



## SUPPORT GROUPS By County

<b>Alamance</b>	FTD Caregivers	Burlington	3rd Tues	6:00 PM	919-632-8083	Kathy LaFone	<a href="mailto:timlafone@yahoo.com">timlafone@yahoo.com</a>
<b>Beaufort</b>		Washington	4th Mon	5:30 PM	252-974-1837	Tamyra Jovel	<a href="mailto:tjovel@mideastcom.org">tjovel@mideastcom.org</a>
<b>Bertie</b>		Windsor	4th Tues	5:30PM	252-974-1837	Tamyra Jovel	<a href="mailto:tjovel@mideastcom.org">tjovel@mideastcom.org</a>
<b>Brunswick</b>		Carolina Shores	2nd Tues	1:00PM	703-217-9144	Cindy Hardy	<a href="mailto:chardync@gmail.com">chardync@gmail.com</a>
		Leland	2nd & 4th Thurs	10:00 AM	516-510-8925	Eileen Scanlon	<a href="mailto:eileenscanlon@gmail.com">eileenscanlon@gmail.com</a>
		Supply	2nd Thurs	2:00 PM	910-754-7604	Melissa Starr	<a href="mailto:mstarr@bsrinc.org">mstarr@bsrinc.org</a>
		Southport	3rd Wed	1:00 PM	910-368-7060	Vicki Carlson	<a href="mailto:bfairy65@gmail.com">bfairy65@gmail.com</a>
<b>Buncombe</b>		Asheville	3rd Tues	1:00 PM	828-230-4143	Mary Donnelly	<a href="mailto:network@memorycare.org">network@memorycare.org</a>
		Candler	2nd Thurs	1:00 PM	828-230-4143	Mary Donnelly	<a href="mailto:network@memorycare.org">network@memorycare.org</a>
		Black Mountain	2nd Tues	9:30 AM	828-230-4143	Mary Donnelly	<a href="mailto:network@memorycare.org">network@memorycare.org</a>
	Early Stage for Individuals	Black Mountain	2nd Tues	9:30 AM	828-301-0529	Mel Kelley	<a href="mailto:avant_garden@msn.com">avant_garden@msn.com</a>
		Woodfin	4th Tues	1:00 PM	828-301-0740	Pat Hilgendorf	<a href="mailto:patricia.hilgendorf@gmail.com">patricia.hilgendorf@gmail.com</a>
<b>Cabarrus</b>		Concord	1st Wed	12:15 PM	704-886-0840	Amanda Buck	<a href="mailto:ABuck@cannonpharmacies.com">ABuck@cannonpharmacies.com</a>
<b>Caldwell</b>		Lenoir	3rd Thurs	6:00 PM	828-758-2883	April Austin	<a href="mailto:april@caldwellseniorcenter.org">april@caldwellseniorcenter.org</a>
<b>Carteret</b>		Morehead City	2nd Thurs	1:30 PM	252-241-2201	Pat Wesson	<a href="mailto:pfwesson1@yahoo.com">pfwesson1@yahoo.com</a>
		Cape Carteret	1st & 3rd Tues	1:30 PM	252-393-3243	Joyce Manley	<a href="mailto:jandwnc2@gmail.com">jandwnc2@gmail.com</a>
<b>Chatham</b>		Pittsboro	3rd Mon	6:00 PM	919-542-4512	Susan Hardy	<a href="mailto:susan.hardy@chathamcoa.org">susan.hardy@chathamcoa.org</a>
<b>Craven</b>		New Bern	1st Wed	1:00 PM	252-636-0831	Nancy Willett	<a href="mailto:mommywillett@gmail.com">mommywillett@gmail.com</a>
		New Bern	3rd Thurs	2:00 PM	252-633-1779	Alison Schneider	<a href="mailto:aschneider@courtyardsbernevillage.com">aschneider@courtyardsbernevillage.com</a>
	Individual recently diagnosed	New Bern	4th Tues	10:00 AM	252-638-1790	Alissa Andrewsbrown	<a href="mailto:Alissa.andrewsbrown@cravencountync.gov">Alissa.andrewsbrown@cravencountync.gov</a>
		New Bern	1st Mon	4:00 PM	252-638-1790	Alissa Andrewsbrown	<a href="mailto:Alissa.andrewsbrown@cravencountync.gov">Alissa.andrewsbrown@cravencountync.gov</a>
<b>Cumberland</b>		Fayetteville	3rd Tues	2:00 PM	910-615-1633	Sam Hutchison	<a href="mailto:shutchison@capefearvalley.com">shutchison@capefearvalley.com</a>
		Fayetteville	3rd Thurs	12:30 PM	910-323-4191x23	Carla Smith	<a href="mailto:csmith@mccog.org">csmith@mccog.org</a>
		Fayetteville	2nd Wed	10:00AM	910-484-0111x242	Lisa Hughes	<a href="mailto:lhughes@ccccooa.org">lhughes@ccccooa.org</a>
<b>Dare</b>		Kitty Hawk	3rd Thurs	1:00 PM	252-480-3354	Gail Sonnesso	<a href="mailto:gsonnesso@gmail.com">gsonnesso@gmail.com</a>
		Kill Devil Hills	2nd Tues	2:30 PM	252-489-9508	Dianne Denny	<a href="mailto:obxdementiataskforce@gmail.com">obxdementiataskforce@gmail.com</a>
<b>Davie</b>		Mocksville	2nd Tues	5:30PM	336-753-6233	Kelly Sloan	<a href="mailto:ksloan@daviecountync.gov">ksloan@daviecountync.gov</a>
<b>Davidson</b>		Lexington	3rd Wed	2:00 PM	336-249-2155	Catherine Pyle	<a href="mailto:cpyle@lifecenterdavidson.com">cpyle@lifecenterdavidson.com</a>
		Thomasville	1st Thur	1:00 PM	336-474-3624	Bob Symanski	<a href="mailto:rsymanski@vchas.org">rsymanski@vchas.org</a>
<b>Duplin</b>		Kenansville	1st Tues	6:00 PM	910-296-2140	Melisa Brown	<a href="mailto:melisab@duplincountync.com">melisab@duplincountync.com</a>
<b>Durham</b>		Durham	Last Thurs	6:30 PM	919-660-7510	Natalie Leary	<a href="mailto:natalie.leary@duke.edu">natalie.leary@duke.edu</a>
		Dtrs & Dtrs-in-law	Last Wed	12:00PM	919-660-7510	Bobbi Matchar	<a href="mailto:barbara.matchar@duke.edu">barbara.matchar@duke.edu</a>
		Durham	4th Tues	10:30 AM	919-660-7508	Lisa Gwyther	<a href="mailto:Lisa.Gwyther@duke.edu">Lisa.Gwyther@duke.edu</a>

<b>Edgecombe</b>		Tarboro	2nd Tues	1:00 PM	252-234-5984	Ashleigh Glover	<a href="mailto:aglover@ucpcog.org">aglover@ucpcog.org</a>
<b>Forsyth</b>	FTD Caregivers	Winston-Salem	2nd Mon	7:00PM	336-399-6968	Rona Klein	<a href="mailto:points14@live.com">points14@live.com</a>
		Winston-Salem	Every Wed	11:00 AM	336-724-2155	Sharon Welborn	<a href="mailto:swelborn@seniorservicesinc.org">swelborn@seniorservicesinc.org</a>
		Winston-Salem	Every Fri	12:15 PM	336-724-2155	Sharon Welborn	<a href="mailto:swelborn@seniorservicesinc.org">swelborn@seniorservicesinc.org</a>
<b>Franklin</b>		Louisburg	2nd Mon	7:00 PM	919-496-1131	Wendy Hunter	<a href="mailto:whunter@franklincountync.us">whunter@franklincountync.us</a>
		Youngsville	2nd Tues	6:00 PM	919-816-6424	Bryson Andrews	<a href="mailto:bryson.andrews@saberhealth.com">bryson.andrews@saberhealth.com</a>
<b>Granville</b>		Oxford	1st Wed	12:00 PM	919-690-3237	Gail Barnes-Hall	<a href="mailto:ghall@granvillemedical.com">ghall@granvillemedical.com</a>
<b>Greene</b>		Snow Hill	4th Friday	12:00 PM	252-747-8402	Sharon Harrison	<a href="mailto:sharon.harrison@greencountync.gov">sharon.harrison@greencountync.gov</a>
<b>Guilford</b>		High Point	1st Wed	1:00 PM	336-274-3559	Jodi Kolada	<a href="mailto:jkolada@well-spring.org">jkolada@well-spring.org</a>
		Greensboro	2nd Tues	12:30 PM	336-274-3559	Jodi Kolada	<a href="mailto:jkolada@well-spring.org">jkolada@well-spring.org</a>
		Greensboro	Last Tues	5:45 PM	336-274-3559	Jodi Kolada	<a href="mailto:jkolada@well-spring.org">jkolada@well-spring.org</a>
<b>Halifax</b>		Enfield	2nd Wed	12:30 PM	252-234-5984	Ashleigh Glover	<a href="mailto:aglover@ucpcog.org">aglover@ucpcog.org</a>
		Roanoke Rapids	3rd Wed	12:30 PM	252-234-5984	Ashleigh Glover	<a href="mailto:aglover@ucpcog.org">aglover@ucpcog.org</a>
		Scotland Neck	4th Tues	12:30 PM	252-234-5984	Ashleigh Glover	<a href="mailto:aglover@ucpcog.org">aglover@ucpcog.org</a>
<b>Harnett</b>		Lillington	3rd Thurs	11:00AM	910-814-6075	Latorius Adams	<a href="mailto:lsadams@harnett.org">lsadams@harnett.org</a>
<b>Haywood</b>		Waynesville	4th Tues	5:30 PM	828-926-0018	Marian Badgley	<a href="mailto:mwbadgley@bellsouth.net">mwbadgley@bellsouth.net</a>
<b>Henderson</b>		Fletcher	1st Tues	1:00 PM	828-301-0740	Pat Hilgendorf	<a href="mailto:patricia.hilgendorf@gmail.com">patricia.hilgendorf@gmail.com</a>
		Hendersonville	3rd Tues	1:30 PM	828-696-9799	Lisa Kauffman	<a href="mailto:lisak561@bellsouth.net">lisak561@bellsouth.net</a>
<b>Hertford</b>		Ahoskie	4th Tues	11:00AM	252-974-1837	Tamyra Jovel	<a href="mailto:tjovel@mid-east.com">tjovel@mid-east.com</a>
<b>Johnston</b>		Clayton	4th Thurs	6:00 PM	919-934-6066	Irvin Belt	<a href="mailto:irvin@cssjohnston.org">irvin@cssjohnston.org</a>
		Clayton	3rd Thurs	3:00 PM	919-703-7368	Pam Mayo	<a href="mailto:pam.mayo@saberhealth.com">pam.mayo@saberhealth.com</a>
		Clayton	3rd Wed	3:00 PM	919-917-2971	Latoya Galberth	<a href="mailto:LGalberth@GalberthHealth.com">LGalberth@GalberthHealth.com</a>
		Smithfield	3rd Thurs	1:30 PM	919-934-6066	Irvin Belt	<a href="mailto:irvin@cssjohnston.org">irvin@cssjohnston.org</a>
<b>Lee</b>		Sanford	1st/3rd Thurs	1:00PM	919-776-0501 x2230	Holly Hight	<a href="mailto:hhight@leecountync.gov">hhight@leecountync.gov</a>
<b>Lenoir</b>		Kinston	1st Tues	6:00 PM	252-526-7242	Sue Shivar	<a href="mailto:shivar2008@embarqmail.com">shivar2008@embarqmail.com</a>
<b>Martin</b>		Williamston	2nd Mon	10:00 AM	252-974-1837	Tamyra Jovel	<a href="mailto:tjovel@mid-east.com">tjovel@mid-east.com</a>
<b>Mecklenburg</b>	FTD Caregivers	Charlotte	2nd Sun	3:00 PM	704-442-5594	Charles Elligson	<a href="mailto:charles41elligson@gmail.com">charles41elligson@gmail.com</a>
<b>Moore</b>		Pinehurst	1st Tues	2:00 PM	910-695-0011	Jennifer Tyner	<a href="mailto:jennifert@aoscaremanagement.com">jennifert@aoscaremanagement.com</a>
		Pinehurst	Every Tues	10:30AM	925-413-2570	Dale Krech	<a href="mailto:dalek1948@gmail.com">dalek1948@gmail.com</a>
		Southern Pines	Every Thurs	10:30 AM	925-413-2570	Dale Krech	<a href="mailto:dalek1948@gmail.com">dalek1948@gmail.com</a>
		Southern Pines	2nd Wed	12:00 PM	910-420-3762	Jennifer Tyner	<a href="mailto:jennifert@aoscaremanagement.com">jennifert@aoscaremanagement.com</a>
	Early Stage Support Group	Seven Lakes	1st and 2nd Wed	2:00PM	910-690-9478	Amy Natt	<a href="mailto:amyn@agingoutreachservices.com">amyn@agingoutreachservices.com</a>
<b>Nash</b>		Nashville	3rd Tues	3:00 PM	252-459-1365	Ashley Winstead	<a href="mailto:ashley.winstead@nashcountync.gov">ashley.winstead@nashcountync.gov</a>
		Bailey	2nd Tues	11:00 AM	252-459-1365	Ashley Winstead	<a href="mailto:ashley.winstead@nashcountync.gov">ashley.winstead@nashcountync.gov</a>
		Rocky Mount	3rd Wed	10:30 AM	252-443-3999	Dawana Walston	<a href="mailto:rmktg@hhhunt.com">rmktg@hhhunt.com</a>

<b>New Hanover</b>	Wilmington	3rd Mon	1:30 PM	910-798-6445	Andrew Zeldin	<a href="mailto:azeldin@nhcgov.com">azeldin@nhcgov.com</a>	
	Wilmington	1st Tues	12:00 PM	910-395-4553x204	Holly Pilson	<a href="mailto:hpilson@capefearcog.org">hpilson@capefearcog.org</a>	
	Early Stage Individuals/Caregivers	Wilmington	3rd Wed	10:00AM	910-798-6445	Andrew Zeldin	<a href="mailto:azeldin@nhcgov.com">azeldin@nhcgov.com</a>
	Wilmington	2nd Mon	11:45 AM	910-392-6899	Holly Hines	<a href="mailto:hhines@libertyseniorliving.com">hhines@libertyseniorliving.com</a>	
	Wilmington	2nd Thurs	10:30 AM	910-796-7955	Candy Lee	<a href="mailto:candy.lee@lcfh.org">candy.lee@lcfh.org</a>	
	Wilmington	3rd Mon	12:00 PM	336-558-6539	Carol Wise	<a href="mailto:carolwise01@gmail.com">carolwise01@gmail.com</a>	
	Wilmington	4th Thurs	1:00 PM	336-558-6539	Carol Wise	<a href="mailto:carolwise01@gmail.com">carolwise01@gmail.com</a>	
	Creative outlet for caregivers	Wilmington	2nd Tues	1:00 PM	910-798-6435	Becky Hayes	<a href="mailto:rhayes@nhcgov.com">rhayes@nhcgov.com</a>
<b>Northampton</b>	Jackson	3rd Thurs	11:00 AM	252-534-1012	Rebecca Stapleton	<a href="mailto:faisonsrcenter@yahoo.com">faisonsrcenter@yahoo.com</a>	
<b>Onslow</b>	provides adult day care services	Jacksonville	2nd Tues	2:00 PM	910-989-3007	Charmony Clark	<a href="mailto:charmony_clark@onslowcountync.gov">charmony_clark@onslowcountync.gov</a>
<b>Orange</b>	Chapel Hill	2nd/4th Fri	10:30AM	919-245-4253	Kim Lamou-Laperfido	<a href="mailto:kloperfido@orangecountync.gov">kloperfido@orangecountync.gov</a>	
	Chapel Hill	3rd Wed	12:00 PM	919-967-7570	Paul Klever	<a href="mailto:paul@charleshouse.org">paul@charleshouse.org</a>	
	Hillsborough	2nd & 4th Thurs	1:00 PM	919-245-4253	Kim Lamou-Laperfido	<a href="mailto:kloperfido@orangecountync.gov">kloperfido@orangecountync.gov</a>	
<b>Pamlico</b>	Bayboro	1st & 3rd Mon	2:00 PM	252-745-7196	Violet Ollison	<a href="mailto:violet.ollison@pamlicocounty.org">violet.ollison@pamlicocounty.org</a>	
<b>Pender</b>	Hampstead	4th Wed	4:00 PM	910 859-4607	Ann LaReau	<a href="mailto:lareauaztraining@gmail.com">lareauaztraining@gmail.com</a>	
<b>Person</b>	Roxboro	4th Thurs	6:00 PM	336-599-7484	Maynell Harper	<a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a>	
	Roxboro	2nd Tues	6:30 PM	336-599-7484	Maynell Harper	<a href="mailto:maynell.harper@personseniors.org">maynell.harper@personseniors.org</a>	
<b>Perquimans</b>	Hertford	2nd Mon	1:00 PM	252-426-5753 x226	Lynne Raisor	<a href="mailto:lraisor@accog.org">lraisor@accog.org</a>	
<b>Pitt</b>	Farmville	3rd Sun	4:00 PM	252-531-9460	Edwina Bailey	<a href="mailto:baileybunch2@embarqmail.com">baileybunch2@embarqmail.com</a>	
	Greenville	3rd Wed	6:00 PM	252-353-2400	Laura Mullen	<a href="mailto:lmullen1@brookdale.com">lmullen1@brookdale.com</a>	
	Greenville	4th Tues	6:00 PM	252-414-3230	Amanda Biggs	<a href="mailto:abiggs@mideastcom.org">abiggs@mideastcom.org</a>	
	Greenville	3rd Wed	6:00 PM	252-830-8944	Arlene Williams	<a href="mailto:gvccc@hhhunt.com">gvccc@hhhunt.com</a>	
	Greenville	3rd Tues	10:00 AM	252-355-5677	Malcolm Smith	<a href="mailto:malcolm@silvercareweb.com">malcolm@silvercareweb.com</a>	
<b>Robeson</b>	Pembroke	1st Tues	5:00 PM	910-775-9779	Stephanie Powers	<a href="mailto:Stephanie.Powers@lrcog.org">Stephanie.Powers@lrcog.org</a>	
	St Paul	3rd Sat	11:30 AM	336-684-0144	Latishia Stanley	<a href="mailto:latishiasowk@gmail.com">latishiasowk@gmail.com</a>	
<b>Rockingham</b>	Reidsville	2nd Mon	1:30 PM	336-347-2366	Rachel Pennington	<a href="mailto:rpennington@adsrc.org">rpennington@adsrc.org</a>	
<b>Rowan</b>	Salisbury	4th Thurs	5:30 PM	704-603-2778	Teresa Dakins	<a href="mailto:TDakins@trinityathome.net">TDakins@trinityathome.net</a>	
<b>Sampson</b>	Clinton	2nd Tues	2:00 PM	910-592-4653	Angela Faircloth	<a href="mailto:afaircloth@sampsonnc.com">afaircloth@sampsonnc.com</a>	
<b>Scotland</b>	Laurinburg	3rd Tues	7:00 PM	910-610-1134	Doris Ann Donovan	<a href="mailto:dadonovan@hotmail.com">dadonovan@hotmail.com</a>	
<b>Stanly</b>	Albemarle	1st Fri	11:00AM	704-986-3769	Aleshia Holland	<a href="mailto:aholland@stanlycountync.gov">aholland@stanlycountync.gov</a>	
<b>Vance</b>	Henderson	Every 2nd Fri	12:00 PM	252-436-2040	Harvey Holmes	<a href="mailto:hholmes@kerrtarco.org">hholmes@kerrtarco.org</a>	
<b>Wake</b>	Apex	3rd Tues	7:00 PM	919-629-8145	Teresa Sawyer	<a href="mailto:tsawyer@cvsliving.com">tsawyer@cvsliving.com</a>	
	Apex	4th Thurs	7:00 PM	919-319-1294	Peggy Kline	<a href="mailto:uofkgrad@gmail.com">uofkgrad@gmail.com</a>	
	Apex	2nd Thurs	10:30 AM	919-303-9990	Tonya Headen-Lee	<a href="mailto:axed@hhhunt.com">axed@hhhunt.com</a>	
	Cary	3rd Mon	7:00 PM	919-630-9232	Lou Paules	<a href="mailto:Impaules@gmail.com">Impaules@gmail.com</a>	
	Cary	3rd Thurs	10:00 AM	919-599-9926	Anne Browning	<a href="mailto:abrowning@hwcg.com">abrowning@hwcg.com</a>	
	Cary	3rd Mon	10:00 AM	919-447-4494	Mary Arthur	<a href="mailto:marthur@glenaire.org">marthur@glenaire.org</a>	
	Cary	4th Wed	5:30 PM	919-388-9635	Kellie Romanow	<a href="mailto:cycpm@hhhunt.com">cycpm@hhhunt.com</a>	
	Cary	3rd Thurs	7:00 PM	919-460-5959	Casey Hix	<a href="mailto:cary.avc@sunriseseniorliving.com">cary.avc@sunriseseniorliving.com</a>	
	Cary	4th Mon	6:30 PM	919-460-7330	LaQuita Dunn	<a href="mailto:laquita.dunn@singhmail.com">laquita.dunn@singhmail.com</a>	
	Fuquay Varina	1st Tues	6:30 PM	919-210-7525	Kathy Seawell	<a href="mailto:sakatielong@hotmail.com">sakatielong@hotmail.com</a>	
	Fuquay Varina	3rd Tues	6:00 PM	919-306-1352	Trudy Croxton	<a href="mailto:croxtontrudy@gmail.com">croxtontrudy@gmail.com</a>	
	Garner	3rd Thurs	6:30 PM	919-302-3651	Donna Gould	<a href="mailto:donna@spectrumscreen.com">donna@spectrumscreen.com</a>	

<b>Raleigh</b>	Cardinal at North Hills	2nd Mon	10:00 AM	919-832-3732	Dee Dee Harris	<a href="mailto:dharris@DementiaNC.org">dharris@DementiaNC.org</a>	
	Atria Oakridge	1st & 3rd Tues	10:00 AM	919-848-2088	Robyn Myers	<a href="mailto:Robyn.Myers@atriaseniorliving.com">Robyn.Myers@atriaseniorliving.com</a>	
	Lewy Body Dementia	Lake Boone Tr.	2nd Thurs	10:00 AM	919-616-2776	Loree Idol	<a href="mailto:idol.loree@gmail.com">idol.loree@gmail.com</a>
	FTD Caregivers	Lake Boone Tr.	3rd Tues	7:00 PM	919-538-4827	Paul Lester	<a href="mailto:pblester58@gmail.com">pblester58@gmail.com</a>
	"	"	"	"	919-946-0876	Chad Thomsen	<a href="mailto:chad.thomsen@gmail.com">chad.thomsen@gmail.com</a>
	Newton Rd.	2nd Tues	7:00 PM	919-848-0303	Rachel Strauss	<a href="mailto:rbs@nc.rr.com">rbs@nc.rr.com</a>	
	Sawmill Rd.	3rd Mon	7:00 PM	919-848-7270	Juliana Lindenberg	<a href="mailto:Juliana.Lindenberg@springmoor.org">Juliana.Lindenberg@springmoor.org</a>	
	Leesville Road	1st Wed	1:00 PM	919-900-8280	Linda Tucker	<a href="mailto:lttucker40@gmail.com">lttucker40@gmail.com</a>	
	Leesville Road	3rd Wed	7:00 PM	937-478-9537	Lynne Carpenter	<a href="mailto:lynne@phicare.com">lynne@phicare.com</a>	
	New Hope Rd	3rd Tues	12:30 PM	919-250-0255	Sandra Taranto	<a href="mailto:ered@hhhunt.com">ered@hhhunt.com</a>	
	Dixie Trail	4th Tues	6:30 PM	919-828-5557	Latisha Bracey	<a href="mailto:lbracey@5ssl.com">lbracey@5ssl.com</a>	
	Kidd Road	3rd Thurs	6:00 PM	919-208-1667	Lisa Lawson	<a href="mailto:mssladylawson@gmail.com">mssladylawson@gmail.com</a>	
	Old Wake Forest	2nd Tues	6:00 PM	919-876-6316	Lakeshia Bell	<a href="mailto:lbell@cadencesl.com">lbell@cadencesl.com</a>	
	Ridge Rd	1st Tues	3:30 PM	919-7874240 x104	Candi Scott	<a href="mailto:candi@highlandumc.org">candi@highlandumc.org</a>	
	W. Edenton St.	2nd & 4th Wed	3:30PM	919-612-6088	Diane Amidon	<a href="mailto:damidon@esumc.org">damidon@esumc.org</a>	
	Caregiver class/support	Wake Forest	3rd Wed	10:00 AM	828-429-7905	Pat Synder	<a href="mailto:patsnyder137@gmail.com">patsnyder137@gmail.com</a>
	Wendell	2nd Wed	9:30 AM	919-366-0849	Judith Shotts	<a href="mailto:jshotts65@att.net">jshotts65@att.net</a>	
<b>Warren</b>	Warrenton	2nd Tues	3:15 PM	252-257-3111	Arnedawilson	<a href="mailto:arnedawilson@warrencountync.gov">arnedawilson@warrencountync.gov</a>	
<b>Washington</b>	Plymouth	1st Thurs	5:30 PM	252-793-3816	Vanessa Joyner	<a href="mailto:vjoyner@washconc.org">vjoyner@washconc.org</a>	
<b>Wilson</b>	Wilson	2nd Thurs	11:00 AM	252-234-5984	Ashleigh Glover	<a href="mailto:aglover@ucpcog.org">aglover@ucpcog.org</a>	
	Wilson	4th Thurs	6:00 PM	252-237-9050	Ginger Jones	<a href="mailto:gevans@5ssl.com">gevans@5ssl.com</a>	
	Wilson	3rd Tues	11:00 AM	252-243-2773	Janelle Clevinger	<a href="mailto:mhawilsonnc@gmail.com">mhawilsonnc@gmail.com</a>	