

Caregiver Support Groups



Support Groups for Caregivers By County:

- Brunswick
- Columbus
- New Hanover
- Pender



Area Agency On Aging

Cape Fear Council of Governments

April 2024



Brunswick County

Alzheimer's & Related Dementia

St. Peter Lutheran Church
[4843 Southport Supply Rd.](#)
[Southport, NC](#)
3rd Wednesday 1:00PM
Barbara Grever
begrever@gmail.com

Seaside United Methodist Church
[1300 Seaside Road, SW](#)
[Sunset Beach, NC](#)
2nd Tuesday 1:00PM-2:30PM
Judy Rocklage
jrocklage@gmail.com

Parkinson's & Lewy Body Dementia

The Brunswick Center at Southport
[1513 N. Howe St., Suite 1](#)
[Southport, NC](#)

2nd Tuesday 10:15AM
Marcia White 336-339-4203 or
southportpdgroup@gmail.com

Cancer

R.I.S.E. (Resilient, Informed, Strong & Extraordinary)
St. James Community Center—Classroom 5
[4136 Southport-Supply Rd SE](#)
[Southport, NC](#)

2nd & 4th Wednesday of month 3-4:30PM
Susan Werlinich 614-323-8729 or
Swerlinich50@gmail.com

Grief

Camp United Methodist Church
[4807 Main St.](#)
[Shallotte, NC](#)

Holds a program in Spring & Fall
910-754-4840 or www.campumc.org/support

Grief Share

13-week program
non-church members may attend
Visit website to find local group:
www.griefshare.org

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

www.lcfh.org/grief-groups-workshops

Stroke#

The Brunswick Center at Southport
[1513 N. Howe St.](#)
[Southport, NC](#)
3rd Monday 1:00PM
Kevin Whiteheart 910-754-7109

General Caregiver Support Groups

Arbor Landing at Ocean Isle
[5490 Arbor Branch Drive](#)
2nd floor
Contact 910-754-8080 for more information

The Brunswick Center at Calabash
[10050 Beach Drive SW](#)
[Calabash, NC](#)
Last Thursday
1:30PM-3:00PM
Vikki Hine (910) 754-6224
vhine@bsrinc.org

The Brunswick Center at Leland
[121 Town Hall Drive](#)
[Leland, NC](#)
4th Thursday 10:00AM-11:30 AM
Sandy Porcaro 910-754-3658
sporcaro@bsrinc.org

The Brunswick Center at Shallotte
2nd Floor Meeting Room
[3620 Express Drive](#)
[Shallotte, NC](#)
2nd Tuesday 10:00AM-11:30AM
Laura Collins 910-754-4468
or lcollins@bsrinc.org

The Brunswick Center at Southport
[1513 N. Howe St., Suite 1](#)
[Southport, NC](#)
4th Wednesday
10:00AM-11:30AM
Casey Poplaski 910-754-4106 or
cfreed@bsrinc.org

The Brunswick Center at Supply
[101 Stone Chimney Road](#)
[Supply, NC](#)
2nd Thursday
10:00AM-11:30AM
Tikila Morgan 910-754-8450
or tmorgan@bsrinc.org

The Hammock Lake Community Building at Brunswick Forest
[2162 Shelmore Way](#)
[Leland, NC](#)
1st & 3rd Tuesday
10:00AM-11:30AM
Eileen Scanlon (516) 510-8925
or eileenscanlon@gmail.com

New Hanover County

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 or
info@balanceintegrativecare.com

General Caregiver Support

The NHC Senior Resource Center

[2222 S. College Rd.](#)

[Wilmington, NC](#)

4th Monday 1:30PM
Julia Griffin 910-798-6402 or
jgriffin@nhcgov.com

Creative Outlet Support Group - Limited Space

[2222 S. College Rd.](#)

[Wilmington, NC](#)

2nd Tuesday 1:00-2:30PM
Becky Hayes 910-798-6435 or
rhayes@nhcgov.com

The Commons at Brightmore of Wilmington

[2320 41st St.](#)

[Wilmington, NC](#)

2nd Monday 11:30AM
Holly Hines (910) 515-2430 or
hhines@libertyseniorliving.com

Challenges of Aging Group

For participants 70+

The NHC Senior Resource Center

[2222 S. College Rd.](#)

[Wilmington, NC](#)

Parkinson’s & Lewy Body Dementia

First Baptist Church - Activity Center

[1939 Independence Blvd](#)

[Wilmington, NC](#)

3rd Saturday 9:00AM-11:00AM
Amy Lindberg 910-787-1958
Sondra Maze 910-667-7042 or
sondra.maze@nhrmc.org



Alzheimer’s & Related Dementia

Cape Fear Area Agency on Aging—NE New Hanover Library

[1241 Military Cutoff Rd.](#)

[Wilmington, NC](#)

1st Tuesday 12:00PM

Kandace Gray 910-274-0343 or kgray@capefearcog.org

“Forget-Me-Knot”

For persons with memory impairment & their caregivers Registration Req.
Winter Park Baptist Church

[4700 Wrightsville Ave.](#)

[Wilmington, NC](#)

3rd Wednesday 10:00AM

Andrew Zeldin 910-798-6445 or azeldin@nhcgov.com
Kandace Gray 910-274-0343 or kgray@capefearcog.org

Masonboro Baptist Church

[1501 Beasley Rd.](#)

[Wilmington, NC](#)

1st Monday 10:00AM – 12:00PM

Gail Gibson 910-512-2407 or Gt99gibson@gmail.com

Unitarian Universalist Church

4313 Lake Ave.

Wilmington, NC 28403

2nd Monday 5:30PM

Carol Wise, MSW

336-558-6539 or carolwise01@gmail.com

Caregiver Connections -zoom

2nd Tuesday 7:00PM

2nd Thursday 10:00AM

Sonia Cardoso 910-796-7975 or Sonia.cardoso@lifecare.org

Caregiver Connections

First Baptist Church Activity Center –1939 Independence Blvd.

1st Tuesday 11:00AM

Porter’s Neck Village– 1200 Porters Neck Rd.

1st Thursday 3:30PM

Sonia Cardoso 910-796-7975 or Sonia.cardoso@lifecare.org



New Hanover County

Aphasia

Conversation Continues Here

NH NHRMC Rehab Hospital

Conference room

[2131 S. 17th St.](#)

[Wilmington, NC](#)

1st Thursday 2:00PM

Erika Yourkiewicz 910-465-6766 or

Erika.Yourkiewicz@NHRMC.org

Cancer

Prostate Cancer Support

[Novant Health 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.LumptoLaughter.org

Stroke

NH NHRMC Rehab Hospital

Conference room

[2131 S. 17th St.](#)

[Wilmington, NC](#)

3rd Tuesday every month

Pam.Davis@nhrmc.org

Sarah Bentley 910-667-5206 or

Sarah.bentley@nhrmc.org

Multiple Sclerosis—MS

Wilmington MS Support Group

Open to anyone with MS & Friends/Family

Zoom - 2nd Thursday at 7:00PM

Anne Tyndall 910-232-2033 or

abtyndall@ec.rr.com

Burt Masters 910-383-1368 or

happyheim@peoplepc.com

Adult Children of Aging Parents

ACAP CAPE FEAR

First Baptist Church Activities Center

1939 Independence Blvd.

Wilmington, NC 28403

2nd Tuesday at 6:00 PM also on ZOOM

capefear@acapcommunity.org



Blind/Visually Impaired

Feb –Apr Jumpin Run Club

[1801 Jumpin Run Dr](#)

[Wilmington, NC](#)

1st Thursday 10:00AM

Jennifer Delong-White

910-251-5743 or

Jennifer.Delong-White@dhhs.nc.gov

(Macular Degeneration) - clinical

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 Share

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, NC](#)

3rd Monday 7:30PM

Jeff Johnson 910-686-1953

Facing Forward

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

910-762-7788

Lower Cape Fear Hospice website:

<https://lifecare.org/grief-groups-workshops/>

Mental Illness

NAMI (National Alliance on Mental Illness)

Connections Recovery and Support Group

Novant Health New Hanover Behavioral Health Hospital

[2131 South 17th St.](#)

[Wilmington, NC](#)

Wednesdays 3:30PM-5:00PM

910-722-3074 or www.namiwilmington.org

New Hanover County NAMI Caring & Sharing Support Group

Winter Park Presbyterian Church - 2nd floor

[4501 Wrightsville Avenue](#)

[Wilmington, NC](#)

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

910-772-3074 or www.namiwilmington.org



Area Agency On Aging

Cape Fear Council of Governments



Columbus

Alzheimer's & Related Dementia

Peace Baptist Church

653 Love Mill Road

Whiteville, NC

3rd Thursday 7:00PM

Kathy Cartrette 910-640-9543

Whiteville United Methodist Church

902 Pinckney St

Whiteville, NC 28472

2nd Thursday 1:00-2:30PM

Kandace Gray (910) 274-0343

kgray@capefearcog.org

Grief

Lower Cape Fear LifeCare

<https://lifecare.org/grief-groups-workshops/>

Pender

Grief

Lower Cape Fear LifeCare

<https://lifecare.org/grief-groups-workshops/>

Alzheimer's & Related Dementia

Kingdom Impact Ministries

109 Courthouse Ave.

Burgaw, NC 28425

4th Thursday 6:30PM-7:30PM

Karen Malloy (919) 740-7802

gloriasdaughter53@gmail.com

New Estuary Home Care

13775 NC 50

Surf City, NC 28445

2nd Tuesday 4:30PM

Kim Bussell (910) 541-1160 ext 4

kim@newestuaryhomecare.com

Blind/Visually Impaired

Heritage Place

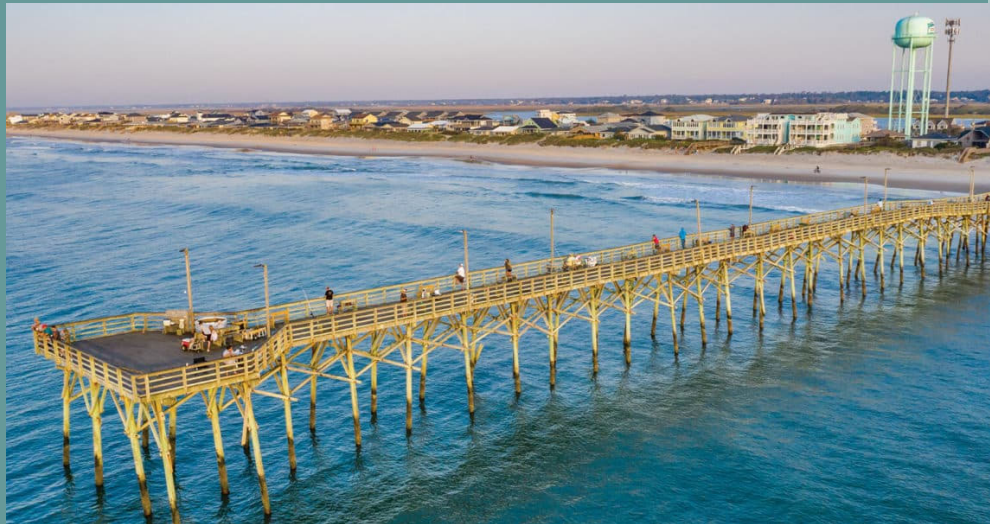
901 S. Walker St.

Burgaw, NC

2nd Wednesday 1:00-2:00PM

Patricia Miller

patricia.h.miller@dhhs.nc.gov



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