

SUPPORT GROUPS By County

Alamance	FTD Caregivers	Burlington	3rd Tues	6:00 PM	919-632-8083	Kathy LaFone	timlafone@yahoo.com
Beaufort	Via Conf Call	Washington	4th Mon	5:30 PM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Bertie	Via Conf Call	Windsor	4th Tues	5:30PM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Brunswick		Calabash	2nd Wed	2:00 PM	910-754-6224	Marybeth Ribar	marybeth.ribar@gmail.com
		Leland	3rd Tues	5:00 PM	910 859-4607	Ann LaReau	lareaualztraining@gmail.com
		Leland	1st & 3rd Tues	10:00 AM	516-510-8925	Eileen Scanlon	eileenscanlon@gmail.com
		Leland	2nd & 4th Thurs	10:00 AM	516-510-8925	Eileen Scanlon	eileenscanlon@gmail.com
		Leland	2nd Thurs	10:00 AM	910-754-3658	Sandy Procaro	sporcaro@bsrinc.org
	Via Zoom	Shalotte	2nd Tues	10:00 AM	910-754-2300	Laura Collins	lcollins@bsrinc.org
	Via Zoom	Sunset Beach	2nd Tues	1:00 PM	910-579-1005	Judy Rochlage	jarocklage@gmail.com
		Supply	2nd Thurs	2:00 PM	910-754-8450	Tikila Morgan	tmorgan@bsrinc.org
	Southport	4th Wed	10:00 AM	910-471-1271	Beth Caragol	bjcaragol@atmc.net	
	Southport	3rd Wed	1:00 PM	513-317-5231	Barbara Grever	begrever@gmail.com	
Buncombe	Via Zoom	Asheville	3rd Tues	1:00 PM	828-230-4143	Mary Donnelly	network@memorycare.org
	Via Zoom	Black Mountain	2nd Tues	9:30 AM	828-230-4143	Mary Donnelly	network@memorycare.org
	Via Zoom / In person	Asheville	3rd Tues	5:00 PM	828-277-8288	Jennie Pressley	jenniep@coabc.org
	Early Stage for Individuals	Black Mountain	2nd Tues	9:30 AM	828-301-0529	Mel Kelley	avant_garden@msn.com
	Via Zoom	Woodfin	4th Tues	1:00 PM	828-301-0740	Pat Hilgendorf	patricia.hilgendorf@gmail.com
Cabarrus	Via Zoom	Concord	1st Wed	12:15 PM	704-886-0840	Amanda Buck	Amanda.Buck@cannonpharmacies.com
Caldwell	Via Zoom	Lenoir	1st Wed	1:00 PM	828-758-2883	April Austin	april@caldwellseniorcenter.org
Carteret	Via Zoom	Morehead City	Every Thursday	1:00 PM	252-638-3185x3011	January Brown	jbrown@eccog.org
		Cape Carteret	1st & 3rd Tues	1:30 PM	252-393-3243	Joyce Manley	jandwnc2@gmail.com
Chatham	In person	Pittsboro	3rd Mon	6:00 PM	919-542-4512	Rodney Dietrich	rodney.dietrich@chathamcoa.org
	Via Google	Pittsboro	4th Mon	6:00 PM	919-742-3975	Lynn Parks	lynn.parks@chathamcoa.org
		Pittsboro	1st Wed	1:00 PM	919-545-9573	Angela de Muinck	angela@silver-thread.com
		Pittsboro	1st Wed	6:00 PM	919-545-9573	Angela de Muinck	angela@silver-thread.com
Craven		New Bern	1st Wed	1:00 PM	252-636-0831	Nancy Willett	mommywillett@gmail.com
	Memory Café/SG	New Bern	1st Mon	4:00 AM	252-638-1790	Please call for more information	
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
	In-Person	Fayetteville	1st Wed	11:30 AM	910-484-0111x242	Lisa Hughes	lhughes@ccccooa.org
	Via Zoom	Fayetteville	2nd Tues	4:30 PM	910-484-0111x242	Lisa Hughes	lhughes@ccccooa.org
	Via Zoom	Fayetteville	3rd Wed	11:30 AM	910-484-0111x242	Lisa Hughes	lhughes@ccccooa.org

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Dare		Kitty Hawk	3rd Thurs	1:00 PM	252-480-3354	Gail Sonnesso	gsonnesso@gmail.com
		Kill Devil Hills	2nd Wed	2:30 PM	908-642-7828	Anne Kelleher	akelleh6@hotmail.com
Davie	Via Zoom	Mocksville	Every Tues	10:00 AM	336-753-6233	Kelly Sloan	ksloan@daviecountync.gov
Davidson	Via Zoom	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	Via Zoom	Durham	2nd & 4th Thurs	6:30 PM	919-660-7542	Natalie Leary	natalie.leary@duke.edu
	Caregiver of someone in LTC Zoom	Durham	3rd Tues	12:00 PM	919-660-7543	Natalie Leary	natalie.leary@duke.edu
	Caregivers in African American Zoom	Durham	3rd Tues	7:00 PM	919-660-7508	Tiffany Summers	tiffancy.summers@duke.edu
	Young onset Via Zoom	Durham	2nd & 4th Tues	7:00 PM	919-660-7565	Janeli McNeal	Janeli.mcneal@duke.edu
	Person Living w/Dementia Zoom	Durham	3rd Mon	11:00 AM	919-660-7565	Janeli McNeal	Janeli.mcneal@duke.edu
	Daughters Via Zoom	Durham	1st & 3rd Wed	12:00PM	919-660-7509	Bobbi Matchar	barbara.matchar@duke.edu
	Care Partner Via Zoom	Durham	2nd 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	Via Zoom/In-Person	Louisburg	3rd Mon	7:00 PM	919-496-1131	Wendy Hunter	whunter@franklincountync.us
Granville		Oxford	1st Tues	2:30 PM	919-690-3237	Gail Barnes-Hall	ghall@granvillemedical.com
Greene	Via Zoom	Snow Hill	4th Wed	2:00 PM	252-747-5436	Sharon Harrison	sharon.harrison@greenecountync.gov
Guilford	In-Person	Greensboro	2nd Mon	12:30 PM	336-545-4245	Jodi Kolada	jkolada@well-spring.org
	In-Person	Greensboro	Last Tues	6:00 PM	336-545-4245	Jodi Kolada	jkolada@well-spring.org
	In-Person	High Point	1st Wed	1:00 PM	336-545-4245	Jodi Kolada	jkolada@well-spring.org
	Male only caregiver Via Zoom	Greensboro	1st Wed	11:00 AM	336-373-4248	Alexis Williams	williamsa@caregiverconnect.online
	Via Zoom	Greensboro	2nd Thurs	7:00 PM	336-373-4248	Alexis Williams	williamsa@caregiverconnect.online
	Via Zoom	Greensboro	4th Tues	10:00 AM	336-373-4248	Alexis Williams	williamsa@caregiverconnect.online
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		
Haywood		Waynesville	4th Tues	5:30 PM	828-926-0018	Marian Badgley	mwbadgley@bellsouth.net

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Henderson	Via Zoom	Fletcher	1st Tues	1:00 PM	828-301-0740	Pat Hilgendorf	patricia.hilgendorf@gmail.com
		Hendersonville	3rd Tues	3:30 PM	828-696-9799	Lisa Kauffman	lisakauffman561@gmail.com
	Spouse Group		3rd Tues	1:30 PM	828-696-9799	Lisa Kauffman	lisakauffman561@gmail.com
Hertford	Via Zoom	Ahoskie	4th Tues	11:00AM	252-974-1837	Tamyra Jovel	tjovel@mideastcom.org
Iredell	FTD Caregivers	Mooreville	3rd Mon	10:30 AM	704-442-5594	Charles Elligson	charles41elligson@gmail.com
Johnston	Via Zoom	Clayton	4th Thurs	6:00 PM	919-934-6066	Joyce Holloman	joyce@cssjohnston.org
	Via Zoom	Smithfield	4th Thurs	1:30 PM	919-934-6066	Joyce Holloman	joyce@cssjohnston.org
Lee	Via Zoom	Sanford	1st/3rd Thurs	1:00PM	919-776-0501 x2230	Holly Hight	hhight@leecountync.gov
Lenoir		Kinston	2nd Thurs	5:00 PM	252-361-1750	Amanda Haddock	knmtg@hhhunt.com
Martin	Via Conf Call	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	Via Zoom	Pinehurst	1st Tues	11:00 AM	910-695-0011	Robin Hutchings	angelab@aoscaremanagement.com
	In-Person	Pinehurst	2nd and 4th Tues	10:30 AM	910-715-4224	Kelly Pritchard	kpritchard@firsthelath.org
	In-Person	West End	3rd Tues	11:00 AM	910-947-4186	Alveda Person	aperson1@moorecountync.gov
Nash		Nashville	3rd Tues	3:00 PM	252-459-1691	Wendy Perry	wendy.perry@nashcountync.gov
		Bailey	2nd Tues	3:00 PM	252-459-1691	Wendy Perry	wendy.perry@nashcountync.gov
New Hanover	Via Zoom	Wilmington	1st Tues	12:00 PM	910-274-0343	Kandance Gray	kgray@capefearcog.org
		Wilmington	1st Mon	10:00 AM	910-512-2407	Gail Gibson	gt99gibson@gmail.com
	Early Stage Individuals/Caregivers	Wilmington	3rd Wed	10:00AM	910-798-6445	Andrew Zeldin	azeldin@nhcgov.com
	Via Zoom	Wilmington	2nd Mon	11:30 AM	910-392-6899	Holly Hines	hhines@libertyseniorliving.com
		Wilmington	2nd Thurs	10:30 AM	910-796-7955	Candy Lee	candy.lee@lcfh.org
	Via Zoom	Wilmington	4th Mon	5:30 PM	336-558-6539	Carol Wise	carolwise01@gmail.com
	Via Zoom	Wilmington	2nd Thurs	1:00 PM	336-558-6539	Carol Wise	carolwise01@gmail.com
	Good Vibration (Early stages) Zoom	Wilmington	3rd Tues	10:00 AM	910-515-0387	Erin Gora	erin.gora@lifecare.org
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	252-234-5958	Rebecca Stapleton	RStapleton@ucpcog.org
Onslow	provides adult day care services	Jacksonville	2nd Tues	2:00 PM	910-989-3007	Charmony Clark	charmony_clark@onslowcountync.gov
Orange	In Person & Zoom	Chapel Hill	2nd/4th Fri	10:30AM	919-245-4253	Kim Lamon-Laperfido	kloperfido@orangecountync.gov
	Via Zoom	Chapel Hill	3rd Wed	12:00 PM	919-967-7570	Paul Klever	paul@charleshouse.org
	Via Zoom	Hillsborough	2nd & 4th Thurs	1:00 PM	919-245-4253	Kendall Kopchick	kkopchick@orangecountync.gov
Pamlico		Bayboro	1st & 3rd Mon	2:00 PM	252-745-7196	Violet Ollison	violet.ollison@pamlicocounty.org
Person		Roxboro	4th Thurs	6:00 PM	336-599-7484	Maynell Harper	maynell.harper@personseniors.org

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Perquimans		Hertford	2nd Mon	1:00 PM	252-404-7090	Lynne Raisor	lraisor@accog.org
Pitt		Farmville	2nd Monday	10:00 AM	252-531-9460	Edwina Bailey	baileybunch2@icloud.com
		Greenville	4th Tues	6:00 PM	252-414-3230	Amanda Biggs	abiggs@accog.org
		Greenville	2nd Tues	6:00 PM	252-830-8944	Ashley Garner	gvad@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	In Person & Zoom	Reidsville	2nd Thurs	6:00 PM	336-347-2328	Asheley Cooper	acooper@adtsrc.org
Rowan		Salisbury	4th Thurs	5:30 PM	704-603-2778	Teresa Dakins	TDakins@trinityathome.net
Stanly		Albemarle	1st Fri	10:00AM	704-986-3769	Aleshia Holland	aholland@stanlycountync.gov
Stokes		King/Danbury	1st Tues	6:00 PM	336-983-0751	Paula Hall	phall@ci.king.nc.us
Wake	Via Zoom	Apex	4th Thurs	7:00 PM	919-319-1294	Peggy Kline	uofkgrad@gmail.com
	Online	Apex	2nd Thurs	10:30 AM	919-303-9990	Tonya Headen-Lee	axed@hhhunt.com
	Via Zoom	Cary	3rd Mon	7:00 PM	919-630-9232	Lou Paules	Impaules@gmail.com
		Cary	3rd Thurs	10:00 AM	919-961-6589	Kathy Montero	kathymontero3@gmail.com
	Via Zoom	Cary	3rd Tues	10:30 AM	919-447-4494	Mary Arthur	marthur@glenaire.org
	Via Zoom	Cary	2nd Mon	4:00 PM	919-410-3149	Nancy Stolfo-Corti	nacchianti@gmail.com
	Via Zoom	Cary	3rd Thurs	7:00 PM	919-460-5959	Lynn Bailey	vwhitley@brookdale.com
		Cary	3rd Wed	11:00 AM	919-999-8561	Krystal Wolfe	support.triangle@OYLHC.com
		Fuquay Varina	1st Tues	6:30 PM	919-210-7525	Kathy Seawell	sakatielong@hotmail.com
		Knightdale	1st Wed	7:00 PM	919-815-8128	Jennifer Dewberry Taylor	tayloredhealthcarepllc@gmail.com
	Caregiver class/support -Zoom	Wake Forest	3rd Wed	10:00 AM	828-429-7905	Pat Synder	patsnyder137@gmail.com
		Wendell	Call	Call	984-232-4215	Nancy Broadwell	raleighsc@rfsnc.org
	Via Zoom	Raleigh	3rd Thurs	6:00 PM	919-847-3202	Tracy Taylor	tracy.taylor@kiscosl.com
	Lewy Body Dementia - Zoom	Raleigh	2nd Thurs	10:00 AM	919-616-2776	Loree Idol	idol.loree@gmail.com
	FTD Caregivers - Zoom	Raleigh	3rd Tues	7:00 PM	919-538-4827	Paul Lester	pblester58@gmail.com
	"	Raleigh	"	"	919-946-0876	Chad Thomsen	chad.thomsen@gmail.com
	Via Zoom	Raleigh	3rd Mon	6:00 PM	919-848-0303	Rachel Strauss	rbs.vol@gmail.com
	In Person & Zoom	Raleigh	1st Wed	1:00 PM	919-675-3155	Kathleen Boate'	kboate@msn.com
	Via Zoom	Raleigh	3rd Wed	7:00 PM	919-215-2331	Lynne Carpenter	lynne@phicare.com
		Raleigh	1st Wed	11:00 AM	919-999-8561	Krystal Wolfe	support.triangle@OYLHC.com
	Raleigh	3rd Tues	12:30 PM	919-250-0255	Sandra Taranto	ered@hhhunt.com	
	Raleigh	3rd Thurs	6:00 PM	919-208-1667	Lisa Lawson	msladylawson@gmail.com	
Via Zoom	Raleigh	2nd & 4th Wed	3:30PM	919-832-7227	Matt Frazier	mfrazier@esumc.org	



**DEMENTIA
ALLIANCE**
of North Carolina

9131 Anson Way, Ste. 206

Raleigh, NC 27615

(919) 832-3732

www.DementiaNC.org

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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