



SUPPORT GROUPS By County

Alamance	FTD Caregivers	Burlington	3rd Tues	6:00 PM	919-632-8083	Kathy LaFone	timlafone@yahoo.com
Beaufort		Washington	4th Mon	5:30 PM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Bertie		Windsor	4th Tues	5:30PM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Brunswick		Carolina Shores	2nd Tues	1:00PM	703-217-9144	Cindy Hardy	chardync@gmail.com
		Leland	2nd & 4th Thurs	10:00 AM	516-510-8925	Eileen Scanlon	eileenscanlon@gmail.com
		Shallotte	2nd Tues	10:00 AM	910-754-2300	Laura Collins	lcollins@bsrinc.org
		Sunset Beach	2nd Tues	1:00 PM	910-579-1005	Judy Rochlage	jarochlage@gmail.com
		Supply	2nd Thurs	2:00 PM	910-754-7604	Melissa Starr	mstarr@bsrinc.org
		Southport	3rd Wed	1:00 PM	910-368-7060	Vicki Carlson	bfairy65@gmail.com
Buncombe		Asheville	3rd Tues	1:00 PM	828-230-4143	Mary Donnelly	network@memorycare.org
		Black Mountain	2nd Tues	9:30 AM	828-230-4143	Mary Donnelly	network@memorycare.org
	Early Stage for Individuals	Black Mountain	2nd Tues	9:30 AM	828-301-0529	Mel Kelley	avant_garden@msn.com
		Woodfin	4th Tues	1:00 PM	828-301-0740	Pat Hilgendorf	patricia.hilgendorf@gmail.com
Cabarrus		Concord	1st Wed	12:15 PM	704-886-0840	Amanda Buck	Amanda.Buck@cannonpharmacies.com
Caldwell		Lenoir	1st Wed	1:00 PM	828-758-2883	April Austin	april@caldwellseniorcenter.org
Carteret		Morehead City	2nd Thurs	1:30 PM	252-241-2201	Pat Wesson	pfwesson1@yahoo.com
		Cape Carteret	1st & 3rd Tues	1:30 PM	252-393-3243	Joyce Manley	jandwnc2@gmail.com
Chatham		Pittsboro	3rd Mon	6:00 PM	919-542-4512	Susan Hardy	susan.hardy@chathamcoa.org
		Pittsboro	4th Mon	2:00 PM	919-542-4512	Susan Hardy	susan.hardy@chathamcoa.org
Craven		New Bern	1st Wed	1:00 PM	252-636-0831	Nancy Willett	mommywillett@gmail.com
	Individual recently diagnosed	New Bern	4th Tues	10:00 AM	252-638-1790	Alissa Andrewsbrown	Alissa.andrewsbrown@cravencountync.gov
		New Bern	1st Mon	4:00 PM	252-638-1790	Alissa Andrewsbrown	Alissa.andrewsbrown@cravencountync.gov
Cumberland		Fayetteville	3rd Tues	2:00 PM	910-615-1633	Sam Hutchison	shutchison@capefearvalley.com
		Fayetteville	3rd Thurs	12:30 PM	910-323-4191x23	Carla Smith	csmith@mccog.org
		Fayetteville	2nd Wed	10:00AM	910-484-0111x242	Lisa Hughes	lhughes@ccccooa.org
Dare		Kitty Hawk	3rd Thurs	1:00 PM	252-480-3354	Gail Sonnesso	gsonnesso@gmail.com
		Kill Devil Hills	2nd Tues	2:30 PM	908-642-7828	Anne Kelleher	akelleh6@hotmail.com
Davie		Mocksville	2nd Tues	5:30PM	336-753-6233	Kelly Sloan	ksloan@daviecountync.gov
Davidson		Lexington	3rd Wed	2:00 PM	336-249-2155	Catherine Pyle	cpyle@lifecenterdavidson.com
		Thomasville	1st Thur	1:00 PM	336-474-3624	Bob Symanski	rsymanski@vchas.org
Duplin		Kenansville	1st Tues	6:00 PM	910-296-2140	Melisa Brown	melisab@duplincountync.com
Durham		Durham	Last Thurs	6:30 PM	919-660-7542	Natalie Leary	natalie.leary@duke.edu
		Dtrs & Dtrs-in-law	Last Wed	12:00PM	919-660-7509	Bobbi Matchar	barbara.matchar@duke.edu
		Durham	4th Tues	10:30 AM	919-660-7509	Bobbi Matchar	barbara.matchar@duke.edu

Edgecombe		Tarboro	2nd Tues	1:00 PM	252-234-5984	Ashleigh Glover	aglover@ucpcog.org
Forsyth	FTD Caregivers	Winston-Salem	2nd Mon	7:00PM	336-399-6968	Rona Klein	points14@live.com
		Winston-Salem	Every Wed	11:00 AM	336-724-2155	Sharon Welborn	swelborn@seniorservicesinc.org
		Winston-Salem	Every Fri	12:15 PM	336-724-2155	Sharon Welborn	swelborn@seniorservicesinc.org
Franklin		Louisburg	2nd Mon	7:00 PM	919-496-1131	Wendy Hunter	whunter@franklincountync.us
		Youngsville	2nd Tues	6:00 PM	919-816-6424	Bryson Andrews	bryson.andrews@saberhealth.com
Granville		Oxford	1st Wed	12:00 PM	919-690-3237	Gail Barnes-Hall	ghall@granvillemedical.com
Greene		Snow Hill	4th Wed	2:00 PM	252-747-5436	Sharon Harrison	sharon.harrison@greencountync.gov
Guilford		Greensboro	2nd Tues	1:00 PM	336-545-4245	Jodi Kolada	jkolada@well-spring.org
		Greensboro	Last Tues	6:00 PM	336-545-4245	Jodi Kolada	jkolada@well-spring.org
Halifax		Enfield	2nd Wed	12:30 PM	252-234-5984	Ashleigh Glover	aglover@ucpcog.org
		Roanoke Rapids	3rd Wed	12:30 PM	252-234-5984	Ashleigh Glover	aglover@ucpcog.org
		Scotland Neck	4th Tues	12:30 PM	252-234-5984	Ashleigh Glover	aglover@ucpcog.org
Harnett		Lillington	3rd Thurs	11:00AM	910-814-6075	Latorius Adams	lsadams@harnett.org
Haywood		Waynesville	4th Tues	5:30 PM	828-926-0018	Marian Badgley	mwbadgley@bellsouth.net
Henderson		Fletcher	1st Tues	1:00 PM	828-301-0740	Pat Hilgendorf	patricia.hilgendorf@gmail.com
		Hendersonville	3rd Tues	1:30 PM	828-696-9799	Lisa Kauffman	lisak561@bellsouth.net
Hertford		Ahoskie	4th Tues	11:00AM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Iredell		Mooreville	3rd Mon	10:30 AM	704-442-5594	Charles Elligson	charles41elligson@gmail.com
Johnston		Clayton	4th Thurs	6:30 PM	919-934-6066	Irvin Belt	irvin@cssjohnston.org
		Clayton	3rd Thurs	3:00 PM	919-703-7368	Pam Mayo	pam.mayo@saberhealth.com
		Smithfield	3rd Tues	5:30 PM	704-677-2159	Robyn Myers	robyn@cookcm.com
		Smithfield	3rd Thurs	1:30 PM	919-934-6066	Irvin Belt	irvin@cssjohnston.org
Lee		Sanford	1st/3rd Thurs	1:00PM	919-776-0501 x2230	Holly Hight	hhight@leecountync.gov
Lenoir		Kinston	1st Tues	6:00 PM	252-526-7242	Sue Shivar	shivar2008@embarqmail.com
Martin		Williamston	2nd Mon	11:00 AM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Mecklenburg	FTD Caregivers	Charlotte	2nd Sun	3:00 PM	704- 442-5594	Charles Elligson	charles41elligson@gmail.com
Moore		Pinehurst	1st Tues	2:00 PM	910-695-0011	Jennifer Tyner	jennifert@aoscaremanagement.com
		Southern Pines	2nd Wed	12:00 PM	910-420-3762	Jennifer Tyner	jennifert@aoscaremanagement.com
	Early Stage Support Group	Seven Lakes	1st and 2nd Wed	2:00PM	910-690-9478	Amy Natt	amyn@agingoutreachservices.com
Nash		Nashville	3rd Tues	3:00 PM	252-459-1365	Ashley Winstead	ashley.winstead@nashcountync.gov
		Bailey	2nd Tues	11:00 AM	252-459-1365	Ashley Winstead	ashley.winstead@nashcountync.gov
		Rocky Mount	3rd Wed	10:30 AM	252-443-3999	Dawana Walston	rmmtkg@hhhunt.com
New Hanover		Wilmington	1st Tues	12:00 PM	910-395-4553x204	Holly Pilson	hpilson@capefearcog.org
	Early Stage Individuals/Caregivers	Wilmington	3rd Wed	10:00AM	910-798-6445	Andrew Zeldin	azeldin@nhcgov.com
		Wilmington	2nd Mon	11:45 AM	910-392-6899	Holly Hines	hhines@libertyseniorliving.com
		Wilmington	2nd Thurs	10:30 AM	910-796-7955	Candy Lee	candy.lee@lcfh.org
		Wilmington	3rd Mon	12:00 PM	336-558-6539	Carol Wise	carolwise01@gmail.com
		Wilmington	4th Thurs	1:00 PM	336-558-6539	Carol Wise	carolwise01@gmail.com
	Creative outlet for caregivers	Wilmington	2nd Tues	1:00 PM	910-798-6435	Becky Hayes	rhayes@nhcgov.com
Northampton		Jackson	3rd Thurs	11:00 AM	252-534-1012	Rebecca Stapleton	faisonsrcenter@yahoo.com
Onslow	provides adult day care services	Jacksonville	2nd Tues	2:00 PM	910-989-3007	Charmony Clark	charmony_clark@onslowcountync.gov

Orange	Chapel Hill	2nd/4th Fri	10:30AM	919-245-4253	Kim Lamon-Laperfido	kloperfido@orangecountync.gov
	Chapel Hill	3rd Wed	12:00 PM	919-967-7570	Paul Klever	paul@charleshouse.org
	Hillsborough	2nd & 4th Thurs	1:00 PM	919-245-4253	Kim Lamon-Laperfido	kloperfido@orangecountync.gov
Pamlico	Bayboro	1st & 3rd Mon	2:00 PM	252-745-7196	Violet Ollison	violet.ollison@pamlicocounty.org
Pender	Hampstead	4th Wed	4:00 PM	910 859-4607	Ann LaReau	lareaualztraining@gmail.com
Person	Roxboro	4th Thurs	6:00 PM	336-599-7484	Maynell Harper	maynell.harper@personseniors.org
	Roxboro	2nd Tues	6:30 PM	336-599-7484	Maynell Harper	maynell.harper@personseniors.org
Perquimans	Hertford	2nd Mon	1:00 PM	252-404-7090	Lynne Raisor	lraisor@accog.org
Pitt	Farmville	3rd Sun	4:00 PM	252-531-9460	Edwina Bailey	baileybunch2@embarqmail.com.
	Greenville	3rd Wed	6:00 PM	252-353-2400	Laura Mullen	lmullen1@brookdale.com
	Greenville	4th Tues	6:00 PM	252-414-3230	Amanda Biggs	abiggs@mideastcom.org
	Greenville	3rd Wed	6:00 PM	252-830-8944	Arlene Williams	gvccc@hhhunt.com
	Greenville	3rd Tues	10:00 AM	252-355-5677	Malcolm Smith	malcolm@silvercareweb.com
Robeson	Pembroke	1st Tues	5:00 PM	910-775-9779	Stephanie Powers	Stephanie.Powers@lrcog.org
Rockingham	Reidsville	2nd Mon	1:30 PM	336-347-2366	Rachel Pennington	rpennington@adtsrc.org
Rowan	Salisbury	4th Thurs	5:30 PM	704-603-2778	Teresa Dakins	TDakins@trinityathome.net
Sampson	Clinton	2nd Tues	2:00 PM	910-592-4653	Angela Faircloth	afaircloth@sampsonnc.com
Scotland	Laurinburg	3rd Tues	7:00 PM	910-610-1134	Doris Ann Donovan	dadonovan@hotmail.com
Stanly	Albemarle	1st Fri	11:00AM	704-986-3769	Aleshia Holland	aholland@stanlycountync.gov
Vance	Henderson	Every 2nd Fri	12:00 PM	252-436-2040	Nancy Francis	nfrancis@kerrtarcog.org
Wake	Apex	3rd Tues	7:00 PM	919-629-8145	Teresa Sawyer	tsawyer@cvsliving.com
	Apex	4th Thurs	7:00 PM	919-319-1294	Peggy Kline	uofkgrad@gmail.com
	Apex	2nd Thurs	10:30 AM	919-303-9990	Tonya Headen-Lee	axed@hhhunt.com
	Cary	3rd Mon	7:00 PM	919-630-9232	Lou Paules	lmpaules@gmail.com
	Cary	3rd Thurs	10:00 AM	919-961-6589	Kathy Montero	kathymontero3@gmail.com
	Cary	3rd Mon	10:00 AM	919-447-4494	Mary Arthur	marthur@glenaire.org
	Cary	2nd Mon	12:00PM	919-410-3149	Nancy Stolfo-Corti	nacchianti@gmail.com
	Cary	3rd Thurs	7:00 PM	919-460-5959	Casey Hix	cary.avc@sunriseseniorliving.com
	Cary	4th Mon	6:30 PM	919-460-7330	LaQuita Dunn	laquita.dunn@singhmail.com
	Fuquay Varina	1st Tues	6:30 PM	919-210-7525	Kathy Seawell	sakatielong@hotmail.com
	Garner	3rd Thurs	6:30 PM	919-302-3651	Donna Gould	donna@spectrumscreen.com

Raleigh	Anson Way	2nd Mon	10:00 AM	919-832-3732	Dee Dee Harris	dharris@DementiaNC.org
Lewy Body Dementia	Lake Boone Tr.	2nd Thurs	10:00 AM	919-616-2776	Loree Idol	idol.loree@gmail.com
FTD Caregivers	Lake Boone Tr.	3rd Tues	7:00 PM	919-538-4827	Paul Lester	pblester58@gmail.com
	"	"	"	919-946-0876	Chad Thomsen	chad.thomsen@gmail.com
	Newton Rd.	3rd Mon	6:00 PM	919-848-0303	Rachel Strauss	rbs@nc.rr.com
	Leesville Road	1st Wed	1:00 PM	919-900-8280	Linda Tucker	littucker40@gmail.com
	Leesville Road	3rd Wed	7:00 PM	937-478-9537	Lynne Carpenter	lynne@phicare.com
	New Hope Rd	3rd Tues	12:30 PM	919-250-0255	Sandra Taranto	ered@hhhunt.com
	Kidd Road	3rd Thurs	6:00 PM	919-208-1667	Lisa Lawson	msladylawson@gmail.com
	Old Wake Forest	2nd Tues	6:00 PM	919-876-6316	Lakeshia Bell	lbell@cadencesl.com
	W. Edenton St.	2nd & 4th Wed	3:30PM	919-612-6088	Diane Amidon	d2amidon@bellsouth.net
Caregiver class/support	Wake Forest	3rd Wed	10:00 AM	828-429-7905	Pat Synder	patsnyder137@gmail.com
Warren	Warrenton	2nd Tues	3:15 PM	252-257-3111	Vicky Stokes	vickystokes@warrencountync.gov
Washington	Plymouth	1st Thurs	5:30 PM	252-793-3816	Vanessa Joyner	vjoyner@washconc.org
Wilson	Wilson	2nd Thurs	11:00 AM	252-234-5984	Ashleigh Glover	aglover@ucpcog.org
	Wilson	4th Thurs	6:00 PM	252-237-9050	Ginger Jones	gevans@5ssl.com
	Wilson	3rd Tues	11:00 AM	252-243-2773	Janelle Clevinger	mhawilsonnc@gmail.com