

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

### • **Brunswick County**

The Brunswick Center at Calabash  
10050 Beach Drive, SW  
Calabash, NC  
1<sup>st</sup> Tuesday 2:00PM  
*Holley Norris 910-754-7427x1301*  
[hnorris@bsrinc.org](mailto:hnorris@bsrinc.org)

Brunswick Center at Supply  
101 Stone Chimney Road  
Supply, NC  
2<sup>nd</sup> Thursday 2:00PM-3:30PM  
*Tikila Morgan 910-754-8450*  
[tmorgan@bsrinc.org](mailto:tmorgan@bsrinc.org)

St. Peter Lutheran Church Southport  
3<sup>rd</sup> Wednesday 1:00PM  
513-317-5231  
*Barbara Grever begrever@gmail.com*

Seaside United Methodist Church  
1300 Seaside Road, SW  
Sunset Beach, NC  
2<sup>nd</sup> Tuesday 1:00PM-2:30PM  
Judy Rocklage  
[jarocklage@gmail.com](mailto:jarocklage@gmail.com)

### • **Columbus County**

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

### • **New Hanover County**

Cape Fear Area Agency on Aging  
NE Library Pine Room  
1<sup>st</sup> Tuesday 12:00PM  
*Kandace Gray 910-274-0343*  
[kgray@capefearcog.org](mailto:kgray@capefearcog.org)

"Forget-Me-Knot"  
For persons with memory impairment  
and their caregivers  
Registration Req.  
3<sup>rd</sup> Wednesday 10:00AM  
*Andrew Zeldin 910-798-6445*  
[azeldin@nhcgov.com](mailto:azeldin@nhcgov.com)  
*Kandace Gray 910-274-0343*  
[kgray@capefearcog.org](mailto:kgray@capefearcog.org)

Unity Christ Church on Orchard-zoom  
717 Orchard Ave Rm 202  
Enter through door facing garage-zoom  
2<sup>nd</sup> Monday 1:00PM  
*Carol Wise, MSW, CDCP*  
336-558-6539  
[carolwise01@gmail.com](mailto:carolwise01@gmail.com)

Unitarian Universalist Church-zoom  
4313 Lake Ave., Classroom 1  
Wilmington, NC  
4<sup>th</sup> Monday 5:30PM  
*Carol Wise 336-558-6539*  
[carolwise01@gmail.com](mailto:carolwise01@gmail.com)

Caregiver Connections -zoom  
2<sup>nd</sup> Thursday 10:00AM  
Erin Gora 910-515-0387  
[erin.gora@lifecare.org](mailto:erin.gora@lifecare.org)

Good Vibrations -zoom  
"Early Stages of Dementia"  
3<sup>rd</sup> Tuesday 10AM  
Erin Gora 910-515-0387  
[erin.gora@lifecare.org](mailto:erin.gora@lifecare.org)

### • **Pender County**

Arbor Landing  
13937 US-17  
Hampstead, NC  
4<sup>th</sup> 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  
3<sup>rd</sup> Thursday 11:00AM-12:00PM  
*Sarah Brownlee 910-232-5778*  
[info@balanceintegrativecare.com](mailto: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  
1<sup>st</sup> & 3<sup>rd</sup> Tuesday 10AM-11:30 AM  
*Eileen Scanlon (516) 510-8925*  
[eileenscanlon@gmail.com](mailto:eileenscanlon@gmail.com)

Arbor Landing at Ocean Isle  
5490 Arbor Branch Drive (2<sup>nd</sup> floor)  
Shalotte, NC  
2<sup>nd</sup> Thursday 6:00PM  
*Peggy Haughey 910-754-8080*

The Brunswick Center at Shalotte  
2<sup>nd</sup> floor Meeting Room  
Shalotte, NC  
2<sup>nd</sup> Tuesday 10:00AM-11:30AM  
*Laura Collins 910-754-4468*

The Brunswick Center at Southport  
1513 N. Howe St., Suite 1  
Southport, NC  
4<sup>th</sup> Wednesday 10:00AM-11:30AM  
*Beth Caragol 910-471-1271*  
[bjcaragol@atmc.net](mailto:bjcaragol@atmc.net)

The Brunswick Center at Calabash  
10050 Beach Drive  
Calabash, NC 28467  
2<sup>nd</sup> Wednesday 2:00PM-3:00PM  
*Holley Norris 910-754-7427X1301*  
[hnorris@bsrinc.org](mailto:hnorris@bsrinc.org)  
*Ellen Cameron*

### • **New Hanover County**

The NHC Senior Resource Center  
2222 S. College Rd. Wilmington  
Wilmington, NC  
3<sup>rd</sup> Monday 1:30PM  
*Andrew Zeldin 910-798-6445*  
[azeldin@nhcgov.com](mailto:azeldin@nhcgov.com)

The Commons at Brightmore of Wilmington  
2320 41<sup>st</sup> St.  
Wilmington, NC  
2<sup>nd</sup> Monday 11:45AM light lunch  
*Holly Hines 910-392-6899*  
[hhines@libertyseniorliving.com](mailto:hhines@libertyseniorliving.com)

The NHC Senior Resource Center  
Creative Outlet Support Group "a place  
to create with other family caregivers"  
Limited Space  
2<sup>nd</sup> 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  
2<sup>nd</sup> Tuesday 10:15AM  
*Mike Haase 910-253-6025*  
*Marcia White*

### • **New Hanover County**

[www.parkinsonandlewybody.org](http://www.parkinsonandlewybody.org)  
NHC Senior Resource Center  
2222 S. College Rd.  
Wilmington, NC  
4<sup>th</sup> Tuesday 1:30PM  
*Jill Davenport 910-512-5976*  
[jill.davenport7@icloud.com](mailto:jill.davenport7@icloud.com)  
[iamjillbean@gmail.com](mailto:iamjillbean@gmail.com)

## Cancer

- **Brunswick County**

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

- **New Hanover County**

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

Breast Cancer  
Lumps to Laughter  
530 Causeway Drive, Suite F2  
Wrightsville Beach, NC  
2<sup>nd</sup> Thursday 5:30PM  
*Connie D. Hill 910-617-4455*  
[www.LumpstoLaughter.org](http://www.LumpstoLaughter.org)

## Multiple Sclerosis - MS

- **New Hanover County**

Wilmington MS Support Group  
NHRMC Rehabilitation Hospital  
2131 South 17<sup>th</sup> St.  
Wilmington, NC  
Open to anyone with MS & Friends/Family  
2<sup>nd</sup> Thursday at 7:00PM  
*Lisa Burns 910-399-7252*  
[Burns186@yahoo.com](mailto:Burns186@yahoo.com)  
*Burt Masters 910-383-1368*  
[happyheim@peoplepc.com](mailto: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  
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)

(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*

List maintained by the Cape Fear Area Agency on Aging Family Caregiver Support Program. Contact Kandace Gray at 910-274-0343 or [kgray@capefearcog.org](mailto:kgray@capefearcog.org) for additions. It can be found at <http://www.capefearcog.org/Area-Agency-on-Aging/Family-Caregiver-Support-Program>

[Jennifer.Delong-White@dhhs.nc.gov](mailto:Jennifer.Delong-White@dhhs.nc.gov)

## Grief

- **Brunswick County**

Camp United Methodist Church  
4807 Main St.  
Shallotte, 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](http://www.lcfh.org/grief-groups-workshops)

Grief Share  
[www.griefshare.org](http://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](http://www.hospiceandlifecarecenter.org)  
910-796-7900

Beyond the Grief  
Wilmington Funeral & Cremation Chapel  
1535 S. 41<sup>st</sup> St.  
Wilmington, NC  
4<sup>th</sup> Tuesday 1:00PM  
*Crystal Treanor 910-624-8664*  
[crystaltreanor@wilmingtoncares.com](mailto: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  
3<sup>rd</sup> 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  
3<sup>rd</sup> Thursday 11:00AM-12:00PM  
*Amiee Krysczynski 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 2<sup>nd</sup> floor  
Wilmington, NC  
2<sup>nd</sup> Monday 7:00PM-8:30PM  
910-772-3074  
[www.namiwilmington.org](http://www.namiwilmington.org)

NAMI (National Alliance on Mental Illness)  
Connections Recovery and Support Group  
NHRMC  
Behavioral Health Unit (formerly The Oaks)  
2131 South 17<sup>th</sup> St.  
Wilmington, NC  
Wednesdays 3:30PM-5:00PM  
910-722-3074  
[www.namiwilmington.org](http://www.namiwilmington.org)

Stress Reduction  
NHC Senior Resource Ctr. Craft Room 3  
2222 South College Rd.  
Wilmington, NC  
4<sup>th</sup> Tuesday 1:30PM  
*Becky Hayes 910-798-6435*  
[rhayes@nhcgov.com](mailto: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](mailto:MaFiume@aol.com)  
For information about the group please *Erika Yourkiewicz 910-465-6766*  
[Erika.Yourkiewicz@NHRMC.org](mailto:Erika.Yourkiewicz@NHRMC.org)

## Stroke

- **New Hanover County**

NHRMC Rehabilitation Hospital  
Lobby Classroom  
3<sup>rd</sup> Tuesday every other month  
Feb., April, June, Oct., and Dec.  
*Pam Davis 910-667-5617*  
[Pam.Davis@nhrmc.org](mailto:Pam.Davis@nhrmc.org)  
*Sarah Bentley 910-667-5206*  
[Sarah.bentley@nhrmc.org](mailto:Sarah.bentley@nhrmc.org)

## Diabetes

- **Brunswick County**

The Brunswick Center at Calabash  
10050 Beach Drive, SW  
Calabash, NC

3<sup>rd</sup> Wednesday 3:00PM  
*Courtney Bledsoe 910-754-7427*