

# 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)**

1<sup>st</sup> Tues, Mar 3; Apr 7; May 5

4 - 5:30 pm

**Seymour Center (352755)**

2<sup>nd</sup> & 4<sup>th</sup> Fri, Mar 10, 24; Apr 14, 28; May 12, 26

10:30 am - 12 noon

3<sup>rd</sup> Thurs: Mar 19; Apr 16; May 21

5 - 6:30 pm

## **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)**

1<sup>st</sup> Tues, Mar 3; Apr 7; May 5

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 and fourth 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@orangcountync.gov](mailto:jtyler@orangcountync.gov)), Director of Orange County Department on Aging, for information.

**Seymour Center (357103)**

2<sup>nd</sup> & 4<sup>th</sup> Thurs, Mar 12, 26; Apr 9, 23; May 14, 28

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, Mar 31; Apr 28; May 26

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 919-4021630. Information about NAMI Orange County is available at

[www.NAMIOrange.org](http://www.NAMIOrange.org)

**Central Orange SC (255012-01)**

2<sup>nd</sup> Mon, Mar 9; Apr 13; May 11

12 noon – 1:30 pm

**Seymour Center (357009)**

4<sup>th</sup> Tues, Mar 24; Apr 28; May 26

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](http://www.chapelhillparkinsons.weebly.com)

**Seymour Center (352851)**

1<sup>st</sup> Tues, Mar 3; Apr 7; May 5

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)**

4<sup>th</sup> Wed, Mar 25; Apr 22; May 27

11:15 am – 1 pm

**Seymour Center (352879)**

1<sup>st</sup> Tues, Mar 3; Apr 7; May 5

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 1<sup>st</sup> 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](http://www.chapelhillparkinsons.weebly.com) for updates. For questions, contact the support group leader, Jessica Katz, at 919- 843-1657 or [jkatz@neurology.unc.edu](mailto:jkatz@neurology.unc.edu).

**Seymour Center**

1<sup>st</sup> Tues, Mar 3; May 5

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, Apr 18

11:30 am - 1:30 pm

**Stroke Support Group**

Contact Kelly O'Brien at 919-966-2029

**UNC Wellness Center @ Meadowmont**

2<sup>nd</sup> Wed, Mar 11; Apr 8; May 13

1 pm

**Triangle Aphasia Project, Unlimited**

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

**UNC CRC Building**

Thursdays

1:30 - 2:30 pm

**Women's Support Group (Mandarin Only)**

Meet with other women once a month to discuss the challenges new immigrant women face. Also come to discuss the available resources, seek emotional peer support and explore options for decision-making. It is a safe environment where people respect privacy. The maximum of participants is eight. Please register with the facilitator before you come.

Facilitator: Zhenzhen Yu

Fee: FREE

**Seymour Center**

Tues, Feb 24 (314027-04)

10 - 11 am

Tues, Mar 17 (314027-03)

10 - 11 am

Tues, May 26 (314027 - 05)

10 - 11 am