

SUPPORT GROUPS

Alcoholics Anonymous (AA) Group

The meeting of Alcoholics Anonymous (AA) is intended to help seniors explore their drinking difficulties in an understanding environment that relies on AA's proven 12-step approach. Particular attention will be given to the early phases of recovery. This is an open meeting of Alcoholics Anonymous that non-alcoholic people may attend.

Seymour Center (357070)

Wednesdays

3 pm

Caregivers' Support Groups

Meet with other caregivers to share experiences, learn new skills, and to get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Reservations are not required but supervised activities can be available for loved ones during group time with a reservation 24 hours in advance. For reservations, call 919-968-2087. For more information about the group and caregiving in general, call Pam Tillett at 919-245-4278.

Central Orange SC (255005-1)

1st Tues, Sept 1; Oct 6; Nov 3

4 - 5:30 pm

Seymour Center (352755)

2nd & 4th Fri, Sept 11, 25; Oct 9, 23; Nov 13, 27

10:30 am - 12 noon

Hearing Loss Association of Chapel Hill

Call Ruth Miller, 919-622-8467.

Low Vision Support Group

For more info contact Carol Tickle at 919-643-2620.

Seymour Center (352777)

1st Tues, Sept 1; Oct 6; Nov 3

10 am

LGBT Seniors Group

Please join fellow LGBT seniors for socializing, laughter and support as the Seymour Center which offers a safe and welcoming place to gather. Come join us and get involved. The group meets the second Thurs from 6 to 7:30 pm at the Seymour Center. Refreshments are provided by Root Cellar (formerly Foster's Market) in Chapel Hill. For more information, visit the group's Facebook page or contact Janice Tyler (jtyler@orangecountync.gov), Director of Orange County Department on Aging, for information.

Seymour Center (357103)

2nd Thurs, Sept 10; Oct 9; Nov 12

6 - 7:30 pm

Multiple Sclerosis (MS) Support Group

Join other individuals living with Multiple Sclerosis (MS) to share experiences and concerns, give and receive emotional support, learn more about MS and strategies for living and coping with this disease. For further information call: Barbara 919-968-1530; Nancy 919-956-5849; or Alex 919-572-6336.

Seymour Center (352752)

Last Tues, Sept 29; Oct 27; Nov 24

6:30 – 8 pm

NAMI Orange County Support Group

This group is sponsored by NAMI (National Alliance on Mental Illness) Orange County. It is a structured, interactive support group open to family members and friends of children and adults with a mental illness. For more information, contact Kay Maltbie at 919-402-1630. Information about NAMI Orange County is available at

www.NAMIOrange.org

Central Orange SC (255012-01)

3rd Mon, Sept 21; Oct 19; Nov 16

1 – 2:30 pm

Seymour Center (357009)

4th Tues, Sept 22; Oct 27; Nov 24

7 – 8:30 pm

Parkinson's Disease Caregivers Support Group

Join family and friends who care for people with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information, contact: Jessica L. Katz, MSW, P-LCSW Center Coordinator & Clinical Social Worker, National Parkinson's Foundation Center of Excellence Movement Disorders Center, UNC-CH Department of Neurology 919-843-1657, or visit the website: www.chapelhillparkinsons.weebly.com

Seymour Center (352851)

1st Tues, Sept 1; Oct 6; Nov 3

12:30 – 1:30 pm

Parkinson's Disease Support Group

Open to both the person with Parkinson's and/or the caregiver. Lunch is served at 12 noon before the meeting. Get lunch tickets at the center beginning at 11 am. They are given on a first come, first served basis. No registration is needed for the group.

Central Orange SC (255004-1)

4th Wed, Sept 23; Oct 28; Nov 25

11:15 am – 1 pm

Seymour Center (352879)

1st Tues, Sept 1; Oct 6; Nov 3

1:30 - 3 pm

Parkinson's Disease Support Group Addition

There is a new addition to the regularly held Chapel Hill Parkinson's Support Group! The format is: care-partners meet 12:30 - 1:30 pm, and the full group meets 1:30 - 3 pm every 1st Tues of the month at the Seymour Center. **Every other month**, people with Parkinson's will meet WHILE the care-partners meet, but separately, at the white table in the small alcove outside the Dogwood room. Please visit:

www.chapelhillparkinsons.weebly.com for updates. For questions, contact the support group leader, Jessica Katz, at 919- 843-1657 or jkatz@neurology.unc.edu.

Seymour Center

1st Tues, Sept 1; Nov 3

1:30 – 3 pm

Pulmonary Hypertension (PH)

PH Association Requests: Patients, family members, friends, and anyone who would like to learn more about this disease are welcome to come and participate in this quarterly meeting. For information, call Mitzi Twine, 919-419-9091.

Seymour Center (352833)

Sat, Oct 24

11:30 am - 1:30 pm

Stroke Support Group

Contact Kelly O'Brien at 919-966-2029

UNC Wellness Center @ Meadowmont

2nd Wed, Sept 9; Oct 14; Nov11

1 pm

Triangle Aphasia Project, Unlimited

Maura English Silverman, MS, CCC/SLP, Founder and Senior Advisor. Visit the web site at www.asphasiaproject.org for more information.

UNC CRC Building

Thursdays

1:30 - 2:30 pm