

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

Wednesdays (357070)

3 pm

Caregivers' Support Groups

Meet with other caregivers to share experiences, learn new skills, and 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. To register, call 919-968-2087. For more information about the group and caregiving in general, call Pam Tillett at 919-245-4278.

Register by: 1 week prior to meeting date for both centers

Passmore Center

1st Tue, Mar 6; Apr 3; May 1 (255005-01)

4 - 5:30 pm

Seymour Center

2nd & 4th Fri, Mar 9, 23; Apr 13, 27; May 11, 25 (352755)

10:30 am - 12 noon

Hearing Loss Association of Chapel Hill

Call Ruth Miller, 919-622-8467.

FTD (Frontotemporal Degeneration) Support Group

A regional support group for caregivers with a loved one diagnosed with Frontotemporal Degeneration. For more information about the group contact Kathy LaFone, 919-632-8083, or timlafone@yahoo.com

Burlington/Mebane area

3rd Tue, Mar 20; Apr 17; May 15

Low Vision Support Group

For more info for Seymour group and Passmore group contact Kim Tyler at 919-560-8633.

Seymour Center

1st Tue, Mar 6; Apr 3; May 1 (352777)

10 am

Memory Cafes

A new social outlet for people with dementia, and their care partners. Come for fun activities and light refreshments.

Seymour Center

2nd Mon, Mar 12; Apr 9; May 14

1:30 - 3:30 pm

Passmore Center

3rd Mon, Mar 19; Apr 16; May 21 (255017-01)

2 - 3:30 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 Joanna Owen, bowen.joanna1@gmail.com, or call NAMI Orange Information Line, at 919-929-7822. Information about NAMI Orange County is available at www.NAMIOrange.org

Seymour Center

2nd Tue, Mar 13; Apr 10; May 8 (357009) 7 pm

Christ United Methodist Church (Office Building)

1st Wed, Mar 7; Apr 4; May 2 12 noon

Parkinson's Disease Caregivers Open Discussion 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 the support group leader, Jessica Shurer, at 919- 843-1657 - jshurer@neurology.unc.edu or visit the website:

www.chapelhillparkinsons.weebly.com

Seymour Center

1st Tue, Mar 6; Apr 3; May 1 (352851) 12:30 - 1:30 pm

Parkinson's Disease Patient Open Discussion Group

Join other people who have been diagnosed 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 the support group leader, Jessica Shurer, MSW, LCSW at 919- 843-1657 - jshurer@neurology.unc.edu or visit the website:

www.chapelhillparkinsons.weebly.com

Seymour Center

1st Tue, Mar 6; Apr 3; May 1 (352879) 1:30 - 3 pm

Parkinson's Disease Support Group

Those afflicted with Parkinson's and their caregivers are invited to join us the 3rd Wed of every month. Come share, learn, and talk with fellow PD'ers and caregivers. Occasional speakers.

Leader: Patty Meehan and Susan Gerbeth-Jones

Passmore Center

3rd Wed, Mar 21; Apr 18; May 16 (255004-01) 1 -2:30 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

Sat, Apr 28 (352833) 11:30 am -1:30 pm

Stroke Support Group

Contact Blaise Morrison - Blaise_Morrison@med.unc.edu

Center for Rehabilitation Care
1807 N. Fordham Blvd, Chapel Hill NC
2nd Wed, Mar 14; Apr 11; May 9

1 - 2 pm

Take Off Pounds Sensibly (TOPS)

A weight loss support group, TOPS, is a non-profit and non-commercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds "fall" off. Contact: Timothy Cyr, 919-579-0672, for more information.

Fee: First visit is FREE.

Passmore Center

Tuesdays (257000-01)
(Weigh-in: 10 am in the Wellness Room)

11 am - 12 noon

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

Veteran Caregivers Connect

A time to relax, and enjoy a cup of coffee/tea and conversation with fellow caregivers.

Passmore Center

2nd Wed, Mar 14; Apr 11; May 9

9 - 10 am