW, CDCP

336-558-6539 or carolwise01@gmail.com

Unitarian Universalist Church -zoom
4313 Lake Ave., Classroom 1
Wilmington, NC
4th Monday 5:30PM
Carol Wise, MSW
336-558-6539 or carolwise01@gmail.com

Caregiver Connections -zoom
2nd Thursday 10:00AM
Erin Gora 910-515-0387 or erin.gora@lifecare.org

Good Vibrations -zoom
"Early Stages of Dementia"
3rd Tuesday 10:00AM
Erin Gora 910-515-0387 or Erin.gora@lifecare.org

• **Pender County**

Arbor Landing
13937 US-17
Hampstead, NC
4th Wednesday 4:00PM
Ann LaReau 910-859-4607

Chronic Pain

• **New Hanover County**

"Supporting Balance" Chronic Pain Support Group
Balance Integrative Care
2202 Wrightsville Avenue, Suite 211
Wilmington, NC
3rd Thursday 11:00AM-12:00PM
Sarah Brownlee 910-232-5778
info@balanceintegrativecare.com

General Caregiver Support Groups All Caregivers Welcome

• **Brunswick County**

Brunswick Forest Community Room @Hammock Lake Pool
2162 Shelmore Way
Leland, NC 28451
1st & 3rd Tuesday 10AM-11:30 AM
Eileen Scanlon (516) 510-8925 or eileenscanlon@gmail.com

Arbor Landing at Ocean Isle
5490 Arbor Branch Drive (2nd floor)
Shallotte, NC
2nd Thursday 6:00PM
Peggy Haughey 910-754-8080

The Brunswick Center at Shallotte
2nd floor Meeting Room
Shallotte, NC
2nd Tuesday 10:00AM-11:30AM
Laura Collins 910-754-4468

The Brunswick Center at Southport
1513 N. Howe St., Suite 1
Southport, NC
4th Wednesday 10:00AM-11:30AM
Beth Caragol 910-471-1271 or bjcaragol@atmc.net

The Brunswick Center at Calabash
10050 Beach Drive
Calabash, NC 28467
2nd Wednesday 2:00PM-3:00PM
Holley Norris 910-754-7427X1301 or hnorris@bsrinc.org

- **New Hanover County**

The NHC Senior Resource Center
2222 S. College Rd. Wilmington
Wilmington, NC
4th Monday 1:30PM
Andrew Zeldin 910-798-6445 or azeldin@nhcgov.com

The Commons at Brightmore of Wilmington
2320 41st St.
Wilmington, NC
2nd Monday 11:45AM light lunch
Holly Hines 910-392-6899 or hhines@libertyseniorliving.com

The NHC Senior Resource Center
Creative Outlet Support Group “a place to create with other family caregivers” Limited Space
2nd Tuesday 1:00PM
Becky Hayes 910-798-6435

[Parkinson's & Lewy Body Dementia](#)

- **Brunswick County**

The Brunswick Center at Southport
1513 N. Howe St., Suite 1
Southport, NC
2nd Tuesday 10:15AM
Mike Haase 910-253-6025

- **New Hanover County**

www.parkinsonandlewybody.org
NHC Senior Resource Center
2222 S. College Rd.
Wilmington, NC
4th Tuesday 1:30PM
Jill Davenport 910-512-5976 or jill.davenport7@icloud.com
or iamjillbean@gmail.com

Let's Talk About It! (Open Forum)

Home Instead Senior Care
2505 S. 17th St., Suite 100
Wilmington, NC
1st Friday 2:00PM-3:00PM
Anne Rostan 910-342-0455 or
Anne.Rostan@homeinstead.com

[Cancer](#)

- **Brunswick County**

Cancer (all)
R.I.S.E. (Resilient, Informed, Strong & Extraordinary)
St. James (contact for location)
2nd Tuesday & 3rd Wednesday 10:00AM
Susan Werlinich 614-323-8729 or Swerlinich50@gmail.com

- **New Hanover County**

Prostate Cancer Support
NHRMC – auditorium
Wilmington, NC
1st Thursday 6:00PM

Breast Cancer
Lumps to Laughter
530 Causeway Drive, Suite F2
Wrightsville Beach, NC
2nd Thursday 5:30PM
Connie D. Hill 910-617-4455 www.LumpstoLaughter.org

[Multiple Sclerosis - MS](#)

- **New Hanover County**

Wilmington MS Support Group
NHRMC Rehabilitation Hospital
2131 South 17th St.
Wilmington, NC
Open to anyone with MS & Friends/Family
2nd Thursday at 7:00PM
Lisa Burns 910-399-7252 or Burnsl86@yahoo.com
Burt Masters 910-383-1368 or happyheim@peoplepc.com

[Blind/Visually Impaired](#)

- **New Hanover County**

No meeting in Jan
Mar – Dec New Hanover County Senior Ctr.
2222 S. College Rd.
Wilmington, NC
Feb –Apr Jumpin Run Club
1801 Jumpin Run
Wilmington, NC
1st Thursday 10:00AM
Jennifer Delong-White 910-251-5743 or Jennifer.Delong-White@dhhs.nc.gov

(Macular Degeneration) more clinical than social
Wesley United Methodist Church
1401 S. College Rd.
Wilmington, NC
2nd Wednesday 10:30AM
Jennifer Delong-White 910-251-5743 or Jennifer.Delong-White@dhhs.nc.gov

Grief

• **Brunswick County**

Camp United Methodist Church
4807 Main St.
Shalotte, NC 28470

Holds a program in Spring & Fall
Call 910-754-4840 for more info.

Lower Cape Fear Lifecare Grief Groups and Workshops
910-796-7937

www.lcfh.org/grief-groups-workshops

Grief Share

www.griefshare.org

13-week program- non-church members may attend

Oak Island First Baptist Church

4608 E Oak Island Dr
Oak Island, NC 28465
910-278-9511

• **New Hanover County**

Lower Cape Fear Hospice website:

www.hospiceandlifecarecenter.org

910-796-7900

Beyond the Grief

Wilmington Funeral & Cremation Chapel

1535 S. 41st St.

Wilmington, NC

4th Tuesday 1:00PM

Crystal Treanor 910-624-8664

crystaltreanor@wilmingtoncares.com

Compassionate Friends for parents who have lost a child (of any age) & siblings who have lost a sibling

Oleander Methodist Church

5810 Oleander Drive Wilmington

3rd Monday 7:30PM

Jeff Johnson 910-686-1953

Facing Forward

<https://www.andrewsmortuary.com/page/facing-forward>

910-762-7788

• **Pender County**

Sip & Share

Continuum Home Care & Health

16717 US Highway 17 Suite 206 Hampstead, NC

3rd Thursday 11:00AM-12:00PM

Amiee Kryszczynski 910-270-9212

Mental Illness

• **New Hanover County**

NAMI (National Alliance on Mental Illness)

Caring & Sharing Support Group

Winter Park Presbyterian Church

4501 Wrightsville Avenue 2nd floor

Wilmington, NC

2nd Monday 7:00PM-8:30PM

910-772-3074

www.namiwilmington.org

NAMI (National Alliance on Mental Illness)

Connections Recovery and Support Group NHRMC

Behavioral Health Unit (formerly The Oaks)

2131 South 17th St.

Wilmington, NC

Wednesdays 3:30PM-5:00PM

910-722-3074

www.namiwilmington.org

Stress Reduction

NHC Senior Resource Ctr. Craft Room 3

2222 South College Rd.

Wilmington, NC

4th Tuesday 1:30PM

Becky Hayes 910-798-6435 or rhayes@nhcgov.com

Aphasia

• **New Hanover County**

Aphasia Conversations Group

New Hanover Public Library

1241 Military Cutoff Road

Wilmington, NC

Dates vary. Please contact MaryAnn Fiume for details to join the group at 516-448-3061 or MaFiume@aol.com

For information about the group please Erika Yourkiewicz 910-465-6766 or Erika.Yourkiewicz@NHRMC.org

Stroke

• **New Hanover County**

NHRMC Rehabilitation Hospital

Lobby Classroom

3rd Tuesday every other month

Feb., April, June, Oct., and Dec.

Pam Davis 910-667-5617 or Pam.Davis@nhrmc.org

Sarah Bentley 910-667-5206 or Sarah.bentley@nhrmc.org

Diabetes

• **Brunswick County**

The Brunswick Center at Calabash

10050 Beach Drive, SW

Calabash, NC

3rd Wednesday 3:00PM

Courtney Bledsoe 910-754-7427